

## **Types of Abuse**

Sexual abuse- is an unwanted or forced sexual act committed without consent. It can occur either against a person's will, by force or coercion, or when a person is incapable of giving consent, such as when they are under the influence of drugs or alcohol.

Physical abuse- can be defined as any intentional act causing injury or trauma to another person or animal by way of bodily contact. In most cases, children are the victims of physical abuse, but adults can also be victims, as in cases of domestic violence or workplace aggression. Alternative terms sometimes used include physical assault or physical violence, and may also include sexual abuse. Physical abuse may involve more than one abuser, and more than one victim.

Emotional Abuse- is a form of abuse, characterized by a person subjecting, or exposing, another person to behavior that may result in psychological trauma, including anxiety, chronic depression, or post-traumatic stress disorder.

Academic Abuse- Preventing you from working on papers or studying for tests, saying you don't love your partner if you spend time on work instead of spending time together, calling you at all hours, especially before tests and other important academic assignments, Blaming you for poor grades, monitoring your behavior during class or taking all of the same classes as you, belittling your academic focus/choice, making fun of you for studying too much.

Cyber Abuse/Cyberbullying is the use of cell phones, instant messaging, e-mail, chat rooms or social networking sites such as Facebook and Twitter to harass, threaten or intimidate someone. Cyberbullying is often done by children, who have increasingly early access to these technologies

If you feel you are a victim of abuse, reach out to a safe, trusted adult such as a parent, teacher or school counselor.

Reference:

<http://stoprelationshipabuse.org>

<http://www.loveisrespect.org>



ncdsv.org **POWER AND CONTROL WHEEL**

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of the woman’s life and circumstances.

The Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.

