

Behaviors

- Guilt-tripping
- Threatening suicide
- Isolation
- Insults
- Controlling
- They try to make you feel guilty and position themselves as the victim.
- They save their hurtful behaviors for when you're alone but act completely different when others are around.



- Throwing objects/punching walls/trashing the room

- Threats (to you or your family)

- Restraining (blocking doorways, holding your wrists, etc.)

- Hitting, pinching, etc

- They insult or attempt to humiliate you

- They accuse you of being overly sensitive or say that it was a joke and you have no sense of humor



- They frequently yell or scream at you
- Arguments take you by surprise, but you get blamed for starting them
- The initial disagreement sets off a string of accusations and dredging up of unrelated issues to put you on the defense

Neglect

- Lack of or inability to provide food
- No provision of appropriate shelter
- Lack of or inappropriate clothing



- Poor hygiene practiced
- Show no love
- Lack of care

Hate Crimes

- Leave burnt rubber marks on a Pride walkway
- Deliberately Set fire to a church
- Beat someone up because they are black



Sexual Abuse

- Getting someone drunk/stoned to have sex with them
- Forcing oral, anal, or vaginal sex
- Forcing any kind of intimate activity
- Unwanted “sexting”: Sending or sharing unwanted sexual text messages, Facebook posts, or nude pictures, or being pressured to send them
- Sexual pranks or hazing (pantsing, bra-snapping, etc)
- Sexual remarks/derogatory language (“slut”, ho”, etc.)
- Sexual Coercion: Coercion is when someone pressures, threatens, or takes advantage of the other person to turn their “no” into a “yes”.
- Not stopping when a partner wants to stop.

