

What is Domestic Violence? Recognizing the Signs of Abuse

<p style="text-align: center;">Emotional Abuse</p> <ul style="list-style-type: none">• Belittles or humiliates you• Calls you names• Criticizes you• Blames you for his behavior• Controls where you go/who you see/how you spend your time• Isolates you from friends or family• Controls the money• Excessive jealousy• Threatens suicide if you leave• Threatens physical abuse• Threatens to take the children• Tells you that you are crazy• Withholding basic necessities from you• Forces you into illegal transactions• Intimidates you by looks, actions, & gestures• Frequently checks up on you• Does not respect your privacy (email, phones, journal)	<p style="text-align: center;">Physical Abuse</p> <ul style="list-style-type: none">• Slaps• Pushes• Punches• Bites• Spits at you• Pulls hair• Burns you• Restrains you physically or prevents you from leaving• Chokes you• Throws things at you• Threatens you with weapons• Hits you with objects• Deprives you of sleep or food• Forces you to eat when you do not want• Forces you to use drugs or alcohol when you do not want to
<p style="text-align: center;">Sexual Abuse</p> <ul style="list-style-type: none">• Forces you to have intercourse when you do not want to (either through physical force/threats/ weapons)• Forces you to perform a sexual act when you do not want to• Constantly grabs you in ways, places or times that you do not like• Does not listen to you when you say “no” to sex• Forces you to wear clothes that do not want to or be naked when you do not want to be• Uses objects in sex when you do not want to• Forces you to have sex with others or watch him have sex with someone else or to have sex with him with others watching• Accuses you of fooling around with someone else	<p style="text-align: center;">Property Abuse</p> <ul style="list-style-type: none">• Breaks or threatens to break your possessions• Kicks, punches or uses objects to make holes in walls or forces your door open• Smashes dishes or other breakables when he is angry• Hurts, maims or kills your pets• Burns, throws out or gives away your possessions without your permission• Steals your pills, money or possessions