



# Partner Violence: Identifying Abuse

**IF YOU ARE BEING ABUSED, PLEASE REACH OUT.**

You might be experiencing abuse if your partner has or repeatedly does any of the following:

## Physical Abuse:

It involves the use of physical violence, or threats of violence, to maintain power over an individual.

- Pull hair, punch, slap, kick, bite, choke, or smother you
- Forbid or prevent you from eating or sleeping
- Use weapons against you, throw objects at you
- Prevent you from contacting emergency services
- Harm your children or pets
- Drive recklessly or dangerously with you in the car
- Force you to use drugs or alcohol
- Trap you or prevent you from leaving home
- Deny you necessary medical treatment

## Digital Abuse:

Using technology to bully, harass, stalk, intimidate, or control a partner.

- Controlling your online activity
- Sending negative, insulting, or threatening messages
- Insulting or humiliating you in posts online
- Sending or pressuring you to send explicit messages
- Looking through your phone with or without permission
- Using any kind of technology to monitor your activities

## Emotional Abuse:

Includes non-physical behaviors meant to control, isolate, or frighten someone.

- Name calling, insulting, or constantly criticizing you
- Acting jealous or possessive and refusing to trust you
- Isolating you from family, friends, or others in your life
- Monitoring your activities
- Demanding to know how you spend your time
- Attempting to control what you wear
- Humiliating you in any way, especially in front of others
- Threatening you, your children, your family, or your pets
- Damaging your belongings
- Throwing objects, punching walls, kicking doors
- Blaming you for their abusive behaviors
- Accusing you of cheating, threatening to cheat
- Cheating on you and blaming you for their actions

## Sexual Abuse:

When a partner controls the physical and sexual intimacy in a relationship.

- Insult you in sexual ways or call you explicit names
- Force or manipulate you into having sex
- Strangle or restrain you during sex without your consent
- Involve others in your sexual activities against your will
- Ignore your feelings regarding sex
- Force you to watch or make pornography
- Intentionally give you a sexually transmitted infection

## Financial Abuse:

Occurs when an abusive partner extends their power and control into your financial situation.

- Providing an allowance and monitoring how you spend it
- Controlling your paycheck
- Preventing you from accessing bank accounts
- Prevent you from working or limiting your work hours
- Getting you fired
- Stealing money from you, your family, or your friends
- Withdrawing money from children's savings accounts
- Living in your home but refusing to work or contribute
- Forcing you to provide them with your tax returns
- Refusing to provide money for necessary expenses

## Stalking:

When someone you know, a past partner, or a stranger watches, follows, or harasses you repeatedly, making you feel afraid or unsafe.

- Showing up unannounced or uninvited
- Sending you unwanted messages
- Leaving you unwanted items, gifts, or flowers
- Calling you and hanging up repeatedly
- Using social media or technology to track your activities
- Spreading rumors about you online or in person
- Manipulating other people to investigate your life
- Waiting around at places you spend time
- Damaging your home, car, or other property
- Hiring a private investigator to follow or find you as a way of knowing your location or movements