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TYPES OF DOMESTIC ABUSE

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Signs of Physical Abuse:

1. Hitting, punching, kicking, shoving, choking, or slapping.
2. Using weapons to inflict harm or threaten you.
3. Controlling what you eat or when you sleep.
4. Forcing you to do work against your will.
5. Forcing you to use drugs or alcohol.
6. Stopping you from seeking medical treatment or calling for help.



Signs of Sexual Abuse:

1. Forcing you to perform sexual acts without consent.
2. Demanding sex when you're not willing or able.
3. Harming you during sex by choking, holding, or striking you.
4. Forcing you to watch pornography.
5. Insulting you in sexual ways.



Signs of Psychological Abuse:

1. Threatening to hurt you or your children, pets, or loved ones.
2. Damaging or stealing your belongings, or threatening to.
3. Blaming you for the abuse, saying that you deserve what happens or that you caused them to react.
4. Withholding affection or acknowledgement in order to punish you or get their way.
5. Cheating on you to deliberately cause you anguish.
6. Lying to you.



Signs of Reproductive Abuse:

1. Refusing to use a condom, or deliberately removing it during intercourse without your knowledge.
2. Refusing to let you use the birth control of your choice.
3. Sabotaging birth control, such as poking holes in condoms, swapping out birth control pills, not pulling out.
4. Forcing you to become pregnant.
5. Forcing you to have an abortion, or preventing you from getting one, regardless of your wishes.



Signs of Financial Abuse:

1. Preventing you from having access to bank accounts with your money.
2. Only permitting you to spend from an allowance.
3. Monitoring how you spend money and deciding what you can or cannot buy.
4. Stealing your money or using your savings or credit cards without your permission.
5. Refusing to contribute to shared expenses such as rent, food, childcare, etc.