



## PARTNER ABUSE AND ITS FORMS

Partner abuse occurs when an individual in a current or former intimate relationship tries to dominate and control the other person. Underlying all abuse is a power imbalance between the victim and the offender.

### Physical abuse

Physical abuse is the use or threat of physical force against another person that may injure the person or put the person at risk of being injured and may include:

- Hitting, slapping, shoving, punching, pinching
- Choking
- Burning with a cigarette
- Holding, restraining and confinement
- Using weapons
- Murder

### Emotional abuse

Emotional or psychological abuse occurs when a victim's sense of self and emotional security is undermined, and may include:

- Controlling or threatening behaviour
- Constant yelling
- Criticism, insults, put-downs or “jokes” at her expense
- Excessive jealousy
- Withholding of affection
- Isolation from family and friends
- Threatening to harm the children
- Stalking

### Sexual abuse

Sexual abuse includes any non-consensual sexual activity and may occur with physical abuse or after a bout of physical abuse. Sexual abuse may include:

- Forced sex
- Forcing her to watch pornography
- Knowingly transmitting sexual diseases
- Preventing her from using birth control
- Criticizing sexual ability



## Spiritual abuse

Spiritual or cultural abuse occurs when one partner ridicules or attacks the other person's spiritual or cultural beliefs, and may include:

- Denying her rights to her spiritual or cultural beliefs
- Preventing her from attending religious services or engaging in spiritual or cultural practices
- Demanding that she follow his faith or his spiritual or cultural practices
- Raising children in a different faith against her will
- Using spiritual or cultural beliefs to justify controlling her

## Economic abuse

Economic abuse occurs when one partner uses money to control the other person, and may include:

- Taking control of her money
- Spending her money without her permission
- Preventing her from working
- Denying her access to money
- Forbidding her to have a bank account
- Excessive spending that leaves insufficient money available to support her or the children
- Refusing to pay child support