

TYPES OF ABUSE

1

VERBAL

- Name calling
- Being condescending
- Threats
- Yelling to intimidate
- Verbal abuse is closely connected to emotional abuse

2

SEXUAL

- Unwanted sexual contact
- Knowingly spreading STIs
- Using force, coercion, or guilt to demand sex
- Refusing to use and/or compromising the use of protection or birth control

3

PHYSICAL

- Slapping
- Punching
- Kicking
- Although most commonly thought of, domestic violence typically doesn't start with physical violence
- Strangulation

4

EMOTIONAL

- Constant criticism
- Isolating from others
- Withholding affection
- Unfounded accusations or blame
- Stonewalling; refusing to communicate
- Degradation or humiliation

5

SPIRITUAL/ CULTURAL

- Not allowing to practice their religion/culture
- Using tradition or religious text to justify abuse
- Degrading their partner's religion or culture
- Forcing their partner to convert

6

FINANCIAL

- Controlling all of the money in a relationship
- Not allowing their partner to earn their own money
- Demanding their partner spends money on them
- Sabotaging their partner's job by making them call off frequently, or getting them fired

