

TYPES OF ABUSE

- Physical abuse: direct assault on the body, such as strangulation, slapping, punching, kicking, shaking or pushing, which may include the use of weapons or objects. Physical abuse can also include throwing objects, the denial of food and the destruction of property.
- Sexual abuse: any form of rape, unwanted or forced sexual activity, sexual threats and insults, restricting access to contraception or refusing to wear a condom.
- Verbal abuse: intimidation, verbal attacks, threats, insults, name-calling, yelling or humiliation. Themes might relate to body shape, sexuality, intelligence or ability as a parent.
- Psychological or emotional abuse: blaming or ignoring the person ('sulking'), treating the person as inferior, frequently saying their behaviour is inappropriate, questioning their sense of reality, emotional blackmail or suicide threats. The perpetrator might also stalk, spy on or follow the person, including monitoring emails or phone calls and using GPS tracking.
- Social isolation: isolating the victim from their family and friends, such as forbidding or preventing contact with them and ongoing rudeness to family and friends. The perpetrator might insist the person moves far away from family support or employment opportunities.
- Financial abuse: maintaining control of family finances, such as restricting access to bank accounts, wages or pensions, providing a small 'allowance', hiding assets, preventing the person from working, sabotaging interviews or meetings, and theft.
- Spiritual abuse: ridiculing a person's religious beliefs and culture or preventing them from being part of a religion or cultural group.
- Child abuse: physical and sexual abuse, neglect, verbal and emotional abuse of a child.
- Elder abuse: similar to child abuse but directed at elderly people.
- Neglect: often failing to meet the basic physical or psychological needs of a person you're caring for, such as a child. This might include failing to protect them from physical harm or danger or stopping them from getting medical care. It can also be neglect of, or unresponsiveness to, the other person's basic emotional needs.