

# Types of domestic abuse

TYPE OF ABUSE	EXAMPLES OF BEHAVIOUR
<b>THREATS</b>	<p>An abusers greatest weapon is the creation of fear, through threats to the individual, children or pets:</p> <ul style="list-style-type: none"> <li>• Threatening to smash personal items.</li> <li>• Threatening to leave or threaten to throw partner out.</li> <li>• Stand over the victim, invading personal space.</li> <li>• Making the person afraid by giving looks or making gestures.</li> <li>• Possessing weapons (even if they are not used).</li> </ul>
<b>PHYSICAL</b>	<p>There is a wide range of behaviours that come under physical abuse including actions such as:</p> <ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>EMOTIONAL</b>	<p>Emotional abuse can have a longer lasting damaging effect on the victim:</p> <ul style="list-style-type: none"> <li>• Repeatedly, insulting and putting another person down, making them loose confidence in themselves.</li> <li>• Insulting and demoralising them by calling them fat, ugly, stupid, or a bad parent.</li> <li>• Using social media or spyware to 'keep tabs' on them and check their whereabouts and what they are doing.</li> <li>• Blaming their partner for the abuse or for arguments, deny that abuse is happening, or play it down.</li> </ul>
<b>ISOLATION</b>	<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"> <li>• Not allowing the victim to learn the native language and always speaking for them.</li> <li>• Stopping them from seeing friends and family, not allowing them to have visitors.</li> <li>• 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</li> <li>• Going everywhere with them, preventing them from socialising.</li> </ul>

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