PHYSICAL ABUSE
Any intentional act causing injury or trauma to another person by way of bodily harm.

SIGNS
- Black eyes
- Busted and swollen lips
- Red or purple marks on the neck
- Sprained wrists
- Bruises on the arms, legs, and back

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VERBAL ABUSE

A destructive form of communication used to harm the self-esteem of a victim in order to control them.

SIGNS

- Name calling
- Insults (i.e. you’re fat/stupid)
- Yelling, screaming, swearing
- Blaming the victim
- Disputing/minimizing feelings
- Threats of any kind

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EMOTIONAL ABUSE

Any intentional behavior by an abuser that results in trauma, anxiety, or depression for the victim.

SIGNS
- Bullying, blaming & shaming
- Gaslighting/brainwashing
- Intimidation & manipulation
- Denying & minimizing
- Isolation

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SEXUAL ABUSE

Forcing or coercing a victim to engage in sexual activity without their consent.

SIGNS

- Being persuaded to perform sexual acts by partner
- Being raped by partner
- Being forced to watch pornography
- Being drugged in order to have sex
- Being exposed to an STI without consent
- Being pressured to sext

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TECHNOLOGICAL ABUSE

The use of electronic devices and social media to harass, monitor, and control a victim.

SIGNS
• Excessive calls & texting, messaging
• Demands to check in
• GPS monitoring
• Use of social media check ins to track victim
• Use of social media to humiliate victim
• Demands for sexting

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STALKING

A course of conduct directed at a specific person that would cause a reasonable person to feel fear.

SIGNS

• Unwanted phone calls, emails, social media messages
• Approaching the victim repeatedly without consent
• Showing up uninvited at the victim’s home, workplace, or school
• Watching, following, or tracking a victim
• Sneaking into the victim’s home or car
• Doing things to scare the victim

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