

# Domestic Abuse

“Any single incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been intimate partners or family members, regardless of gender or sexuality.” (Statutory definition of domestic abuse)

## Physical

Hitting, kicking, shoving, burning, choking or shaking. Withholding food or medication, blocking an exit or threatening violence

## Sexual

Forced sexual activity, sexual shaming, policing clothes, coerced consent, serial cheating, reproductive abuse (forcing or disrupting family planning)

## Psychological

Isolating, gaslighting (making someone doubt their reality), mind games and threats.

## Emotional

Intentional emotional harm, shaming privately or publically, minimising abuse, ridiculing or denying distress, preventing or ridiculing grief after a bereavement or loss, constant criticism.

## Economic

Preventing or discouraging someone from earning an independent income, taking control of someone's earnings, coerced or fraudulent debt in victims name, making someone account for each detail of spending, withholding money needed for daily life or to escape.

## Digital

Using tracking technology, (with or without knowledge), hidden cameras or microphones, using social media to spread false information or threaten to harm a person's reputation, sharing or threatening to share intimate images, cyber stalking, hacking or checking phone use or browsing history

## Harassment / Stalking

Online or in person following or tracking, or unwanted messages, communication or threats.

## Post Separation abuse

Any form of abuse that continues after the survivor/victim has left the relationship. This often uses child contact arrangements and family court proceedings as tools of abuse.

## Harmful Practices

This can include practices such as so-called honour based violence, forced marriage, dowry abuse or female genital mutilation.

## Spiritual

Ridiculing or preventing someone from practicing their faith. Forcing someone to convert or follow religious practices against their will or using a twisted version of faith teaching or scripture in order to subjugate or control someone.

**If you or someone is in immediate danger call 999**

**National Domestic Abuse Helpline (run by Refuge) 0808 2000 247**



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