

# FORMS OF ABUSE IN INTIMATE PARTNER RELATIONSHIPS



## What is *domestic violence*?

Domestic violence is defined as a pattern of behaviour used by one person to gain power and control over another with whom they have or have had an intimate relationship with.

This means, the person inflicting the abuse may be a present or past partner or may be a family member.

## What is *abuse*?

Abuse is a pattern of behaviour used by one intimate partner to gain power and control over another through intents to emotionally, physically, spiritually, sexually or financially intimidate the other through abusive acts and behaviours.

## Psychological & Emotional Abuse

- Cursing, screaming, interrogation.
- Harassment, following/monitoring you or others you know, insisting on an account of your time and/or money.
- Insults to you or people close to you.
- Controlling or limiting your behavior (keeping you from calling or seeing friends & family).
- Gas lighting, brainwashing, dominance, degradation, possessiveness.
- Threatening physical violence, threatening to punish children to get back at you, threatening to harm a pet, threatening to harm self or others.
- Punching walls, slamming doors, hiding/stealing or destroying your possessions.
- The purpose of psychological abuse is to make you emotionally insecure about your own self-worth, helpless and/or unable to escape further abuse.

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## Financial Abuse

- Controlling or restricting money to buy necessities.
- Withholding information about household finances, exclusion from financial decision-making.
- Denying access to bank accounts.
- Forcing you to sign financial documents.
- Denying the right to look for and/or hold a job.
- Taking your personal money.
- Denying independent access to money.

## Physical Abuse

- Slapping, kicking, scratching, burning, choking, pinching, biting, restraining, confining, punching, pushing, spitting.
- Using or threatening to use a weapon or object.
- Harming a pet.
- Withholding necessities (food, medical attention)

## Spiritual Abuse

- Degrading your spiritual beliefs, withholding the means to practice.
- Forcing adherence to a particular belief system.

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## Sexual Abuse

- Forcing sexual activity and/or unwanted sexual acts, limits are not respected, exposure to sexually transmitted diseases and/or pregnancy by denying the use of protection during intercourse, forcing participation in prostitution, withholding sex.
- Insists you dress a certain way, demeaning remarks or jokes about your body, criticizes you sexually.
- Has affairs.
- Grabs breasts or private parts, any touch that is unwanted.
- Sexual abuse is any non-consensual sexual act or behavior. A woman who is forced to submit to any sexual attention against her will is sexually abused.

### What supports are available at Three Oaks?

We offer an emergency shelter, outreach counselling for women *and* children, a family court support program, a transitional support program and a second stage housing option.

### How do I access the services at Three Oaks?

Call our confidential, 24/7 Crisis Line to access any of our services. Our services are all self-referral. Our services are both free and confidential!

Get Support Today.

**24/7 Crisis Line: 613-966-3074 or  
toll free 1-800-267-0533**