

The Five Forms of Domestic Violence

Physical

Inflicting or attempting to inflict physical injury

Examples: grabbing, pinching, shoving, slapping, hitting, biting, arm-twisting, kicking, punching, hitting with blunt objects, stabbing, shooting

Withholding access to resources necessary to maintain health example: medication, medical care, wheelchair, food or fluids, sleep, hygienic assistance Forcing alcohol or other drug use

Sexual

Coercing or attempting to coerce any sexual contact without consent

Examples: marital rape, acquaintance rape, forced sex after physical beating, attacks on the sexual parts of the body, forced prostitution, fondling, sodomy, sex with others

Attempting to undermine the victim's sexuality

Examples: treating him/her in a sexually derogatory manner, criticizing sexual performance and desirability, accusations of infidelity, withholding sex

Psychological

Instilling or attempting to instill fear

Examples: intimidation, threatening physical harm to self, victim, and/or others, threatening to harm and/or kidnap children, menacing, blackmail, harassment, destruction of pets and property, mind games, stalking.

Isolating or attempting to isolate victim from friends, family, school, and/or work example: withholding access to phone and/or transportation, undermining victim's personal relationships, harassing others, constant "checking up," constant accompaniment, use of unfounded accusations, forced imprisonment

Emotional

Undermining or attempting to undermine victim sense of worth

Examples: constant criticism, belittling victim's abilities and competency, name-calling, insults, put-downs, silent treatment, manipulating victim's feelings and emotions to induce guilt, subverting a partner's relationship with the children, repeatedly making and breaking promises

Economic

Making or attempting to make the victim financially dependent

Examples: maintaining total control over financial resources including victim's earned income or resources received through public assistance or social security, withholding money and/or access to money, forbidding attendance at school, forbidding employment, on-the-job harassment, requiring accountability and justification for all money spent, forced welfare fraud, withholding information about family running up bills for which the victim is responsible for payment