

The Eight Types of Abuse

*This list is based on one made by men who were describing how they controlled or harmed their partners. It has been expanded by then Lanark County, Ont. Coalition against Family Violence, on the basis of input from women in abusive relationships. A single act may not constitute abuse, but if someone is doing something to harm or control you then you are being abused. **You have the right to be treated with respect and to feel safe in your home.***

- **Indicates actions that are clearly criminal acts, or may be criminal acts depending upon the circumstances.**

1. Emotional/psychological/verbal abuse

- **making her do illegal things**
 - false accusations
 - name calling, finding fault
 - verbal threats
 - yelling
 - intimidate
 - making her think she's crazy/stupid
 - overpowering her emotions
 - disbelieving her
 - bringing up old issues
 - Inappropriate expression of jealousy
 - degrading her
 - turning a situation against her
 - brainwashing her
 - silence
 - refusing to do things with or for her
 - insisting on always getting his own way
 - pressuring her
 - laughing in her face
 - neglecting her
 - expecting her to conform to a role
 - real or suggested involvement with another woman
 - making her feel guilty
 - certain mannerisms such as snapping fingers at her
 - threatening to get drunk or stoned unless...
 - manipulation
 - starting arguments
 - withholding affection
 - punishing her by not sharing in household chores
 - never really forgiving , holding grudges
 - lying
 - treating her as a child
 - having a double standard for her
 - saying one thing, meaning another
 - denying or taking away her responsibilities
 - failing to keep commitments
 - threatening her with the loss of immigration status
 - deliberately creating a mess for her to clean up
 - threatening to report her to the authorities
 - making her drop charges
 - telling jokes that belittle or indicate hatred toward women
 - refusing to deal with issues
 - minimizing her work or contribution pressuring to stay while drugs and alcohol are being abused
 - not coming home
 - coming home drunk/stoned
 - having pictures that indicate hate or violence against women
 - egging her on, challenging her to engage in physical violence
 - friendship or support of men who are abusive
 - demanding an accounting of her time and routine
 - taking advantage of her fear of something putting her on a pedestal
 - ridiculing her food preference
 - threatening suicide unless....

Emotional abuse surrounding reproduction, pregnancy and childbirth

- refusing to allow or forcing her to use contraception
- forcing her to have an abortion
- refusing sex on the grounds that her pregnant body is ugly
- denial that the child is his
- refusing to support her during pregnancy
- refusing to support her during birth
- denying her access to her new born baby
- demanding sex soon after childbirth
- blaming her because the infant is the "wrong sex"
- refusing to allow her to breast feed
- sulking or making her feel bad for time spent with the baby

2. Environmental abuse in home or vehicle

Abuse in the home

- **harming pets**
- **ripping clothing**
- **locking her in or out**
- **throwing or destroying her possessions**
- slamming doors
- throwing objects or food
- denying her use of the phone
- punching walls
- mowing over her garden

Abuse in the vehicle

- **driving too fast**
- **driving recklessly, pounding the steering wheel**
- **driving while intoxicated**
- **forcing her into a vehicle**
- **pushing her out of a vehicle when it is in motion**
- **threatening to kill her by driving into an on-coming car etc**
- **chasing or hitting her with a vehicle**
- **killing or injuring her in a deliberate accident**
- **hitting her while she is driving**
- Prohibiting her from using a vehicle by tampering with the engine, taking the keys etc.
- putting his foot over hers on the gas pedal
- grabbing the steering wheel while she is driving

3. Social Abuse

- controlling what she does, whom she sees and talks to, what she reads and where she goes
- failing to pass on her messages
- putting down or ignoring her in public
- not allowing her access to family or friends interfering with her family or friends
- change of personality with others
- being rude to her friends or relatives
- dictating her mode of dress
- habitually choosing friends, activities or work rather than being with her
- make a scene in public
- censoring her mail
- treating her like a servant
- not giving her space or privacy
- insisting on accompanying her into the doctor's office

Social abuse involving children

- assaulting her in front of her children
- initiating false child-abuse charges against her
- making her stay at home with the children
- teaching children to abuse their mother through name calling, hitting etc
- embarrassing her in front of the children
- not sharing responsibility for the children
- threatening to abduct the children or telling her she'll never get custody
- putting down her parenting ability

Social abuse during separation or divorce

- buying the children's affection with expensive gifts
- not showing up on time to pick up children or not having them back on time
- pumping children for information about their mother's boyfriends etc
- telling children their mother is responsible for breaking up the family
- using children to transport messages
- denying her access to the children
- failing to supply a valid phone number

4. Financial Abuse

- **taking her money**
- **forging her name**
- giving her false receipts
- canceling her insurance
- sabotaging her efforts to attain economic freedom
- withholding money
- spending money foolishly or beyond means
- pressuring her to take full responsibility for finances
- not paying fair share of the bills
- not spending money on special occasions
- spending on addictions, gambling, sexual services
- pressuring or controlling her working conditions
- keeping family finances a secret
- preventing her from taking a job

5. Ritual Abuse

- **mutilation**
- **animal mutilation**
- **forced cannibalism**
- **human sacrifices**
- forcing her to witness rituals
- suggesting or promoting suicide
- forcing her to participate in rituals

6. Religious Abuse

- using religion to justify abuse or dominance
- using the church position to pressure for sex or favours
- using her, then demanding forgiveness
- excessive spending for religion
- interpreting religion your way
- preventing her from attending church
- requiring sex acts or drug use as religious acts
- mocking her beliefs

7. Physical Abuse

- **any unwanted physical contact**
- **kicking, punching or pinching her**
- **pulling or pushing**
- **cutting or burning her**
- **pulling her hair**
- **head butting**
- **squeezing her hand or twisting her arm**
- **strangling or smothering her**
- **force-feeding her**
- **spitting on her**
- **throwing her or throwing objects at her**
- **hitting her with objects or whipping her**
- **restraining her in any way**
- **urinating on her**
- **breaking her bones**
- **knifing or shooting her**
- **threatening to kill or injure her**
- ignoring her illness or injury
- denying or restricting her food or drink
- pressuring or tricking her into alcohol or drug use
- hiding or withholding necessary medication

8. Sexual Abuse

- **any unwanted sexual contact**
- **forcing her to have sex, hounding her to have sex**
- **forcing her to have sex with others**
- **forcing her to have sex with animals**
- **uttering threats to obtain sex**
- **pinching, slapping, grabbing or poking her breast or genitals**
- **forcing sex when she's sick or after childbirth or surgery**
- knowingly transmitting sexual diseases
- sleeping around
- treating her as a sex object
- being rough
- pressuring her to pose for pornographic photos
- displaying pornography that makes her feel uncomfortable
- using sex as the basis or solution for an argument
- criticizing her sexual ability
- unwanted fondling in public
- purposely not washing and experiencing sex
- name calling (whore, slut, frigid, bitch)
- accusations of affairs
- degrading her body parts
- telling sexual jokes or making sexual comments in public
- demanding sex for drugs or alcohol
- demanding sex as payment or trade
- administering drugs or alcohol for sexual advantage
- insisting on checking her body for sexual contact