

Domestic Violence:
A pattern of abusive behavior
used to gain or maintain
power and control
over someone.

Restoring Power

Types of Abuse in intimate relationships:

Forms of physical abuse include:

- Hitting, slapping, punching, kicking, hair-pulling, biting, pushing, restraining
- Scalding and burning
- Physical punishments
- Making someone purposefully uncomfortable (e.g. opening a window and removing blankets)
- Physical posturing
- Involuntary isolation or confinement
- Breaking property
- Punching holes in walls or throwing things

Forms of verbal/emotional abuse include:

- Name calling
- Making someone feel insecure
- Using manipulative language
- Humiliating
- Making verbal threats
- Using derogatory language

Forms of sexual abuse include:

- Rape, attempted rape, or sexual assault
- Inappropriate touch anywhere
- Any sexual activity that the person lacks the capacity to consent to
- Sexual harassment including teasing or innuendo
- Sexual photography, forced use of pornography, or witnessing of sexual acts
- Indecent exposure
- Sharing graphic pictures/videos of their partner without their consent

Forms of psychological abuse include:

- Enforced social isolation – preventing someone from accessing services, educational, and social opportunities, or seeing friends and family
- Using manipulative behaviors (gaslighting to gain power & control)
- Preventing the expression of choice and opinion
- Failure to respect privacy
- Intimidation, coercion, harassment, use of threats, humiliation, bullying, swearing, or verbal abuse
- Threats of harm others or abandonment
- Threats to take children away
- Threats to harm self

Forms of financial or material abuse include:

- Theft of money or possessions
- Fraud or scamming
- Preventing or restricting a person from accessing their own money, benefits, or assets
- Undue pressure, duress, threat, or undue influence put on the person in connection with loans, wills, property, inheritance, or financial transactions
- Denying assistance to access benefits
- Misuse of benefits or direct payments
- False representation, using another person's bank account, cards or documents
- Exploitation of a person's money or assets (e.g. unauthorized use of a car)
- Misuse of a power of attorney, deputy, appointeeship, or other legal authority

Forms of technological abuse include:

- Using tracking devices (GPS tags, etc.)
- Demanding passwords to all technological devices, and monitoring social media accounts, phone, or email
- The use of technology to punish or humiliate their partner
- Cyber bullying