

Forms of Abuse

Violence and abuse can occur in all relationships, including dating, common-law, and friendships. People of all ages, racial, and ethnic backgrounds, sexual orientation, gender identities, socio-economic classes, faiths, abilities, and professions experience abuse. It is important to recognize the differential impacts of violence on different people. For example, based on a person's identity, including the colour of their skin, their preferred language, and their socio-economic status, their experience of violence and the barriers they face while trying to cope with or escape the abuse will be different from another person who will have unique experiences of violence based on their own identities. Violence and abuse takes on many forms, and can be used in isolation or in a combination of other tactics to control, coerce, threaten, and harm the survivor.

Using the Power & Control Wheel (reverse side), use a highlighter to note the forms of abuse you have experienced in your relationship. In addition to those noted on the Power & Control Wheel, below are other recognized forms of abuse. Identify the ones that you have experienced:

Gaslighting

- | | |
|---|---|
| ☐ Tells you blatant lies | ☐ Project their behaviour on you |
| ☐ Deny they said something, even when you have proof | ☐ Try to align people against you |
| ☐ Use what is near and dear to you as ammunition | ☐ Tell you or others you are crazy |
| | ☐ Tell you everyone else is a liar |

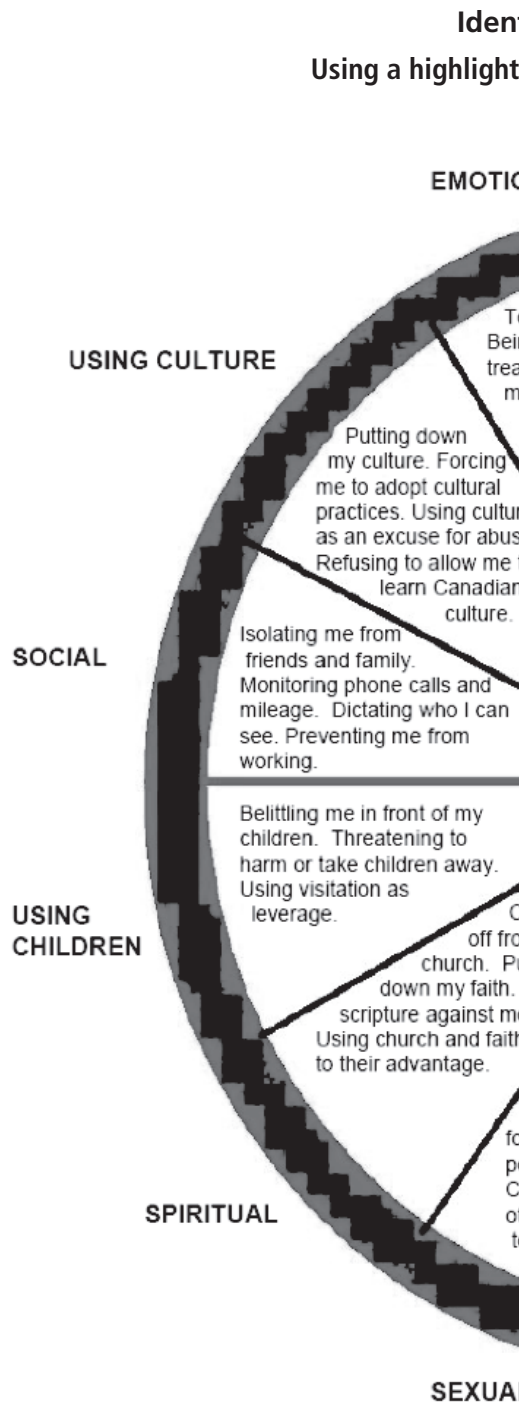
Technology

- | | |
|--|--|
| ☐ Send abusive or harassing texts/ emails | ☐ Threaten you using social media or texts |
| ☐ Use technology to check your location (including on your car) | ☐ Share private photographs or video without permission |
| ☐ Demand pictures of where you are to prove your whereabouts | ☐ Post negative information about you on social media |
| ☐ Use text or phone call to threaten suicide | ☐ Impersonating her in email/text/ social media |
| ☐ Check your texts/emails | |

- ☐ Use children's social media/ phone to communicate or monitor you
- ☐ Use a drone to watch you in your home
- ☐ Put spyware on your phone to monitor all your actions on your phone

Using Criminal and Family Court Process

- ☐ Prolongs court issues
- ☐ Not responding to motions
- ☐ Changing lawyers frequently
- ☐ Representing themselves
- ☐ Fighting for custody to upset you
- ☐ Pressuring you to sign agreements without legal representative
- ☐ Abusing or threatening you in courthouse (waiting areas)



Identify others you have experienced:

Further, note the forms of abuse you have experienced

