



Types of Abuse

Some common examples*

Emotional, Verbal and Psychological Abuse

- Name calling, belittling, constantly criticism
- Screaming at her
- Mocking her
- Putting down her family and friends
- Threatening her about the children (i.e. telling her she will lose custody, saying you will leave town with the children)
- Demanding household chores such as dinner, housework, laundry etc. are done in the way you want
- Abusing or neglecting children and not allowing her to intervene
- Not speaking to her for days at a time
- Using her lack of legal rights to control her (threatening to get her deported if she's an immigrant;
- Threatening to kick her out of the house with nothing if she is common--law)
- Ending a discussion and then making decisions without her
- Telling her she is a bad mother
- Stalking (harassing, following her around town, showing up where you know she will be, watching her at home through windows)
- Making her feel like she is "going crazy"

Social Abuse/ Isolation

- Stopping her from having access to family and/or friends
- Using jealousy to justify questioning and controlling her movements and activities
- Listening to her phone calls, monitoring the mileage on the car, calling/texting/emailing
- Trying to keep her from doing things (going out with friends and family, going to work/school)
- Creating a 'scene' or being difficult in public situations to get her to stop wanting to attend public/social activities

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Intimidation, Threats and Control, including towards pets

- Destroying property
- Giving her angry looks
- Making her do something humiliating or degrading (i.e. begging for forgiveness, having to ask your permission to use the car or go out)
- Saying things to scare her (i.e. telling her something bad will happen, threatening to commit suicide, threatening to hurt children, pets, friends, family or anyone that helps her)
- Bossing her around
- Threatening to give away, harm or kill the pets if she leaves
- Making rules about what she can say, do, wear, whom to talk to
- Changing the rules without telling her, unpredictably
- Reminding her of past abuse (i.e. "You remember what happened the last time you didn't listen to me")
- Turning others against her
- Threatening to spread rumors about her to friends and family if she doesn't comply

Stalking and Harassing

- Showing up at her place of work, either to watch or to confront and cause a scene
- Following her
- Acts of vandalism designed to incur expenses and instill fear such as slashing tires, breaking windows in home or car, writing insults on home, workplace or vehicle etc.
- Recruiting friends, family members and others to track her activities as well
- Harassing her friends, family, neighbours, coworkers etc.
- Leaving unwanted gifts, flowers or other items at the victim's home, work, vehicle etc.

Physical Abuse

- Slapping, hitting, kicking, biting or punching her
- Pushing, grabbing, throwing or shoving
- Driving recklessly with her in the car
- Causing bruises, cuts, broken bones, etc.
- Preventing her from leaving a room
- Locking her in or out of the home
- Abandoning her in an unsafe place
- Hurting others she loves (i.e. children, pets, family, friends)
- Throwing, hitting, kicking, burning or smashing objects i.e. furniture, walls, dishes, possessions
- Threatening to become physically abusive towards her or those she loves
- Choking, strangling, cutting off air supply
- Using a knife, gun or other weapon
- Attempting to murder her
- Victims may experience any other number of examples of physical abuse

Sexualized Abuse

- Emotionally pressuring her to have sex when she doesn't want to
- Physically forcing her to have sex
- Emotionally pressuring her or forcing her to have sex with other people, animals, or objects
- Threatening to "out" her if gay or bisexual
- Demanding she wear more (or less) provocative clothing
- Denying her sexuality
- Making degrading sexual comments
- Making threats if she doesn't comply with sex
- Forcing her to have sex for money or to participate in pornography
- Threatening to expose intimate details or photos
- Having sex with her while she is asleep or unconscious



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Cultural/Spiritual Abuse

- Attacking or ridiculing her belief system and/or culture
- Attempting to stop her from practicing or participating in spiritual practices
- Attempting to use spirituality or religion as a means of controlling her
- Destroying spiritual objects or scriptures
- Attempting to force her to accept spiritual beliefs or engage in spiritual practice

Using the Judicial System to Abuse

- Filing numerous motions, often at the last possible minute, to force court proceedings to go on for a long time
- Threatening and intimidating looks and demeanor in the court room, hallways and parking lots to instill fear in the victim
- Applying for sole custody despite never having been the primary caregiver, for the purposes of scaring the mother
- Agreeing to a motion, then applying to change it or revoking agreement, often at the last possible moment

Medical Abuse

- Refusing to allow victim to seek attention for medical attention for illnesses and/or injuries
- Refusing victim access to medication or medical assistance devices like walker, cane, etc.
- Forcing victim to take certain medications
- Coercing victim to lie to medical professionals in order to get prescription for the perpetrator
- Threatening to reveal private medical conditions, shaming them for medical condition

Using Technology to Abuse

- Vilifying her on social media by spreading lies and/or gossip and rumours
- Monitoring all of her phones calls and emails/texts to control her behavior and isolate her socially, sometimes by secretly installing keystroke logging software
- Posting exploitive photos or videos without her consent, to humiliate and hurt her
- Harassing texts, emails, and messages that threaten, intimidate and terrify her. Often these occur throughout the night to disrupt her sleep and maximize negative impact
- Recruiting friends, family members and others to harass and intimidate her via text, email, social media etc.
- Using GPS and other online apps to track her whereabouts so he can show up there and stalk or scare her by letting her know he is tracking her
- Using apps to track her spending and control money
- Setting up false accounts on social media sites to gain access to her and information on her whereabouts, friends, family, etc.
- Hacking into victim's accounts, email, banking, social media profiles etc. to access info, post inappropriate things as the victim to get them in trouble etc.
- Posting victim's contact info and sharing it widely so she is inundated with spam, threatening messages, frightening/ inappropriate images/videos/messages

Financial/Economic Abuse

- Keeping money from the family
- Trying to stop her from making money
- Trying to make her hand over money
- Trying to make her account for how she spends money
- Forcing the family to live in poverty when money is available
- Racking up debt, often in her name



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Honor--Based Violence

- Coercing, convincing and/or encouraging extended family members and friends to shame and abuse the victim
- Using cultural and/or religious grounds to justify violence against girls and women
- Maiming and/or killing the victim to "restore honor to the family"
- Rejecting and shunning victim in an attempt to control her behavior
- Forcing the victim to stay inside the home against their will

* Please note this not a comprehensive list, many other examples exist.