

# Types of Abuse

Verbal / Emotional	Digital	Economic	Sexual	Physical
Twisting words	Checking phone, computer, or social media	Withholding money	Rape	Hitting
Yelling		Allotting an "allowance"	Pornography without consent	Punching
Lying or deceitfulness	Demanding passwords to social media accounts	Sabotaging employment	Sexualized shaming	Pushing
Blaming		Allocating survivor's money for bills and person who is abusing's money for "fun"	Sexualizing in public	Kicking
Using threats	Using GPS applications or social media for tracking whereabouts	Intentionally damaging credit	Forcing sex	Throwing things
Demanding	Controlling of friends or followers	Stealing	Withholding sex	Restraining
Interrogating or irrational questioning	Posting private pictures/videos	Tracking all spending	Punishment for not complying to sex	Biting
Degrading comments and/or name calling	Texting excessively	Not allowing access to bank account or credit card	Making sexual threats with objects	Strangling
Isolating from friends and family	Controlling use of phone or computer		Using dirty talk without consent	Hair pulling
Possessiveness/ extreme jealousy			Using intimidation to perform nonmutual acts	Scratching
Excessively critical				Slapping
				Destroying property
				Harming pets

*Physical abuse, or threats to commit abuse, are the most obvious forms of domestic violence and they are usually the actions that allow others to become aware of the problem. However, this type of abuse only makes up a small portion of the overall patterns of behavior that an abusive person will use to maintain power and control over their partner. These other behaviors exhibited by a person who is abusive are less easily identified, yet firmly establish a pattern of power and control in the relationship.*

**DVSSP**  
Domestic Violence Services  
of Southwestern PA

EDUCATING COMMUNITIES • EMPOWERING SURVIVORS  
ELIMINATING RELATIONSHIP VIOLENCE

**DOMESTIC VIOLENCE SERVICES OF SOUTHWESTERN PA**

24/7 Toll-Free Hotline: 800-791-4000 or  
Washington 724-223-9190 • Greene 724-852-2463 • Fayette 724-439-9500

[peacefromdv.org](http://peacefromdv.org)

Find us on social media @peacefromdv

