



# Types of Abuse

Domestic Abuse can happen to anyone regardless of race, religion, sexual preference, gender or social status.

## Physical:

**This is the most common out of all the types.**

**Standing over you, getting "in your face", blocking a doorway, grabbing you if you try to leave, kicking, punching, biting, slapping, choking, threatening to harm you, using weapons, throwing things, breaking things, punching walls or doors, driving recklessly, burning, cutting, pulling hair, stabbing, strangling, tying or confining you, preventing you from seeking medical care, murder.**

## Verbal:

**Insults, put downs, intimidation, embarrassing you in public, talking down to you, not listening to or respecting your feelings, making threats, being jealous, possessive, controlling; demanding access to your messages, email, Facebook/MySpace, checking up on you, accusations of cheating, making you feel like you need to justify yourself, shaming you for your sexual orientation.**

## Economic:

**This one happens around us almost every day.**

**Withholding money, opening up a joint account but you don't have access, forcing you to leave your job, forcing you to get fired, shaming you for how you spend your money, not allowing you to work or get an education, putting all the bills/credit cards in your name, preventing you from using a car.**

## Mental/Gas lighting:

**Playing mind games with you, twisting everything around so nothing is their fault and all of their behavior was caused by something you did or didn't do. Making you feel like you are crazy.**

## Sexual:

**Rape, unwanted sexual touching, vulgar comments, pressure for sex, forcing you to have unprotected sex, forcing you to get pregnant or to have an abortion, "sexting", forcing you to have sex with other people or forcing you to watch while they have sex with someone else, forcing you to use or participate in pornography**