

TYPES OF ABUSE

None of these behaviors is healthy or respectful

PHYSICAL

Hitting
Biting
Punching
Slapping
Shoving
Burning
Throwing (down stairs; objects)
Holding someone against their will (not letting them leave when they feel threatened or want to leave)
Spitting
Grabbing
Pulling hair

EMOTIONAL

Calling names
Playing mind games
Threats of violence
Breaking things
Push for quick involvement
Punching walls
Blaming others for certain behaviors or moods
Jealously
Sabotage
Controlling
Threatening looks
Threats of suicide or homicide
Humiliating another, when alone or in front of other
Isolation

SEXUAL

Forcing sex on someone
Unwanted touching
Groping in public when other is uncomfortable
Giving someone drugs or alcohol so that they will say yes
Not using protection when the other requests it
Bringing in other sexual partners against other's wishes
Making someone feel like they owe sex because of gifts, length of relationship, or love