

# DOMESTIC VIOLENCE

- IS BETWEEN CURRENT OR FORMER INTIMATE PARTNERS
- IS ABOUT POWER AND CONTROL
- IMPACTS PEOPLE OF ALL IDENTITIES

## TYPES OF ABUSE



Physical



Emotional



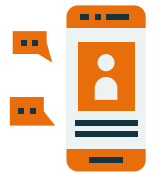
Sexual



Financial



Spiritual



Technological

## RELATIONSHIPS EXIST ON A SPECTRUM



**Healthy**

Respect and equality in the relationship



**Unhealthy**

Red flags and concerning behavior



**Abusive**

Controlling and abusive behavior

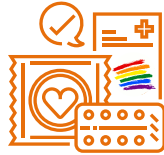
# TYPES OF ABUSE



Physical



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## Physical Abuse

Any intentional or unwanted contact with you or something close to your body, or any behavior that causes or has the potential of causing you harm.

## Emotional Abuse

Any non-physical behaviors such as threats, insults, constant monitoring or “checking in,” making fun, humiliation, intimidation, isolation, or stalking.

## Sexual Abuse

Any behavior that pressures or forces someone to do something that they don't want to do sexually.

## Financial Abuse

Any behavior that hurts your finances, including not allowing you to work, stealing, and pretending to be you to get a loan or credit card without you knowing.

## Spiritual Abuse

Any behavior that harms your sense of self or things that you enjoy, including not allowing religious/cultural practices, alone time, or time for hobbies and self-care.

## Technological / Digital Abuse

Any abusive behavior that uses technology, including excessive texting, demanding passwords, sending inappropriate/sexual messages, or stalking.