

What Is ABUSE???

**REPORT ANY ABUSE TO THE POLICE IMMEDIATELY
AND SEEK THERAPY**

There are various types of abuse:

- ❖ **Physical Abuse** (also known as Domestic Abuse when it occurs within intimate relationships)
punching, hitting, slapping, kicking, hair-pulling, strangling or physically restraining a partner against their will
- ❖ **Sexual Abuse** (involve rape, other forced sexual acts or withholding or using sex as a weapon)
unwanted sexual act forced onto the victim, including unwanted touching to forced intercourse or forced sexual contact. Both males and females can be victims of this type of abuse
- ❖ **Verbal / Emotional Abuse**
any behaviour, language and body-language with the purpose to hurt another person emotionally, this includes yelling, shaming, put-downs, name-calling, humiliation and unreasonable criticisms
- ❖ **Mental / Psychological Abuse**
words or actions from the abuser wears away the sense of mental wellbeing and health of the abused by making them doubt their own sanity and start to distrust their own judgement and becoming more dependant on the abuser
- ❖ **Child Abuse**
sexual, psychological or physical mistreatment of a child done by the parent or caregiver of the child and includes beating, kicking, choking, burning, shaking, throwing, biting, scratching or forcing a child to eat or swallow dangerous things
- ❖ **Financial / Economic Abuse**
abuser restricts access to money, this includes cutting off access to bank accounts, preventing access to financial information and even controlling where the abused is allowed to work
- ❖ **Cultural / Identity Abuse**
abuser use aspects of the victim's cultural identity to inflict suffering, denying them to observe the dietary or dress customs of their faith, using racial slurs or threatening to 'out' somebody as LGBTQ/T
- ❖ **Elder Abuse**
occurs when an elder person is abused by a younger person (typically the elder's child) and often consists of financial, emotional and physical abuse
- ❖ **Spiritual Abuse**
involves a person's spirituality or religion and includes attacking another's beliefs, denying access to their place of worship or forced participation in a cult

These are some of the warning signs of abuse:

Unexplained changes in behaviour or personality
Becoming anxious
Lacks social skills and has few friends, if any
Knowledge of adult issues inappropriate for their age

Becoming withdrawn
Becoming uncharacteristically aggressive
Poor bond or relationship with parent
Running away or going missing



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**Mental Health
Awareness**