**LET’S TALK – WARNING SIGNS**

**TRANSCRIPT**

Kaitlin - It can be tricky to pick up the signs of abuse. Often people will try to hide that that's happening because they're worried that someone else knowing will make it more unsafe for them or it'll make more dangerous, or the perpetrator of violence will get worse.

Sam - The signs are someone not being able to make their own decisions, not being able to go where they want without having to ask their partner or get permission from their partner. Those sorts of things... not being able to spend their own money.

Kristy - Sometimes people can miss signs because it's very hard to tell some people because some people is very good to hide it.

Karni - Women who are experiencing domestic and family violence do actually tell people that... "He's getting a bit possessive. I'm just... He's telling me I can't wear this" or "I don't like the way he's talking to my kids." There's little signs here and there.

Jill - If you're quiet, you can be even quieter than usual. Or if you're not normally quiet, that's a red flag something's going on.

Karni - And don't forget, usually the perpetrator is trying to isolate that woman and they'll do everything in their power to isolate that person.

Karin - So if you see a person you know who is usually bright and bubbly become reserved or quiet, that's probably a sign that something's going on. If you notice unusual bruising or other like physical signs, if you notice weight gain or rapid changes in emotional state, that's usually a sign something's going on. If you are out in the community and you see someone with a disability being yelled at, that is definitely a sign something's going on.

Kristy - So if you get that funny feeling, just ask them "Please, if you don't mind can I ask you a question? If you don't want to you don't have to answer. We can talk about it other day" But just let them know you're here for them.