

# Types of Abuse

## Physical Abuse

- Slapping/Punching
- Kicking
- Spitting
- Pushing/Shoving
- Biting
- Use of weapons
- Throwing/Breaking objects
- Punching Walls
- Choking/Strangulation
- Denial of physical needs: sleep, food, medical needs

## Sexual Abuse

- Manipulation/Blackmail
- Guilt-tripping
- Coercing
- Forcing degrading sexual acts
- Name calling like 'whore' or 'slut'
- Exposing self
- Unwanted touching/groping

## Verbal Abuse & Threats

- Threats to kill/hurt survivor, children, family, pets, service animals, or self
- Yelling/Screaming
- Swearing/Name-calling
- Threats to "out"
- Threats to take children
- Threats to make homeless
- Using partner's identities such as race, immigration status, disability, or sexuality against them to gain control (leveraging institutional violence)

## Emotional/ Psychological Abuse

- Attacks on self-esteem
- Degradation/Insults
- Controlling whereabouts
- Blaming for all that goes wrong
- Accusations of "mutual abuse"
- Mind-games and gas lighting
- Lying about immigration status or process
- Reinforcing internalized racism, ableism, homophobia, or transphobia

## Isolation

- Controlling access to friends, family, and support network.
- Discouraging spending time with others through force or guilt.
- Not allowing partner to learn English or local language.

## Economic Abuse

- Refusing partner access to money for food, clothing, and basic needs
- Controlling all assets (car & house)
- Putting all bills in partner's name
- Running up charges in partner's name
- Ruining partner's credit
- Preventing partner from getting a job, or keeping a job

## Technological Abuse

- Using GPS to track partner's whereabouts
- Monitoring phone calls
- Demanding passwords
- Interrogating text messaging
- Looking through phone without consent

\*Advocates are available to meet with survivors to discuss abuse tactics in further detail. Advocates work with survivors to help determine the **intent behind the behavior** to assess whether the behavior is indeed abusive. If it is determined that the **intent is to gain control**, the behavior is likely abusive.