

Card matching exercise

Print this on two separate sheets of paper. Cut out the cards and match them up

<p>1</p> <p>Financial abuse</p>	<p>2</p> <p>Threats</p>
<p>3</p> <p>Sexual abuse</p>	<p>4</p> <p>Physical abuse</p>
<p>5</p> <p>Emotional abuse</p>	<p>6</p> <p>Isolation</p>

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<p>Hitting, pushing, punching, kicking. Biting, slapping, hair pulling. Throwing or smashing things. Punching the wall, smashing the windows. Burning, strangling, stabbing, murder.</p>	<p>Making someone do sexual things that they don't want to do, rape. Calling the person a slag, slut. Not allowing the person to dress in the way they want to or only in the way the abuser wants them to.</p>
<p>Constantly putting a person down, making the person feel bad about themselves – insulting them by calling them fat, ugly, stupid, a bad parent, undermining them. Checking up on where they are and what they are doing, timing a person when they go out, making them explain every movement. Always lying to them, ignoring them, withholding affection. Threatening to leave, threatening to throw them out, threatening to commit suicide if they leave.</p>	<p>Stopping someone from seeing friends and family, not allowing the person to have visitors. Stopping them from having a job, not allowing the person to learn to drive. Going everywhere with them. Locking them in the house, not allowing phone calls. Not allowing the person to learn the native language and always speaking for them.</p>
<p>Taking a person's money, making a person ask for money. Making a person say how they spend every single penny. Not allowing them to work and earn money. Having all the bills (debts) in the person's name, having all bank accounts/benefits in the abusers name. Making all the decisions when deciding what to buy and when to buy. Giving the person a small amount of money to manage and then criticising them for not managing to buy essentials with it.</p>	<p>Making the person afraid by using looks and gestures. Saying they will hurt or kill them or someone precious to them or the family pet. Threatening to smash things. Threatening to tell other people how bad or stupid they are.</p>