

# Types of Violence

Violence can be Physical, Sexual, Verbal, Psychological, Social, Economic or Electronic.

## Physical

Tissue Damage – holding someone against their will, pushing, shoving, shaking, slapping, punching, kicking, twisting limbs, using weapons, etc.

Objects – throwing crockery or food, breaking furniture, smashing doors, punching holes in the walls, destroying the house.

## Psychological

Threats: emotional blackmail, like “if you leave me then I will kill myself” or “if you leave me I’ll take the kids and you will have no money”, death threats, threats against other people such as family or friends, etc.



## Economic



Keeping your partner poor, not giving enough money or giving all the money and then controlling the finances by making them account for every cent, taking out excessive loans or taking out loans for yourself in her name.

## Social

Isolating – constantly criticising and being suspicious of family and friends; not allowing her to have her own friends, keeping your partner isolated, not allowing her to go out alone, or go to social or work functions. Smothering: Always keeping in touch “to see how they are doing” (when you really just want to check up on what she is doing), doing everything together, driving her everywhere, etc.

## Cyber

Using an electronic carriage or service to threaten, demean, harass, or intimidate.



## Verbal

Put-downs: “use your brain”, comparing your partner negatively with others.

Criticising: parenting, grooming, intelligence, etc.

Shouting: including abuse and threats.

Labelling: calling the person names or applying labels to the person.

## Sexual

Demanding sex, treating your partner as an object, bondage, rape, using objects.

