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What is Domestic Abuse?

Abusers use a wide variety of abusive tactics. There are many types of abuse and they are all difficult to experience. Explore this section to learn the different ways abuse can occur so you can better identify them.

Cultural Abuse

- Threatening deportation
- Outing your sexual orientation and/or gender identity to others
- Calling you racist names
- Isolating you from your cultural and/or religious traditions
- Destroying your immigration documents
- Preventing access to adaptive equipment

Physical Abuse

- Looming over you, getting “in your face” or blocking a doorway
- Grabbing, burning, stabbing, or biting
- Attempted strangulation
- Using weapons or driving recklessly
- Throwing or breaking things, or punching walls
- Confining you, preventing medical care, or restricting access to medication

Mental/Emotional Abuse

- Giving intimidating looks and gestures
- Playing mind games or twisting the facts
- Not accepting blame, wrongful accusations, or manipulation
- Humiliation or not listening to your point of view
- Controlling you, stalking, excessive texting/calling, or intercepting your phone messages or emails
- Making you feel “less than” or inferior

Verbal Abuse

- Yelling, shouting, swearing, continuously arguing, or interrupting
- Put downs, name calling, talking down to you, or patronizing you
- Using loud and threatening tone and language, intimidating you, or mocking you
- Threatening to take the children away or report you to the authorities

Sexual Abuse

- Unwanted sexual touching
- Treating you like an object or making vulgar comments
- Forcing you to use or not use birth control or forcing pregnancy or abortion
- Prohibiting safer sex practices
- Forcing you to participate in pornography/ have sex with other people
- Date/marital rape or pressure for sex

Economic Abuse

- Withholding money or making you ask for money
- Not allowing access to financial accounts
- Not allowing you to work or get an education
- Putting all bills/ credit cards in your name or ruining your credit
- Preventing use of a vehicle