

Abuse Module

Behavior Cards Discussion Points for Facilitator

Psychological (Emotional) Abuse

- Guilt-tripping
- Threatening suicide: someone is threatening suicide they need outside help from adults who ideally are trained in suicide prevention.
- Isolation (being cut off from other people): It can make us feel like we have nobody to talk to and it becomes harder to seek help.
- Insults
- Controlling: Is often caused by jealousy and anger.

Physical Abuse

- Throwing objects/punching walls/trashing the room: These behaviours may not cause physical pain, but they do create fear and intimidation.
- Threats (to you or your family): Threats may or may not cause physical or emotional pain, but they do create fear and intimidation.
- Restraining (blocking doorways, holding your wrists, etc.): Even though we get the message sometimes that holding wrists and trying to “passionately” solve our problems is “romantic,” everyone should have the freedom to leave a situation if they want to.
- Hitting, pinching, etc

Verbal Abuse

- They insult or attempt to humiliate you. Then 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.

- They save their hurtful behaviors for when you're alone but act completely different when others are around.

Neglect

Anything that includes not being able to provide the following: food, shelter, clothing, hygiene, and love or care. Sometimes parents or caregivers neglect their child or teen because of their own untreated mental health and/or addiction issues.

Hate Crimes

Any criminal offence which is perceived by the victim or any other person to, in whole or in part, be motivated by hostility or prejudice, based on actual or perceived age, disability, race, colour, nationality, ethnicity, religion, sexual orientation or gender.

Sexual Abuse *Any unwanted sexual contact or attention.

- Getting someone drunk/stoned to have sex with them: Legally, consent does not count when under the influence of drugs and/or alcohol. *Alcohol is the most common date rape drug and anyone who feels they have been assaulted while drunk or high can get support. Reinforce key messages: if someone was sexually assaulted when they were sober or drunk it's never they're fault.*
- Forcing oral, anal, or vaginal sex
- Forcing any kind of intimate activity: *This includes forced prostitution, forced watching or making pornography, forced sexting or stripping, or forced sex with friends.*
- 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.): *Humiliates the person and makes them feel ashamed.*
- Sexual remarks/derogatory language ("slut", "ho", etc.): *These labels increase someone's chances of being assaulted and make it harder to go for help.*
- Sexual Coercion: *Coercion is when someone pressures, threatens, or takes advantage of the other person to turn their "no" into a "yes". It's not ok to pressure someone into any sexual activity, even if you are in a relationship with that person. Any kind of coercion is assault. This includes pressuring someone to send naked pictures of themselves, or pressure to sext. Coercion also includes getting or waiting for someone to be drunk or high in order to have sex with them. When people are drunk or high, they can make decisions they would not normally make. This also means that getting someone's consent when they are not sober isn't legal consent.*

- Not stopping when a partner wants to stop: *Everyone has the right to say no to sex or making-out at any point, right before, or part way through, even if the other person really wants it to continue.*
- Sexual harassment: *This includes any unwanted sexual behaviour, actions, or words. Some examples are sending someone unwanted sexual text messages, Facebook posts, or nude pictures, especially when it is repeated after they've been asked to stop.*

