



WHAT IS ABUSE?

Abuse is the intent of one intimate partner to intimidate, physically assault, sexually assault, and/or use other abusive behaviors against the other, their children or those close to them as part of a systematic pattern of power and control.

TYPES OF ABUSE

PSYCHOLOGICAL & EMOTIONAL

- 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.

PHYSICAL

- 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

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

SEXUAL

- 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.

FINANCIAL

- 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.