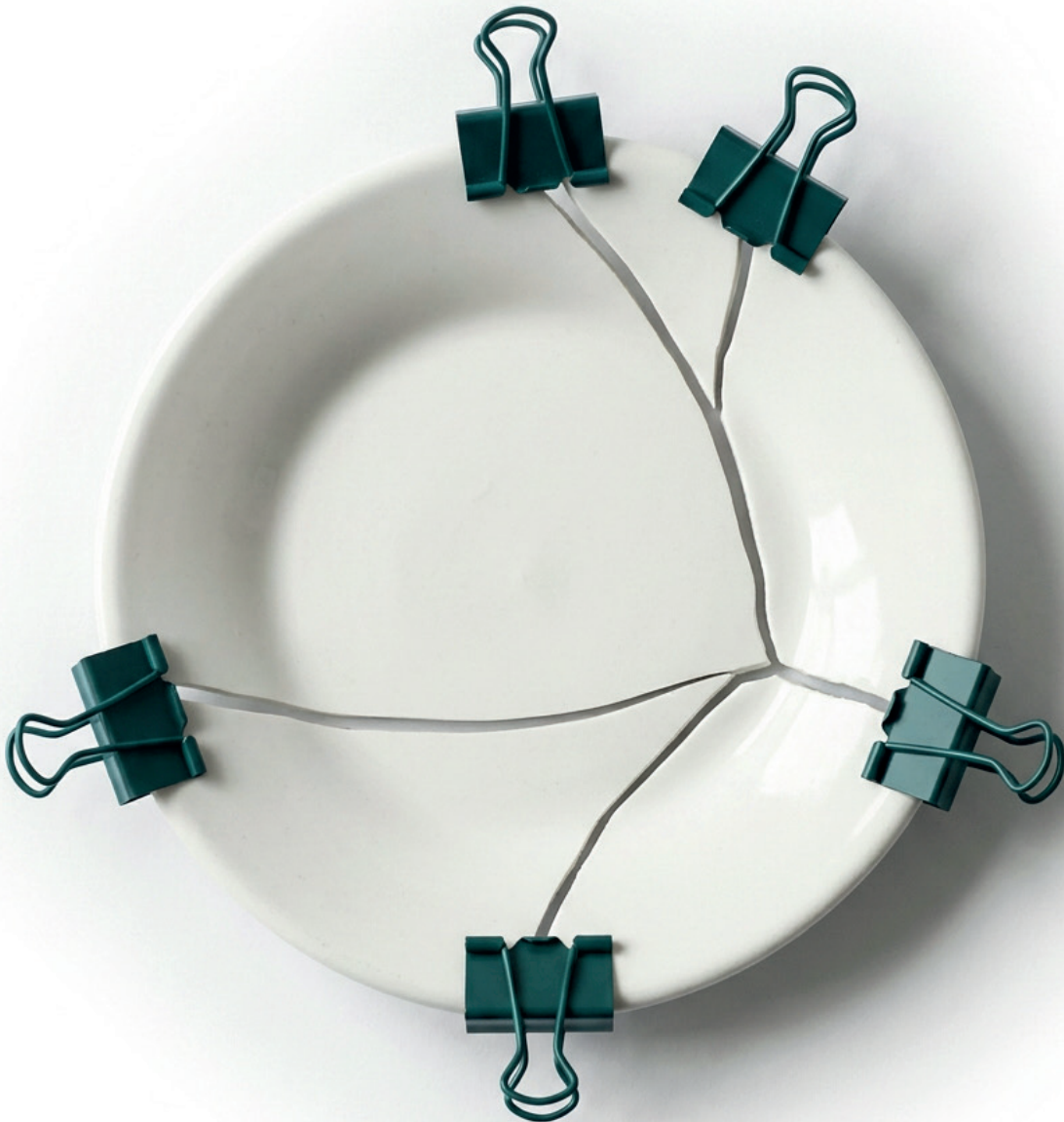


FORMS OF VIOLENCE

It's not always easy to recognize violent behaviour. Here are some signs to watch for.



Psychological

Undermining the other person's confidence or self-esteem

- Giving the silent treatment as punishment
- Preventing someone from seeing certain people
- Blaming others for your own reactions

Verbal

Controlling through words, tone, or threats

- Yelling, swearing, insulting
- Interrupting or talking over someone
- Threatening to hit, kill, or harm someone close to them

Social

Isolating or damaging the other person's reputation

- Putting down their friends or family
- Publicly humiliating them on social media
- Spreading rumours

Economic

Controlling through money

- Stealing, taking, or limiting access to money
- Monitoring or criticizing spending
- Preventing someone from meeting their own needs

Harassment

Violating someone's dignity

- Tracking someone's movements (including geolocation)
- Repeatedly calling or sending messages
- Following a person or their loved ones

Physical

Using force to hurt or control

- Hitting, pushing, restraining
- Throwing an object
- Hitting a wall, a door, a table

Sexual

Any sexual act without consent

- Touching or kissing without consent
- Persisting after a refusal
- Sulking when your advances are turned down
- Sending an unsolicited intimate photo

Consent must be clear, free, enthusiastic, and given with full awareness. It can be withdrawn at any time, even in a relationship.

Spiritual

Targeting beliefs to control or punish

- Belittling or ridiculing their beliefs
- Forcing or preventing religious practices
- Using beliefs to manipulate or control

If you're asking yourself the question, you may already have your answer.

Break the cycle, not everything else.

What will your next choice be?
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