

WHAT IS DOMESTIC ABUSE

Domestic Abuse can encompass some or all of the following behaviours from a friend/family member or loved one in a domestic setting.

Physical Abuse

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| Slapped/hit/punched | Pushed/pulled/tripped |
| Bitten/scratched/cut | Use of a weapon/stabbed |
| Kicked/kneed | Banged your head/body |
| Spat at/ sat/stood on | Twisted your arm/leg |
| Grabbed/shaken | Tied up/thrown around |
| Strangled/choked | Burnt/scalded |
| Smothered/head butted | Attempted murder |
| Violence to your children | Poked/prodded/hair pulled |
| Violence to family/friends | Pinned to wall/floor |
| Violence to your pets | Locked in/up |
| Held under water | Objects thrown at |

Emotional Abuse

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| Personal criticism | Told your worthless |
| Made fun of | False accusations made |
| Blamed | Prevented contact with others |
| Ignored | Humiliated in front of others |
| Deprived of food | Information withheld |
| Made to feel guilty | Threatened to lose children |
| Lied to | Prevented from speaking |
| Denied privacy | Made to account for your time |
| Told your stupid/mad | Threatened suicide or self harm |
| Name calling | Denied mail/phone messages |
| Withholds attention/sulking | Told what to wear |
| Not keeping to agreements | Accused of having affairs |
| Forced chores | Demands obedience |
| Children take sides against you | Twists your words |
| Restricts use of telephone | Tells you to leave |

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| Restricts use of the car | Threatened with social services |
| Denies you of sleep | Denied freedom to come & go |
| Listen to your phone calls | Opens your mail |

Sexual Abuse

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| Made fun of your sexuality | Touched you without permission |
| Treated like a sex object | Forced sexual acts |
| Violent sex | Forced to watch porn |
| Refused intimacy | Attempted/actual rape |
| Enforced prostitution | Anger if you don't want sex |
| Threats to obtain sex | Physically attacked genitals |
| Intimate pictures sent to others | |

Financial Abuse

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| Money withheld | Made to account for spending |
| Taking money from you | Prevented from working |
| No control over spending | Employment sabotaged |
| Made to beg for money | Given an allowance |
| Secretive about money | Stealing your money |

Other Intimidation

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| Using looks/gestures | Made to do degrading things |
| Following you | Made threats to you |
| Made threats to children | Destroy your belongings |
| | Refusing to leave when asked |
| Sworn/shouted/screamed at | Public abuse/humiliation |
| Harassed by spying/stalking | Ripped your clothing |
| Thrown food at | Stood over |
| Driven fast reckless | Driven at |