

# Types of Abuse

## Physical Abuse

Violence, or threats of violence.

- Hitting, punching, kicking, hair-pulling, or other physical harm
- Using objects or weapons to cause harm
- Physical restraint
- Preventing partner from eating or sleeping
- Threatening to repeat physical harm

## Emotional / Psychological Abuse

Insults, threats, isolation, extreme jealousy, and controlling behaviors.

- Name-calling, belittling, humiliation
- Yelling and screaming
- Controlling what partner does, what they wear, and where they go
- Isolation from friends and family
- Threatening to commit suicide if partner leaves
- Threatening to kill partner, their loved ones, or pets
- Destroying something important to partner
- Gaslighting: manipulating partner into questioning their own sanity
- Blaming partner for abusive behavior

## Sexual Abuse

Unwanted sexual contact, forcing pregnancy, or forcing partner to terminate pregnancy.

- Persistent unwanted comments about partner's body or sexuality
- Unwanted kissing or touching
- Threatening or coercing partner into unwanted sexual activity
- Rape or attempted rape
- Preventing access to contraception, refusing to use it, or purposefully damaging it
- Harming partner in order to force miscarriage
- Purposefully infecting someone with a sexually-transmitted infection

## Other Types of Abuse

Digital Abuse: Constantly demanding to look through partner's phone, monitoring their emails and texts, posting hurtful information or pictures on social media, or sending threatening texts or emails.

Financial Abuse: Using money to manipulate and control partner, not allowing them to work or go to school, not giving them money for necessities, or stealing their money or possessions.

Stalking: A pattern of following, monitoring, or harassing someone, causing them to fear for their safety.