



What is Domestic Violence?

Domestic Violence Definition

A pattern of assaultive and coercive behaviors, including physical, sexual and psychological attacks as well as economic coercion that adults or adolescents use against their intimate partners.

Forms Of Abuse:

PHYSICAL ABUSE:

Any deliberate harm done to the body by another person or neglecting the physical needs of another person.

EMOTIONAL ABUSE:

Any deliberate harm done that hurts a person's self-esteem or makes fun of another's feelings. Neglect of the emotional needs of another or ignoring another's feelings.

SEXUAL ABUSE:

A deliberate sexual act performed against the will of someone else, or without the other's knowledge or consent.

THREATS AND INTIMIDATION:

A deliberate use of threats or intimidation to control a person or get them to do what you want. A misuse of trust or friendship and/or a break in confidence.

VERBAL ABUSE:

Using putdowns or name calling to make a person feel or look bad in order to control them. Attacking the nature and abilities of the partner. Can be overt, angry outbursts and name calling, or more subtle, such as manipulative and controlling speech, insidious, disrespectful, disregarding and devaluing the person.

SPIRITUAL ABUSE:

Discounting your sense of right or wrong. Denying, minimizing, ridiculing your spiritual beliefs. Questioning your sense of reality. Refusing to allow you access to worship communities or support groups.

FINANCIAL ABUSE:

Restricts you to an allowance, Prevents and or sabotages you from working (making constant calls, showing up at work, preventing you from attending). Performs audits of money provided to you, handles all bills and does not allow access to accounts. Declines to provide funds for medications, food, and toiletries.

Know
Needs
Options
Warnings
Learn
Explore
Danger
Grieve
Empower

Information Taken from:

Alternatives to
Domestic Violence,
800-339-SAFE
(951) 683-0829

<http://alternativestodv.org>