

# KNOW DOMESTIC ABUSE

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TALK TO SOMEONE AT YOUR  
CHURCH YOU TRUST

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## Domestic abuse may include (but not limited to):

- **Financial abuse:** controls your access to finances, punishes you for spending, or provides money with “strings attached”
- **Spiritual abuse:** criticises your faith or culture, forces you to act against your beliefs, uses Scripture to control you and cuts you off from your church family
- **Social isolation:** cuts you off from family, friends or faith community
- **Verbal abuse:** criticises, belittles, and blames you
- **Emotional abuse:** manipulates and threatens you; causes you to live in fear and doubt yourself and your view of reality
- **Psychological abuse:** threats to harm you, or your children, family members or pets, threats to spread negative information about you, or threats to kill you
- **Physical abuse:** hits, punches, chokes or assaults you, damages property, harms your children or pets
- **Sexual abuse:** forces you to do sexual acts without your consent, controls decisions about reproduction
- **Harassment:** comes to your workplace uninvited, shows up at places unexpectedly, follows you
- **Image based abuse:** shares intimate images to humiliate and embarrass you
- **Technology abuse:** using technology to monitor you, constantly text or call to harass you, stalks you online or posts abusive messages.

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