

DIGITAL ABUSE:

Controlling Posts, friends and passwords to social media accounts. Demanding sexts and pictures, holding pictures as blackmail, sharing picture with friends. Revenge porn.

EXCLUSION: Controlling what another does: who they see and talk to, what they read, where they go. Keeping you away from friends, family, and activities/work and using jealousy to justify actions (I just love you so much).

PEER PRESSURE:

ISOLATION/

Threatening to leave you, or that no one will like/love you. Threatening to expose someone's weakness or spread rumors (true or untrue). Telling lies about an

Telling lies about an individual to family or peer group.

INTIMIDATION:

There ere other Threatening to hurt them or loved ones, to leave, to commit suicide, to report them to the Police. Making them drop charges or do illegal things. Creating fear by using looks, actions, gestures, smashing

things, displaying weapons, destroying. property

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Making fun of beliefs, using belief or culture against you. Not allowing you to practice faith, or forcing their faith.

SEXUAL COERCION:

Forcing sexual actions, rape, not taking no for an answer. Refusing to use birth control or sabotaging it. Getting someone drunk or drugged to get sex. Bribing or demanding.

MINIMIZE/ **DENY/BLAME:**

Making light of the abuse and not taking it seriously. Saying it didn't happen. It isn't their fault for the abuse, saying you caused it

the most obvious form of viol

Violence