



LOVE IS NOT ABUSE!

Abuse Can Take on Many Forms

*This list is not a complete list of abusive behaviors and is not limited to romantic relationships.

Physical Abuse	Sexual Abuse	Emotional Abuse	Digital Abuse
Scratching, punching, biting, strangling, or kicking	Unwanted kissing or touching	Calling partner names and putting them down	Tells you who you can or can't be friends with on social media
Grabbing partner's clothing	Unwanted rough or violent sexual activity	Yelling and screaming at partner	Sends you negative, insulting or even threatening emails, Facebook messages, tweets, DMs or other messages online
Grabbing partner's face to make them look at the abuser	Rape or attempted rape	Intentionally embarrassing partner in public	Uses social media to keep constant tabs on their partner
Pulling hair, pushing or pulling	Refusing to use condoms or restricting someone's access to birth control	Preventing partner from seeing or talking with loved ones	Puts their partner down in their status updates
Throwing a phone, book, shoe, or plate	Keeping someone from protecting themselves from sexually transmitted infections (STIs)	Telling partner what to do and wear	Sends unwanted, explicit pictures
Using any type of weapon (gun, knife, mace, etc.)	Sexual contact with someone who is very drunk, drugged, unconscious or otherwise unable to give a clear and informed "yes" or "no"	Damaging partner's property out of anger (throwing objects, punching walls, kicking doors, etc.)	Pressures partner to send explicit video or sexts
Grabbing partner to prevent them from leaving or to force partner to go somewhere	Threatening someone into unwanted sexual activity	Blaming partner for their abusive actions	Steals or insists on being given partner's passwords
	Pressuring or forcing someone to have sex or perform sexual acts	Accusing partner of cheating and often being jealous of outside relationships	Constantly texts and makes partner feel like they can't be separated from their phone for fear that they will be punished
	Using sexual insults toward someone	Stalking or starting rumors	Looks through phone frequently and checks up on pictures, texts and outgoing calls
		Threatening to harm partner, partner's pet, or loved ones	Uses any kind of technology (such as spyware or GPS in a car or on a phone) to monitor partner
		Threatening to expose secrets such as partner's sexual orientation or immigration status	
		Threatening to commit suicide to keep partner from breaking up with them	