

### Examples of Abuse

Physical abuse can be...	Emotional abuse can be...
<p>Hitting Punching Pushing Shoving Slapping Scratching Throwing objects Banging head against wall or floor Burning with cigarettes or hot objects Scalding with hot water Suffocating Holding head under water Stabbing Cutting Choking or strangling Hair pulling Kicking Stamping on Dragging from a building or car Biting Shaking Face shoved in food or mess Force fed drugs or alcohol Murder</p>	<p>Threats Put-downs Shouting Name Calling Excessive jealousy Preventing contact with friends/family Constant calls or texts Following / Stalking Checking up / checking phone Isolating, Imprisoning Spreading lies or rumours Breaking phone or other property Passing around intimate photos Showing people private texts or letters Lying, Cheating Blackmail Aggression (thumping walls, banging doors) Expecting to be waited on Deliberate humiliation / embarrassment Choosing / restricting dress Standing up / Leaving Stranded Denying use of vehicle Never turning up on time</p>
<b>Sexual Abuse can be....</b>	
<p>Pressuring or blackmailing to get sex Forced to participate in sexual acts, not practicing safe sex Passing on sexually transmitted diseases (STDs) Passing around private sexual pictures or videos Sharing details of private sexual acts Using objects or causing pain Pressuring or forcing sex with friends / other people Forcing the wearing of sexy clothes (or forced cover up) Rape Belittling, degrading, sexual humiliation Using alcohol or drugs to get sex Forced prostitution or involvement in the sex industry</p>	

### Financial Abuse can be...

- Preventing access to family money
- Taking out debt in partners name
- Expecting unrealistic purchases/provisions on small budget (meals, outings etc.)
- Destroying partner's credit rating – sometimes whilst keeping own intact
- Taking or stealing partner's money
- Theft or sale of partner's goods
- Borrowing from partner's friends/family behind their back
- Not involving partner in family finances or financial decisions
- Refusing to fund basic purchases
- Spending spare money on self, but not on rest of family or necessary goods

**Note:** These lists are not exhaustive and during the course of your work you are likely to encounter all forms of abuse – some that even the most experienced practitioner could not anticipate.