

RIZE ABOVE

TYPES OF VIOLENCE

When we talk about violence in relationships it is important to remember that violence is not just physically hurting someone. Violence can come in many different forms, with some being easier to see than others.

VERBAL ABUSE

- Insults
- Name-Calling
- Humiliation
- Yelling
- Screaming
- Guilt tripping.



EMOTIONAL ABUSE



- Ignoring you
- Telling you who you can and can't hang out with
- Trivialising your feelings
- Wanting to know where you are all the time
- Checking your phone or stalking your socials.

PSYCHOLOGICAL ABUSE

- Threatening to hurt you or someone you care about
- Slamming the door
- Punching the wall
- Treating you badly because of your ethnicity or gender.



FINANCIAL ABUSE



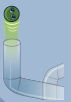
- Stopping you from getting a job
- Having to explain everything you spend
- Controlling all the money
- Only giving you a specific amount to spend on what you need.

SOCIAL ABUSE

- Forcing sexual activity
- Unwanted kissing or touching
- Refusing to use a condom
- Unwanted rough or violent sexual activity.



PHYSICAL ABUSE



- Slapping
- Choking
- Pushing
- Throwing things
- Kicking
- Shaking.

For more information:

rizeabove.org.au
kidshelpline.com.au/teens/issues/what-is-abuse

Relationships Australia.
SOUTH AUSTRALIA