

SMOKE ALARMS FOR ABUSIVE RELATIONSHIPS

1. ___ He/she grew up in a violent or abusive family.
2. ___ He/she over-reacts to little problems and frustrations, or uses violence or force to “solve” his/her problems (i.e., punches wall or throws things, is cruel to animals).
3. ___ He/she abuses alcohol or other drugs.
4. ___ Thinks poorly of him/herself – may try to act “tough”.
5. ___ He has very traditional ideas about what men and women should be.
6. ___ Very jealous – even of your friends and family. Won’t allow you to talk to or spend time with your friends or other gender companions.
7. ___ He/she plays with guns, knives, or other weapons. May talk of using them against people or threaten to use them to “get even”.
8. ___ Expects you to follow his orders or advice. May become angry if you don’t do what he/she says and anticipate what he/she wants.
9. ___ Goes to extreme highs and lows, almost as if he/she is two different people. Can be extremely kind at one time and extremely cruel at another.
10. ___ When he/she gets angry, you fear him/her. You spend a lot of energy trying to not make him/her angry.
11. ___ He/she treats you roughly or has hit, slapped, pushed, pulled your hair, kicked you, twisted your arms or legs when he/she is angry.
12. ___ You feel threatened by him/her.
13. ___ He/she tries to pressure or manipulate you into things by saying he/she can’t live without you or threatening to kill him/herself.
14. ___ Has to know where you are all the time.
15. ___ Humiliates or insults you in front of other people.
16. ___ Is very possessive of you and your time.
17. ___ Tries to pressure you into doing things you don’t want to do.
18. ___ Always thinks of him/herself and no one else.
19. ___ Tries to control how you spend your time.
20. ___ Puts you down, criticizes you, makes fun of you, makes you feel bad about who you are.
21. ___ Becomes violent when angry.

SMOKE ALARMS FOR SEXUAL ABUSE

1. ___ Treating you different from other kids.
2. ___ Wants to spend time along with you and makes excuses to go places with you or to get other people to leave.
3. ___ Asks you to do things that involve touching, like backrubs.
4. ___ Likes to tickle or wrestle with you.
5. ___ Puts lotion or medicine on you when others are not around or when nothing is wrong.
6. ___ Comes into your bedroom while you're undressed or into the bathroom when you're in there and says it was an "accident".
7. ___ Doesn't respect your privacy or doesn't let you close the door to your bedroom or bathroom.
8. ___ Tells you that you are special, different, and the only one who understands him/her or makes him/her happy.
9. ___ Gives you special gifts or lets you do things that you are not allowed to do at home.
10. ___ Acts like a kid and does kid's stuff with you all the time.
11. ___ Tells you not to tell anybody about things that happen when you are alone with him/her.
12. ___ Comes into your bedroom at night for no reason.
13. ___ Treats you really nice most of the time.
14. ___ Gives you alcohol, cigarettes, or drugs.
15. ___ : _____