

Dynamics & Behaviors of Abuse

CONTROLLING BEHAVIORS

- Tells you what to do and wear
- Controls who you can be friends with
- Pressures you to use alcohol or drugs
- Uses intimidation
- Threatens to harm or kill you, self, others, pets
- Threatens to harm you or self if you break up
- Threatens to out someone's sexuality or gender identity
- Insists you choose between partner and friends/family
- Has rigid ideas about men's and women's roles
- Demands that you choose school/activities near them

DIGITAL ABUSE & SURVEILLANCE BEHAVIORS

- Contacts you constantly to check on your whereabouts
- Monitors where you are and who you're with
- Stalks, follows you to classes or other activities
- Tells you who you can or can't be friends with on social media
- Sends you unwanted, explicit pictures and/or demands you send some in return
- Looks through your phone frequently, checks up on your pictures, texts, and calls
- Steals or insists on being given your passwords
- Uses websites, apps, or social media to keep constant tabs on you

PHYSICAL ABUSE

- Hitting
- Kicking
- Pushing
- Grabbing
- Slapping
- Choking

VERBAL & EMOTIONAL ABUSE

- Ridiculing
- Belittling
- Humiliating
- Blaming
- Shaming
- Isolating
- Spreading rumors
- Teasing
- Bullying
- Name calling
- Threatening
- Screaming or constant yelling
- Throwing/breaking objects
- Punching walls or objects
- Reckless driving