

2. Warning Signs and Prevention Skills

Hello. My name is Autumn Rose and I am a member of the Shinnecock Nation.

When violence happens in our Native communities, there are usually warning signs. You can help prevent violence against yourself and loved ones, by keeping an eye out for signs like feelings of jealousy, controlling behavior, verbal abuse, and dramatic or sudden changes in mood.

Our cultures and communities are our most important tools to prevent violence, so perpetrators often attempt to isolate people from their communities.

Maintaining strong relationships, building strong communication skills, and connecting with your community and culture can all help protect you and your loved ones against violence.

Our communities can work together to prevent violence. Our healing begins with us. For more information on domestic violence prevention and resources, please visit [Bit.ly/preventfamilyviolence](https://bit.ly/preventfamilyviolence) and [Bit.ly/preventpartnerviolence](https://bit.ly/preventpartnerviolence).