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

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

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

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.

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)

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.*