



Family Violence

There are many forms of family violence, including physical abuse, sexual abuse and exploitation, emotional abuse, economic or financial abuse and spiritual abuse.

Abuse can occur in all age, racial, economic, educational, occupational, faith groups.

For many women, pregnancy marks the beginning of abuse in an intimate relationship. Women who are abused during pregnancy are four times as likely as other abused women to say they experienced very serious violence (beating, choking, gun/knife threats, sexual assault).

Over half of all female murder victims are killed by their intimate partners. Abuse and violence in an intimate relationship does not happen "just once." Abuse happens over months and years. When the abuse continues, it usually becomes more frequent and severe.

Types of Domestic Violence

Physical Abuse is physical force or violent behavior used to maintain control over a person, injure or frighten a person, or to get what one wants.

Examples of Physical Abuse are:

Pushing, Shoving, Slapping, Hitting,
Kicking, Pinching, Punching, Restraining,
Using weapons to inflict harm, Threatening physical violence,
Intimidation tactics (blocking someone from trying to leave).

Verbal Abuse happens when words are used to intentionally hurt, frighten, or threaten another person. Verbal abuse is often the first stage of abuse in a dating relationship.

Examples of Verbal Abuse are:

Insults and ridicule, Yelling or swearing, Harassment, Blaming
Name calling and putdowns, Constant criticism, Being mean or cruel,
Humiliating someone & making fun of them in front of others.

Sexual Abuse is any unwanted behaviors or actions that are sexual in nature.

Examples of Sexual Abuse:

Rape, Pressure to have sex, Calling sexual names,
Refusal to use contraceptive protection,
Not allowing a woman to use birth control,
Sexual Assault (unwanted touching or grabbing),
Sexual Harassment (unwanted sexual words, references, or gestures),
Use of drug/alcohol to impair someone's judgment in regards to having sex.

Emotional or Psychological Abuse is when words or actions are used to minimize someone's feelings and put him/her down. Emotional abuse disregards the victim's feelings, and instead instills beliefs of not being important or good enough.

Examples of Emotional or Psychological Abuse:

Stalking, Ignoring,
Being disrespectful (name calling, swearing or yelling, embarrassing you),
Being an emotional roller coaster (explosive or wild mood swings, being manipulative),
Isolating you (being possessive, keeping you away from friends and family).

Financial or Economic Abuse is when someone controls your financial decisions and behaviors without your consent.

Examples of Financial or Economic Abuse:

Forcing someone to work or not work,
Taking someone's pay cheque,
Expecting unrealistic gifts,
Gifts with "strings" attached ("I gave you this now you owe me"),
Controlling possessions: car, phone, clothes, etc.,
Not involving a partner in financial decisions,
Inappropriate spending (i.e. gambling, drinking, excessive frivolities),
Objecting to or denying the use of a car, even when the partner does not need it,
Withholding money (i.e. can't get a job because isn't allowed money for work clothes),
Not allowing adequate money to feed and/or clothe self and children.