

Forms of Abusive Behavior

Physical	<ul style="list-style-type: none"> • Pulling hair, punching, slapping, kicking, biting or choking • Forbidding eating or sleeping • Using weapons to threaten to hurt • Preventing calling the police or seeking medical attention 	<ul style="list-style-type: none"> • Harming children • Abandoning the victim in unfamiliar places • Driving recklessly or dangerously with the victim in the car • Forcing use of drugs or alcohol
Psychological	<ul style="list-style-type: none"> • Constant name calling, insulting or criticizing • Isolating the victim from friends and family • Monitoring all phone calls, actions and whereabouts • Threatening to hurt the victim, his/her children, family or pets • Blaming the victim for the abuse • Humiliation 	<ul style="list-style-type: none"> • Gaslighting – manipulating the victim to question his/her own sanity • Acting jealous or possessive • Refusing to trust the victim • Cheating or accusing the victim of cheating • Attempting to control the victim's appearance • Sabotaging the victim's relationship with his/her children
Sexual	<ul style="list-style-type: none"> • Forcing sex by manipulation • Engaging in violent sex – using weapons or dangerous objects • Using insulting, unwanted sexual names 	<ul style="list-style-type: none"> • Involving other people in sexual activities • Forcing the victim to watch pornography • Purposefully trying to pass on a sexually transmitted disease
Reproductive	<ul style="list-style-type: none"> • Refusing to use a condom or other type of birth control • Forbidding, removing or sabotaging birth control methods 	<ul style="list-style-type: none"> • Monitoring menstrual cycles • Forcing or preventing pregnancy or abortions
Economic	<ul style="list-style-type: none"> • Controlling how all resources are spent • Preventing access to bank accounts • Forbidding or monitoring work or education • Maxing out credit cards in the victim's name without permission • Using funds from children's savings accounts 	<ul style="list-style-type: none"> • Ruining credit score • Stealing money • Refusing to work or contribute to the household • Refusing to pay for necessities or shared expenses like food, clothing, transportation, medical care or medicine
Technological	<ul style="list-style-type: none"> • Manipulating social networks and violating information privacy • Hacking into the victim's email and personal accounts • Sending threatening emails or other online messages • Using sites like Facebook, Twitter and foursquare to keep constant tabs on the victim 	<ul style="list-style-type: none"> • Sending or pressuring the victim into sending unwanted, explicit pictures or videos • Frequently looking through a victim's phone to monitor pictures, texts and calls • Putting tracking devices into a victim's email or personal accounts
Legal	<ul style="list-style-type: none"> • Falsely reporting the victim to law enforcement • Threatening deportation • Threatening reports to social service agencies who might cut benefits • Instituting legal procedures that the victim cannot afford to fight 	<ul style="list-style-type: none"> • Threatening to report drug use • Threatening to have the victim declared incompetent • Filing orders of protection against the victim to make him/her look like the violent one
Spiritual/ Religious	<ul style="list-style-type: none"> • Socialized understanding of male dominance is sometimes reinforced by religious doctrines • Fearing being shamed by one's spiritual community 	<ul style="list-style-type: none"> • Denying participation in the victim's religious or spiritual community • Fearing spiritual loss or punishment if the victim leaves • Forcing the victim to participate in the offender's religious practices