Types of ABUSE

Abuse comes in many forms.



Emotional/Verbal abuse

Non-physical behaviors such as threats, insults, screaming, constant monitoring, or isolation.



Financial abuse

Exerting power and control over a partner through their finances, such as taking or withholding money from a partner, or prohibiting a partner from earning



Physical abuse

Any intentional use of physical touch to cause fear, injury, or assert control, such as hitting, shoving, & strangling.

Stalking

Being repeatedly watched, followed, monitored or harassed. Occurs online or in person, & can include giving unwanted gifts.

Sexual abuse

Any sexual activity that occurs without willing, active, unimpaired consent, such as unwanted sexual touch, sexual assault (rape), & tampering with contraceptives



Digital abuse

Using technology to bully, stalk, threaten or intimidate a partner using texting, social media, apps, tracking, etc. .

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Break the Cycle

Because Everyone Deserves a Healthy Relationship

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