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THE 9 TYPES OF ABUSE

*These lists of abuse are based on one made by men who were describing how they controlled or harmed their wives/girlfriends. Remember, a single act may not be abuse, but if someone is doing something to harm or control you...then, **YES**, it is abuse. You have the right to be treated with respect and to feel safe in your home.*

* Indicates acts which are clearly criminal, or may be criminal depending upon the circumstances.

EMOTIONAL/PSYCHOLOGICAL/VERBAL ABUSE

- * making you do illegal things
- false accusations
- name calling, finding fault
- verbal threats
- yelling at you
- intimidating you
- making you think you are crazy or stupid
- overpowering your emotions
- disbelieving you
- bringing up old issues
- expressing jealousy inappropriately
- degrading you
- turning a situation against you
- brainwashing you
- laughing in your face
- punishing you with silence
- refusing to do things with you or for you, neglecting you
- insisting on always getting his own way
- pressuring you
- expecting you to conform to a role
- real or suggested involvement with other women
- making you feel guilty
- certain mannerisms (e.g. snapping fingers, pointing)
- threatening to get drunk or stoned unless...
- manipulating you
- starting arguments
- not sharing in household chores as punishment
- never really forgiving, holding grudges
- lying
- treating you as a child
- having a double standard for you
- saying one thing, meaning another
- denying or taking away your responsibilities
- not keeping commitments
- threatening you with loss of immigration status
- threatening to report you to authorities
- making you drop charges
- refusing to deal with issues
- minimizing your work or contribution
- pressuring you to stay around during drug or alcohol abuse
- not coming home
- coming home drunk or stoned
- egging you on, challenging you to physical violence
- friendship or support of men who are abusive
- demanding an accounting of your time/routine
- taking advantage of your fear of something
- putting you on a pedestal, unrealistic expectations
- ridiculing your preference in foods
- threatening suicide unless...
- insulting you
- walking away from you in a discussion
- finding and verbalizing your faults
- comparing you to other women
- isolation (i.e. not telling you what he is doing)
- putting you or your family down
- making a fool out of you
- ignoring you
- arrogance
- raising his voice
- “do you remember what happened last time”

- not taking responsibility
- commenting on your physical appearance
- pre-violence clues
- making you fearful
- doing the opposite of what he said he would do
- not saying what is really on his mind

- agreeing with you even though he doesn't
- "typical "male chauvinistic dominance"
- overtly sarcastic or critical
- disbelieving you
- trying to get the last word in

Emotional Abuse Around Reproduction, Pregnancy & Childbirth

(see also physical and sexual abuse)

- refusing to allow or forcing you to use contraception
- forcing you to have an abortion
- refusing sex on the grounds that your pregnant body is ugly
- denial that the child is his
- refusing to support you during pregnancy
- refusing to support you during birth

- denying you access to your newborn child
- not supporting you or helping out after you come home with the baby
- demanding sex after childbirth
- blaming you because the infant is the "wrong" sex
- refusing to allow you to breastfeed
- pouting, sulking or making you feel bad for spending time with the baby

ENVIRONMENTAL ABUSE

(abusing your surroundings to make you feel afraid, degraded)

Abuse in the home:

- * harming animals
- * ripping your clothes
- * locking you in or out
- * throwing out or destroying your possessions
- destroying your houseplants

- slamming doors, breaking things
- throwing objects or food
- taking the phones or denying you use of the phone
- punching walls, destroying furnishings
- mowing over your garden
- turning up TV/stereo too loud

Abuse in the vehicle:

(the person who drives the vehicle controls environment of the passengers)

- * driving too fast
- * driving recklessly, pounding the steering wheel
- * driving while intoxicated
- * forcing you into a vehicle
- * pushing you out of a vehicle when it's in motion
- * threatening to kill you by driving off a bridge, into an oncoming car etc.

- * chasing or hitting you with a vehicle
- * attempting to kill you in a deliberate accident
- preventing you from using a vehicle by tampering with the engine, chaining the steering wheel, taking the keys etc.
- putting his foot over yours on the gas pedal
- hitting you while you're driving
- grabbing the steering wheel while you're driving

SOCIAL ABUSE

- controlling what you do, who you see, who you talk to, what you read, where you go
- not allowing you access to your family or friends
- changing his personality with others
- dictating your mode of dress

- not passing on messages
- putting you down or ignoring you in public
- interfering with your family or friends
- being rude to friends or relatives
- dictating your behaviour

- habitually choosing friends, activities or work rather than being with you
- censoring your mail
- not giving you space or privacy
- insisting on accompanying you into the doctor's office

- making a scene in public
- making you account for yourself
- treating you like a servant
- leaving you stranded

Using Children:

- * assaulting you in front of the children
- making you stay at home with the children
- embarrassing you in front of the children
- threatening to abduct the children or telling you you'll never get custody

- initiating false child abuse charges against you
- teaching children to abuse you through name calling, hitting
- not sharing responsibility for the children
- putting down your parenting ability

During Separation or Divorce:

- buying the children with expensive gifts
- not showing up on time to pick up children or not have them back on time
- using children to transport messages (sending notes home in their suitcases)

- pumping children for information about your boyfriends etc.
- telling children Mom is responsible for breaking up the family
- denying you access to the children
- not giving a valid phone number

FINANCIAL ABUSE

- * stealing your belongings, money
- * selling your belongings
- * forging your name
- spending money foolishly or beyond his/ your means
- pressuring you to take full responsibility for finances
- not paying fair share of bills, refusing to pay bills
- not spending money on special occasions (birthdays etc.)

- giving you false receipts
- canceling your insurance
- withholding money
- pressuring or controlling your working conditions
- keeping family finances a secret
- sabotaging your efforts to attain economic freedom
- preventing you from taking a job
- preventing you from going to school
- destroying your school work

RELIGIOUS ABUSE

(only effective if your religion is important to you)

- using religion to justify abuse or dominance
- preventing you from attending church
- mocking your beliefs
- using church position to pressure for sex or favours

- interpreting religion his way
- requiring sex acts or drug use as religious acts
- excessive spending for religion
- using you, then demanding forgiveness

PHYSICAL ABUSE

- * any unwanted physical contact
- * pulling, pushing, dragging you
- * biting, cutting or burning you
- * head butting you
- * choking or smothering you
- * spitting on you

- * kicking, punching or pinching you
- * slapping, hitting or shaking you
- * pulling your hair or pulling you by the hair
- * squeezing your hand or twisting your arm
- * force feeding you
- * throwing you

- * throwing things at you
- * restraining you in any way
- * urinating on you
- * knifing or shooting you, murder
- * holding you over a cliff, balcony, stairwell
- threatening to drop you
- * setting a bomb in your car, house
- * when pregnant pushing you down the stairs
- denying or restricting your food or drink
- standing too close/intimidating you

- * hitting you with objects or whipping you
- * tying you up
- * breaking your bones
- * threatening to kill or injure you
- * pushing your head under water
- * setting the house on fire with you in it
- * when pregnant punching your abdomen
- ignoring your illness or injury
- pressuring or tricking you into alcohol or drug use
- hiding or withholding your necessary medication

SEXUAL ABUSE

- * any unwanted sexual contact
- * forcing you to have sex with others
- * forcing you to have anal sex
- * uttering threats to have sex
- * knowingly transmitting sexual diseases
- being rough
- displaying pornography that makes you feel uncomfortable
- using sex as a solution for an argument
- unwanted fondling in public
- calling you names (whore, slut, frigid, bitch)
- degrading your body parts
- making degrading sexual comments in public
- demanding sex as payment or trade
- insisting on checking your body for sexual contact
- total lack of intimacy

- * forcing you to have sex, hounding you for sex
- * forcing you to have sex with animals
- * forcing you to shave your pubic hair
- * pinching, slapping, grabbing, poking your breasts or genitals
- sleeping around
- intimidation by knowledge or reputation
- pressuring you to pose for pornographic photos
- using sex as a basis for an argument
- criticizing your sexual ability
- purposely not washing and expecting sex
- accusing you of affairs
- making degrading sexual jokes in your presence
- demanding sex for drugs or alcohol
- giving you drugs or alcohol for sexual advantage
- refusing sex
- forcing certain sexual positions

RITUAL ABUSE

(usually done by satanic or so-called Christian cults)

- * mutilating you
- * forcing cannibalism on you
- forcing you to watch or participate in human or animal sacrifices

- * mutilating animals
- suggesting or promoting suicide
- forcing you to watch or participate in rituals

TECHNOLOGY ABUSE

Coercion & Threats:

- making threats via electronic communication
- sending you links with disturbing contents

- forcing you to do illegal tech activities
- using electronic communication as evidence against you

Intimidation:

- posting inflammatory/false info or private photos on the web
- excessive EC contacts
- using social networking sites to harass you

- destroying tech items
- telling you that you are being watched

Emotional Abuse:

- put-downs/insults via Electronic Communication
- making victim feel stupid about or fear tech
- goes into your email and other accounts to impersonate you to cause you harm
- spreading rumours about you using a cell phone, email, IM, text, Web chat, blog, or networking sites like Myspace or Facebook

- impersonating, manipulating files/devices (crazy making)
- keeping you tech dependent
- goes onto dating sites
- sexting you
- shared private or embarrassing photos/videos of you

Isolation:

- cutting off/limiting Electronic Communication
- telling you that you are being watched to prevent association with others

- discrediting you publically

Blaming/Denying/Minimizing:

- normalizing tech abuses “everyone does it”
- denying having tech skills needed to do the crime, therefore you must be crazy

- it is for your safety

Using Children:

- installing spyware or locating victim via kid’s internet use
- obtaining account numbers and passwords via kids

- giving kids devices to monitor you
- discrediting you to kids via Electronic Communication

Monitoring/Stalking:

- tracking/recording victim’s activities & communications, using phone taps, bugs, web/spy cams, GPS or other tech devices
- maintaining constant presence with victim via EC, i.e. phone, instant messaging, social networking sites, email

- creates fake profile on social networking or dating sites
- continually texting, emailing, phoning you

Economic Abuse:

- tracking/manipulating your financial accounts online
- destroying your credit rating via identity theft

- preventing you from gaining access to your accounts online