

Types of Abuse



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 identifying them. Remember, each type of abuse is serious and no one deserves to experience any form of it.

Emotional Abuse/Verbal Abuse

Non-physical behaviors such as threats, insults, constant monitoring or “checking in,” excessive texting, humiliation, intimidation or isolation.

Stalking

Being repeatedly watched, followed or harassed.

Financial Abuse

Using money or access to accounts to exert power and control over a partner.

Physical Abuse

Any intentional use of physical force with the intent to cause fear or injury, like hitting, shoving, biting, strangling, kicking or using a weapon.

Sexual Abuse

Any action that impacts a person’s ability to control their sexual activity or the circumstances in which sexual activity occurs, including restricting access to birth control or condoms.

Digital Abuse

The use of technology such as texting and social networking to bully, harass, stalk or intimidate a partner. Often this behavior is a form of verbal or emotional abuse perpetrated through technology.

For more information, you can visit: www.loveisrespect.org

A white call-to-action box with a dark blue border. At the top, it says 'Connect NOW!' in orange. Below that is a green speech bubble icon with 'Live Chat @' inside. Underneath is the website 'www.loveisrespect.org'. At the bottom, there are two icons: a green speech bubble with 'loveis' and a green telephone icon. To the right of the telephone icon is the number '1-866-331-9474'. At the very bottom, it says 'Discuss your options anonymously. Peer advocates are available 24/7.' in orange.

Connect NOW!

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Repurposing is allowed and encouraged.

Please contact Break the Cycle or the National Dating Abuse Helpline for more information.