

Types of domestic abuse

TYPE OF ABUSE	EXAMPLES OF BEHAVIOUR
THREATS	<p>Abusers create fear through threats:</p> <ul style="list-style-type: none"> • Threatening to smash personal items. • Threatening people or pets. • Making the people afraid by giving looks or making gestures. • Possessing weapons (even if they are not used).
PHYSICAL	<p>There is a wide range of behaviours that come under physical abuse including actions such as:</p> <ul style="list-style-type: none"> • Punching; slapping; hitting; biting; slapping, pinching; kicking; hair pulling; pushing; throwing or smashing things; punching the walls or doors, smashing things shoving; burning and strangling; stabbing, murder.
EMOTIONAL	<p>Emotional abuse can have a longer lasting damaging effect on the victim:</p> <ul style="list-style-type: none"> • Repeatedly, insulting and putting another person down, making them lose confidence in themselves. • Insulting and upsetting them by calling them fat, ugly, stupid, or a bad parent. • Using social media or spyware to 'keep tabs' on them and check their whereabouts and what they are doing. • Blaming their partner for arguments or deny that abuse is happening.
ISOLATION	<p>An abusive partner will try cut off their victim from the outside world. This isolation prevents the victim from leaving:</p> <ul style="list-style-type: none"> • Stopping them from seeing friends and family, not allowing them to have visitors. • Locking them in the house, not allowing phone calls. Stopping them from working, not allowing the person to study, learn to drive or have hobbies. • Going everywhere with them, preventing them from socialising. • Not allowing the victim to learn the native language and always speaking for them.

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SEXUAL	<p>Rape and sexual abuse happens in abusive relationships, as consent is likely to be disregarded.</p> <ul style="list-style-type: none"> • Actions taken to force an individual into unwanted sexual activity.
HUMILIATION	<p>An abusive partner will try cut off their victim from the outside world to intensify dependence to them through:</p> <ul style="list-style-type: none"> • Repeatedly, insulting and putting their victim down • Demoralising them by calling them fat, ugly, stupid, or a bad parent.
FINANCIAL	<p>Most abusers aim to be in control. He or she will often use money to do so. Economic or financial abuse includes:</p> <ul style="list-style-type: none"> • Making their victim account for every penny they spend, and explain all expenses • Controlling all the finances, restricting or withholding money or credit cards and/or basic necessities (food, clothes, medications, shelter). • Making all the decisions when deciding what to buy and when to buy. • Preventing their partner/family member from working and earning money • Harassing the victim at their workplace, through phone calls, text messages or emails, following or stalking the victim . • Putting all the bills (debts) in the person's name • Having all bank accounts/benefits in the abusers name.