

Types of Abuse



There are many types of abuse and they are all difficult to experience. Explore this section to learn the different ways abuse can occur so you can better identifying them. Remember, each type of abuse is serious and no one deserves to experience any form of it.

Emotional Abuse/Verbal Abuse

Non-physical behaviors such as threats, insults, constant monitoring or “checking in,” excessive texting, humiliation, intimidation or isolation.

Stalking

Being repeatedly watched, followed or harassed.

Financial Abuse

Using money or access to accounts to exert power and control over a partner.

Physical Abuse

Any intentional use of physical force with the intent to cause fear or injury, like hitting, shoving, biting, strangling, kicking or using a weapon.

Sexual Abuse

Any action that impacts a person’s ability to control their sexual activity or the circumstances in which sexual activity occurs, including restricting access to birth control or condoms.

Digital Abuse

The use of technology such as texting and social networking to bully, harass, stalk or intimidate a partner. Often this behavior is a form of verbal or emotional abuse perpetrated through technology.

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Discuss your options confidentially.
Peer advocates are available 24/7.

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