

# 11 WARNING SIGNS OF POTENTIAL FAMILY VIOLENCE

**WARNING:** There has been a rise in domestic violence due to the isolation and resulting control issues involved in social distancing. Families are often accepting of behaviors of acting out by adults, teens, and/or children. This list identifies behaviors that signal escalating tendencies toward real harm from violent acts.

1. Showing a lack of respect for anyone's personal property by willfully vandalizing or destroying property.
2. Engaging in repeated physical violence of slapping, hitting, or excessively beating others, with an object or with physical means.
3. Daily uncontrolled, frequent acts or comments of anger or rage.
4. New focused attention of microaggression toward a family member.
5. Escalating substance abuse involving alcohol, drugs, or relationships.
6. Interpreting the social distancing and stay at home notices as a chance to terrorize, disconnect, or isolate family members completely from the outside world.
7. Withholding or hoarding food, antiseptics, or hygiene supplies away from other family members.
8. Expressing plans for acts of violence or hate against others.
9. Expressing a plan to harm oneself or to commit suicide.
10. Escalation of past acts of violence against children, adults or animals.
11. Any personal feelings of real threat or concern that violence may occur.

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Adapted from Kiriazis Z, (2016). 11 Warning signs of domestic violence. Retrieved from <https://www.theodysseyonline.com/11-warning-signs-of-domestic-violence>