



What is Domestic Violence?

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Threats and Intimidation: are ways to try and control you and make you feel powerless and afraid, including destroying possessions, following you, threatening to suicide or harm/ take the children.


Verbal abuse: Includes, swearing, shouting, put-downs, name-calling, and using sarcasm to destroy your sense of self.

Physical abuse: Includes pushing, shoving, hitting, slapping, strangulation, hair-pulling, punching etc. and can involve the use of weapons including guns, knives or other objects.

Emotional abuse: Behaviour that deliberately undermines your self-esteem and confidence, leading you to believe you are stupid, 'a bad mother', useless, going crazy or are insane.

Social abuse: Includes isolating you from your social networks or supports either by preventing you from having contact with family and friends or by verbally or physically abusing you in public or in front of others. It may be continually putting friends and family down so you slowly disconnect from your support network.

Economic abuse: Results in you being financially dependent. It includes being denied access to money, including your own, demanding that you and the children live on inadequate resources. It can also include being forced to sign loans and being responsible for debts that you have not incurred.



Sexual abuse: Includes a range of unwanted sexual behaviours including forced sexual contact, rape, forcing you to perform sexual acts that cause pain or humiliation, forcing you to have sex with others, or causing injury to your sexual organs.

Cultural and Spiritual abuse:

Includes ridiculing or putting down your beliefs and culture, preventing you from belonging to, or taking part in a group that is important to your spiritual beliefs, or practising your religion.

Separation violence: Often after the relationship has ended violence may continue, this can be a very dangerous time for you because the perpetrator may perceive a loss of control and may become more unpredictable. During and after separation is often a time when violence will escalate leaving you more unsafe than previously.

Stalking: Includes loitering around places you are known to frequent, watching you, following you, making persistent telephone calls, emails, texts and sending mail including unwanted love letters, cards and gifts.

Cyber Abuse: The use of social media, emails or technology to stalk abuse or intimidate you. It might include posting pictures, videos or information about you.

