TYPES OF ABUSE AND SOME COMMON EXAMPLES*

Emotional, Verbal and Psychological Abuse

• Name calling, belittling, constantly criticism
• Screaming at her
• Mocking her
• Putting down her family and friends
• Threatening her about the children (i.e. telling her she will lose custody, saying you will leave town with the children)
• Demanding household chores such as dinner, housework, laundry etc. are done in the way you want
• Abusing or neglecting children and not allowing her to intervene
• Not speaking to her for days at a time
• Using her lack of legal rights to control her (threatening to get her deported if she's an immigrant; threatening to kick her out of the house with nothing if she is common-law)
• Ending a discussion and then making decisions without her
• Telling her she is a bad mother
• Stalking (harassing, following her around town, showing up where you know she will be, watching her at home through windows)
• Making her feel like she is "going crazy"

Social Abuse/ Isolation

• Stopping her from having access to family and/or friends
• Using jealousy to justify questioning and controlling her movements and activities
• Listening to her phone calls, monitoring the mileage on the car, calling/texting/emailing
• Trying to keep her from doing things (going out with friends and family, going to work/school)
• Creating a 'scene' or being difficult in public situations to get her to stop wanting to attend public/social activities

Intimidation, Threats and Control, including towards pets

• Destroying property
• Giving her angry looks
• Making her do something humiliating or degrading (i.e. begging for forgiveness, having to ask your permission to use the car or go out)
• Saying things to scare her (i.e. telling her something bad will happen, threatening to commit suicide, threatening to hurt children, pets, friends, family or anyone that helps her)
• Bossing her around
• Threatening to give away, harm or kill the pets if she leaves
• Making rules about what she can say, do, wear, whom to talk to
• Changing the rules without telling her, unpredictably
• Reminding her of past abuse (i.e. "You remember what happened the last time you didn't listen to me")
• Turning others against her
• Threatening to spread rumours about her to friends and family if she doesn't comply
Financial/Economic Abuse
• Keeping money from the family
• Trying to stop her from making money
• Trying to make her hand over money
• Trying to make her account for how she spends money
• Forcing the family to live in poverty when money is available
• Racking up debt, often in her name

Physical Abuse
• Slapping, hitting, kicking, biting or punching her
• Pushing, grabbing, throwing or shoving
• Driving recklessly with her in the car
• Causing bruises, cuts, broken bones, etc.
• Preventing her from leaving a room
• Locking her in or out of the home
• Abandoning her in an unsafe place
• Hurting others she loves (i.e. children, pets, family, friends)
• Throwing, hitting, kicking, burning or smashing objects i.e. furniture, walls, dishes, possessions
• Threatening to become physically abusive towards her or those she loves
• Choking, strangling, cutting off air supply
• Using a knife, gun or other weapon
• Attempting to murder her
• Victims may experience any other number of examples of physical abuse

Sexualized Abuse
• Emotionally pressuring her to have sex when she doesn't want to
• Physically forcing her to have sex
• Emotionally pressuring her or forcing her to have sex with other people, animals, or objects
• Threatening to "out" her if gay or bisexual
• Demanding she wear more (or less) provocative clothing
• Denying her sexuality
• Making degrading sexual comments
• Making threats if she doesn't comply with sex
• Forcing her to have sex for money or to participate in pornography
• Threatening to expose intimate details or photos
• Having sex with her while she is asleep or unconscious

Cultural/Spiritual Abuse
• Attacking or ridiculing her belief system and/or culture
• Attempting to stop her from practicing or participating in spiritual practices
• Attempting to use spirituality or religion as a means of controlling her
• Destroying spiritual objects or scriptures
• Attempting to force her to accept spiritual beliefs or engage in spiritual practice
Using the Judicial System to Abuse

• Filing numerous motions, often at the last possible minute, to force court proceedings to go on for a long time
• Threatening and intimidating looks and demeanor in the court room, hallways and parking lots to instill fear in the victim
• Applying for sole custody despite never having been the primary caregiver, for the purposes of scaring the mother
• Agreeing to a motion, then applying to change it or revoking agreement, often at the last possible moment

Using Technology to Abuse

• Vilifying her on social media by spreading lies and/or gossip and rumours
• Monitoring all of her phones calls and emails/texts to control her behaviour and isolate her socially, sometimes by secretly installing keystroke logging software
• Posting exploitive photos or videos without her consent, to humiliate and hurt her
• Harassing texts, emails, and messages that threaten, intimidate and terrify her. Often these occur throughout the night to disrupt her sleep and maximize negative impact
• Recruiting friends, family members and others to harass and intimidate her via text, email, social media etc.
• Using GPS and other online apps to track her whereabouts so he can show up there and stalk or scare her by letting her know he is tracking her
• Using apps to track her spending and control money
• Setting up false accounts on social media sites to gain access to her and information on her whereabouts, friends, family, etc.
• Hacking into victim's accounts, email, banking, social media profiles etc. to access info, post inappropriate things as the victim to get them in trouble etc.
• Posting victim's contact info and sharing it widely so she is inundated with spam, threatening messages, frightening/ inappropriate images/videos/messages

Medical Abuse

• Refusing to allow victim to seek attention for medical attention for illnesses and/or injuries
• Refusing victim access to medication or medical assistance devices like walker, cane, etc.
• Forcing victim to take certain medications
• Coercing victim to lie to medical professionals in order to get prescription for the perpetrator
• Threatening to reveal private medical conditions, shaming them for medical condition

Stalking and Harassing

• Showing up at her place of work, either to watch or to confront and cause a scene
• Following her
• Acts of vandalism designed to incur expenses and instill fear such as slashing tires, breaking windows in home or car, writing insults on home, workplace or vehicle etc.
• Recruiting friends, family members and others to track her activities as well
• Harassing her friends, family, neighbours, coworkers etc.
• Leaving unwanted gifts, flowers or other items at the victim's home, work, vehicle etc.
Honour-Based Violence

- Coercing, convincing and/or encouraging extended family members and friends to shame and abuse the victim
- Using cultural and/or religious grounds to justify violence against girls and women
- Maiming and/or killing the victim to "restore honour to the family"
- Rejecting and shunning victim in an attempt to control her behaviour
- Forcing the victim to stay inside the home against their will

*Please note this not a comprehensive list, many other examples exist.*