



ALFAJRTRUST

Registered Charity Number: 1139375

Domestic Abuse



Fact Sheet
September 2017

Psychological / Emotional abuse

Emotional abuse is also known as psychological abuse or as "chronic verbal aggression" by researchers. People who suffer from emotional abuse tend to have very low self-esteem; show personality changes (such as becoming withdrawn) and may even become depressed, anxious or suicidal.

Emotional and mental abuse is often subtle and in some cases victims don't recognise they are being abused. This kind of abuse will wear victims down, often over a long period of time, until they take responsibility for their abuser's actions and behaviour towards them, or simply accept it.

Examples of Psychological and/or emotional abuse:

Emotional abuse symptoms vary but can invade any part of a person's life. Signs of emotional abuse include:

- Shouting or swearing
- Name calling or insults; mocking
- Threats and intimidation
- Ignoring or excluding
- Isolating
- Humiliating
- Denial of the abuse and blaming of the victim



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Sexual abuse

Sexual abuse includes rape, forced sexual acts and sexual degradation. Any sexual act that involves force (including emotional blackmail) is abuse - this includes pestering, name calling and threatening to get sex from 'elsewhere' in order to manipulate someone who does not want to have sex at that time into having sex. Sexually abusive relationships can include being forced to watch pornography as well as being forced into having sex with the perpetrator's friends or into prostitution

Examples of Sexual abuse:

- Rape (forced penetration)
- Sexual assault (vaginal, anal or oral)
- Sexual assault using objects; sex toys, broken glass, bottles, etc.
- Forcing sex in ways that hurt, or following a physical beating
- Forcing sex with others
- Forcing sex in front of others
- Making her watch or mimic pornography
- Unwanted fondling
- Videoing / photographing her doing sexual acts
- Pinching or biting breasts and buttocks
- Name calling e.g. frigid, whore
- Criticising her sexually
- Forcing her to strip, or forcefully stripping her

Physical abuse

Physical abuse is the most visible form of domestic abuse. It includes such behaviour as slapping, burning, beating, kicking, biting, stabbing and can lead to permanent injuries and sometimes death

Examples of Physical abuse:

- Punching
- Hitting
- Spitting
- Kicking
- Strangling
- Restraining
- Burning
- Scalding
- Stabbing
- Head butting
- Biting
- Nipping
- Squeezing
- Shoving
- Suffocating
- Pushing
- Grabbing
- Choking
- Throwing
- Breaking bones
- Using weapons
- Poisoning
- Throwing things
- Force feeding
- Attempts to kill
- Reckless driving
- Pulling hair
- Murder



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Stalking and Harassment

Stalking and harassment is one of the most common forms of domestic abuse and includes obsessive and repetitive behaviour that causes distress for the victim

Examples of Stalking and Harassment

- Frequently calling at the victim's home or workplace
- Driving past the victim's home or workplace
- Following the victim
- Frequently making contact such as sending letters, text messages, emails or through social media sites like Facebook and Twitter
- Sending unwanted gifts
- Sending malicious 'gifts', such as funeral wreathes or to mark a distressing event for the victim, such as sending flowers on the anniversary of assault
- Gathering information on the victim by contacting people who know them or by using public records

Coercive control

Coercive control is when a person with whom you are personally connected, repeatedly behaves in a way which makes you feel controlled, dependent, isolated or scared. It is a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence

Examples of coercive control:

- Isolating you from your friends and family
- Controlling how much money you have and how you spend it
- Monitoring your activities and your movements
- Repeatedly putting you down, calling you names or telling you that you are worthless
- Threatening to harm or kill you or your child
- Threatening to publish information about you or to report you to the police or the authorities
- Damaging your property or household goods
- forcing you to take part in criminal activity or child abuse



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Financial abuse

The misuse of a person's funds and assets; obtaining property and funds without his/her knowledge and full consent, or in the case of an elderly person who is not competent, not in his/her best interests

Examples of Financial abuse:

- Controlling all the finances
- Exploiting her/his assets for his/her personal gain
- Sabotaging her/his job
- Not paying bills and spending the money on him/herself



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