

**Power  
And  
Control**

**Physical Abuse**

Hitting, slapping, kicking, pinching, pushing, biting, strangling, scratching, grabbing, shaking, throwing things, using weapons, restricting movement

**Sexual Coercion, Harassment, Assault**

Grabbing, rubbing, or touching without consent, coercing, manipulating, making threats or using alcohol and drugs for sex, exposing partner to STIs, cheating

**Using Social Status**

Using gender, sexual orientation, race, culture, disability, religion, etc. to control them, defining what they can and cannot do, making all the decisions in the relationship

**Cyber Abuse**

Excessive / unwanted calls or messages, monitoring their cell phone, emails, texts, or social media, demanding passwords, making them take / send pictures, using tracking apps

**Mental Abuse**

Threats to use physical or sexual violence, threats to leave, withhold, or to make a police report, threats to expose their secrets or spread rumors, and threats of suicide or homicide

**Isolation, Exclusion**

Controlling what someone does, who they talk to, or where they go, keeping them from friends and family, checking up on someone while apart, sabotaging their plans

**Threats, Intimidation**

Giving looks or using gestures to gestures to make someone fearful or obedient, smashing things & property damage, abusing pets or loved ones, threats with weapons, posturing, invading personal space

**Minimizing, Denial, Blame**

Making light of abuse, saying the abuse didn't happen, blaming stress, drugs, alcohol, or jealousy for abuse, saying the victim caused the abuse or that it was mutual

**Verbal and Emotional Abuse**

Name-calling, put downs, mind games, belittling, swearing, undermining, lying, purposely making someone feel guilty, confused, or insecure