

Faces of Abuse

Type	Definition	Examples
Physical Abuse	<ul style="list-style-type: none"> • any physical force • violent action • harm done to another person 	<ul style="list-style-type: none"> • hitting • punching • slapping • choking or strangling • burning • scratching • pushing • spanking • use of any object or weapon (gun, knife, hammer, axe, etc) • throwing partner • pulling hair • restraining (holding back) • breaking bones • knifing/shooting/murdering • ignoring illness • denying food and water
Emotional Abuse	<ul style="list-style-type: none"> • also known as verbal abuse • any act to lower victim's self esteem 	<ul style="list-style-type: none"> • name calling • insults • shaming • swearing • harming pets • breaking property • embarrassing victim in public • criticizing everything • telling victim he/she is not good enough • refusing to be intimate or show affection • making false accusations • ignoring emotions/feelings • not believing a person • holding grudges • threats to leave or tells victim to leave (with or without children) • punishes children to harm victim

Faces of Abuse continued

Type	Definition	Examples
Mental Abuse	<ul style="list-style-type: none"> • abuse that instills fear and confusion in victim • attacks that destroy one's self worth 	<ul style="list-style-type: none"> • isolation from friends and family • using children • 'male' privilege (men have rights just because they are a man) • 'silent treatment' • intimidation • interrogation (questions everything) • stalking • blaming for things gone wrong • degrading acts (making a person beg, bow down) • making victim feel 'crazy' (brainwashing) • lying • making victim do illegal things • reckless behaviour to scare victim • bringing up old issues • displaying jealousy • flirting with others to 'tease' • threats to harm victim, children, or self
Financial Abuse	<ul style="list-style-type: none"> • forcing the victim to be financially dependent • not allowing victim to have access to money 	<ul style="list-style-type: none"> • controlling income • denying victim access to money • not allowing victim to have any personal money • forcing victim to account for all money spent • take away 'debit' or 'credit' cards • forcing victim to support abusers habits (smoking, drinking) • spending family money on addictions (gambling, sexual services) • refusing to account for money spent • not sharing bills equally • keeping finances 'secret'

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Spiritual Abuse	<ul style="list-style-type: none"> • not allowing victim to have freedom of religious beliefs • denying victim the right to express traditional 	<ul style="list-style-type: none"> • using religion or tradition to justify abuse • using religious or traditional position to pressure for sexual favours • wrongfully interpreting religion or traditional beliefs • forcing partner to attend church or traditional ceremonies • preventing partner to attend church or traditional ceremonies • forcing partner to believe their faith • 'calling down' partners beliefs • not allowing partner access to nature (no connection to land) • destroying partners 'sacred' objects (bible, pipes) • 'calling down' partners value system • degrading person's self worth (how they see themselves)
Social Abuse	<ul style="list-style-type: none"> • isolating victim from friends and family 	<ul style="list-style-type: none"> • not allowing to use phone • victim can not work outside home • victim can not leave home • victim can not attend community activities (feasts, dances) • controlling who they see, talk to, what they do, where they go • ignores victim in public • changing personality in front of others • controlling how victim behaves in public • making sure partner is at work (always calling) • opening and reading partner's mail

Faces of Abuse continued

Type	Definition	Examples
Sexual Abuse	<ul style="list-style-type: none">any sexual activity forced upon a person who does not give their consent	<ul style="list-style-type: none">rapedate rapegang rapesexual assaultsexual harassmentnot accepting 'no' as an answerforcing a person to have sextreating like 'sex object'touching and grabbing victim's body partsforcing 'make-up' sexdegrading body partsusing objects during sexincesttransmitting sexual diseases to victim

“Family violence is usually an issue that’s being avoided. Maybe it’s because we don’t want to offend anybody or we just don’t want to talk about it. But from what I’ve learned so far, it’s an issue that we need to address for the betterment of our community. I feel that we need to speak up if we want healthy relationships and also for our children.”

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