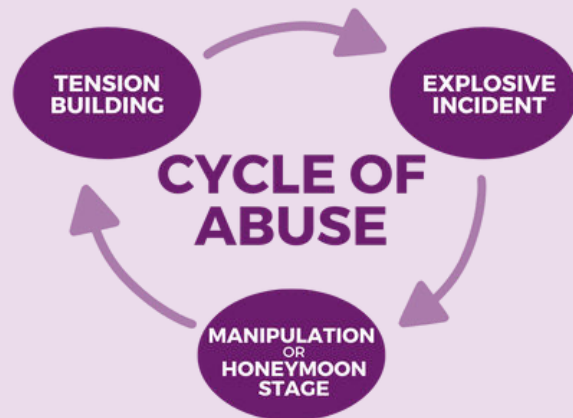


# SIGNS OF ABUSE

## Does your partner...

- Insist that their way of practicing polyamory is the only way to practice?
- Prevent you from joining a polyamory community or learning more about non-monogamy?
- Threaten to "out" you to friends, family, or co-workers?
- Violate your safer sex agreements?
- Not respect your safeword?
- Ridicule you when you try to express your limits or emotions?
- Pressure you to have sex in ways that you don't want to?



## GET HELP

If you or someone you know is in an abusive situation and needs help, please call the **Safe Futures 24/7 Confidential Hotline at (860) 701-6001** or text CT Safe Connect at (888) 774-2900.

**You can remain anonymous.**  
**All services are free and confidential.**

Learn more about **Partner Abuse in Polyamorous Relationships** on our website:



**Partner Program**  
United Way of  
Southeastern CT

Services funded in part by the State of Connecticut, Departments of Social Services and Mental Health & Addiction Services and the Office of Victim Services, Judicial Branch.

## Safe Futures

16 Jay Street, New London, CT 06320  
Office Phone: (860) 447-0366  
24/7 Hotline: (860) 701-6001

Safe Futures provides crisis services, counseling, court support, and housing for all victims of domestic violence, sexual assault, stalking, and trafficking in Southeastern Connecticut. All services are free and confidential; provided by Certified Domestic Violence Crisis Counselors; provided with equality, equity, liberation, and inclusion; survivor-centered; trauma-informed; and voluntary to those in need regardless of income level, age, ability, religion, ethnicity, gender, and sexual identity.

Learn more: [safefuturesct.org](http://safefuturesct.org)



**Saving Lives. Restoring Hope. Stopping Abuse.**



## Partner Abuse in Polyamorous Relationships



**Safe Futures supports victims of domestic violence, sexual assault, stalking and trafficking in southeastern Connecticut.**

**24/7 Hotline: (860) 701-6001**

# DEFINITIONS

**Polyamory:** Polyamory is a relationship practice where there are one or more partners at a time. It is a form of consensual non-monogamy where each person negotiates their involvement in the relationships.

Polyamory is **not** cheating or polygamy. Polyamory is **not** for everyone.

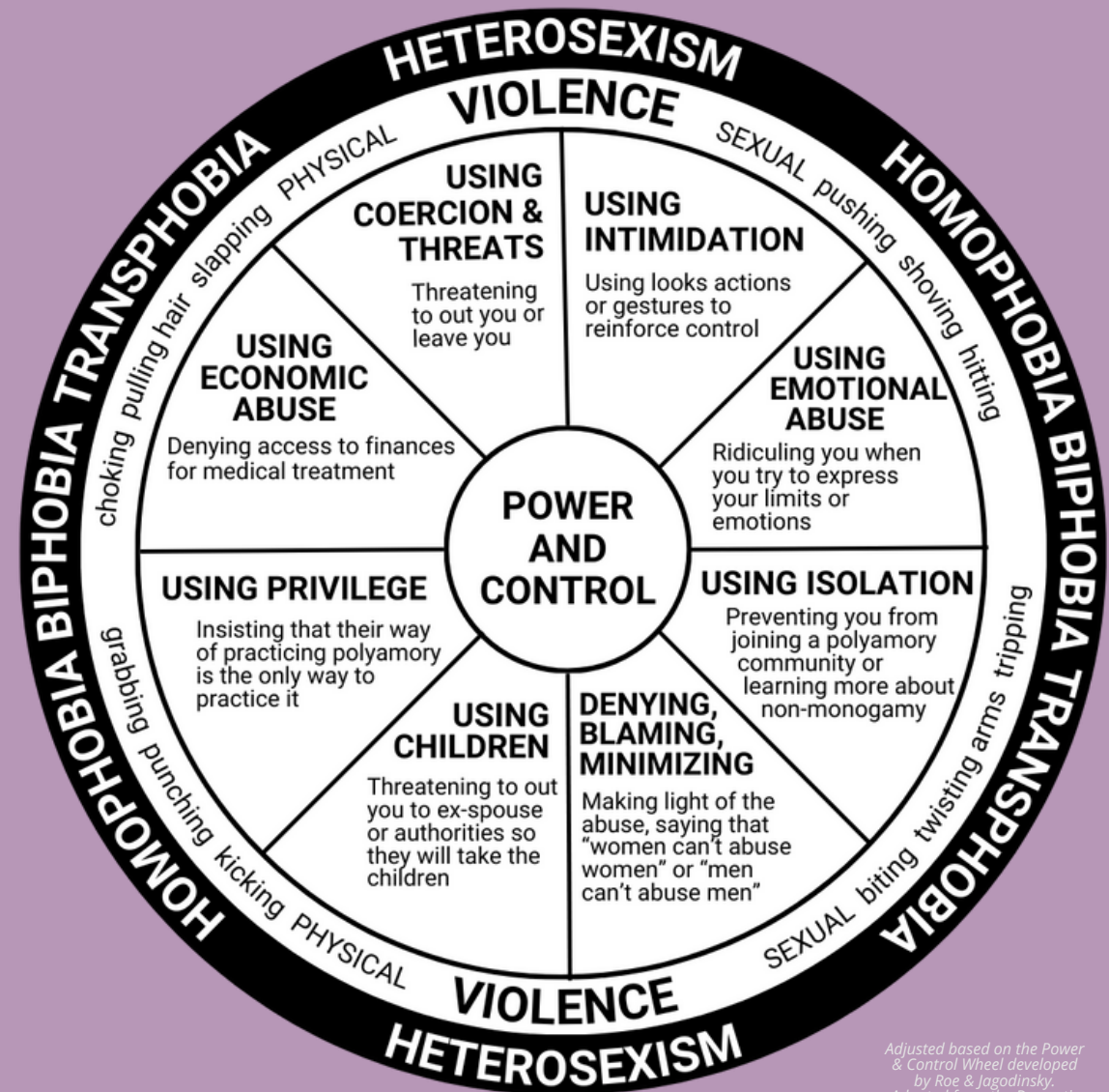
**What is partner abuse?** A systematic pattern of behaviors where one person non-consensually uses power to try to control the thoughts, beliefs, actions, body, and/or spirit of a partner.

**Consent:** Consent is an essential part of healthy relationships. Although consent is often linked to sexual activities, it is also necessary when deciding agreements within polyamorous relationships. It's not consent if you:

- are pressured, coerced, or forced into agreeing to it
- you do not expressly give consent
- you are afraid to say no
- you say yes to avoid conflict or consequences

**Strangulation:** Has your partner ever grabbed you around the neck or tried to choke you in any way? Strangulation is one of the most lethal forms of domestic violence. Unconsciousness may occur within seconds and death within minutes. Learn more: [safefuturesct.org/strangulation](http://safefuturesct.org/strangulation)

# POWER & CONTROL WHEEL FOR POLYAMOROUS RELATIONSHIPS



Adjusted based on the Power & Control Wheel developed by Roe & Jagodinsky. Adapted from the Domestic Abuse Intervention Project.

*"My primary partner didn't tell me before they had sex with someone new, like we agreed to. When I mentioned our agreement, they called me crazy and told me to get over my jealousy issues." - Anonymous Survivor*