



LSS
CHOICES

For Victims of Domestic Violence



recognizing domestic abuse

While people most often define domestic abuse as physical violence, it can also take other forms or signs, such as emotional/psychological abuse, financial abuse or sexual abuse. Recognizing abuse is the key to understanding if someone you know is being abused. If a partner repeatedly uses **one or more of the following actions** to control another person, they are being abused:

Using Intimidation

- Making threatening looks, actions or gestures
- Smashing things and/or destroying property

Using Emotional Abuse

- Humiliating through insults, name-calling, shaming and public put-downs
- Making a victim feel guilty about the abuse

Using Isolation

- Increasing dependence on him/her by limiting outside involvements/activities
- Controlling what a victim does or who they talk to

Minimizing, Denying and Blaming

- Making light of the abuse or denying that it has occurred
- Making excuses for inexcusable behavior

Using Children

- Using children to relay messages
- Threatening to take the children away

Using Privilege

- Treating a victim like a servant, a child or a possession
- Expecting a victim to obey him/her without question

Using Economic Abuse

- Preventing a victim from getting or keeping a job
- Making a victim ask for money or giving you an allowance

Using Coercion and Threats

- Making and/or carrying out threats to hurt a victim
- Threatening to hurt or kill a victim or their children, family members or pets



NEED HELP? CALL THE 24-HOUR CRISIS LINE: 614-224-HOME (4663)

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