



Is this abuse?

Abuse happens in every culture, age, race, nationality and socio-economic level. It happens in both heterosexual and LGBT relationships, and among family members.

- Are you frightened by your partner's temper?
- Are you afraid to disagree?
- Do you have to justify everything you do, every place you go or every person you see to avoid someone's anger?
- Does your partner put you down and then tell you that he or she loves you?
- Do you stay away from friends or family because your partner will be jealous?
- Have you been forced into having sex when you didn't want to?
- Are you afraid to break up because others have threatened to hurt you or themselves?
- Does your partner hurt you?
- Do you feel intimidated or controlled by your partner's or your own extended family?
- Does someone withhold medication that you need to stay healthy?

If you answered "yes" to any of these questions, you might be suffering abuse.

Domestic violence can take many forms:

- Psychological or emotional abuse (threats, insults, and put downs)
- Physical abuse (hitting, kicking, punching, choking)
- Economic abuse (controlling the money, taking your paycheck, stalking or harassing you at your job or getting you in trouble with your boss)
- Sexual abuse (forcing sex or sexual acts, or forcing you to watch sex acts)
- Intimidation (threatening to take away children or kick you out of the house; throwing things or punching walls; harming pets; threatening to harm children, loved ones or prized possessions abroad)
- Immigration status can be used in abuse and can include threats to call immigration authorities, stealing your passport or not filing immigration papers.
- Forms of abuse can happen in person or long distance via phone, text, social media, email etc.

Domestic violence can occur between family members or persons involved in a relationship:

- Husband and wife
- A gay, lesbian, bisexual, or transgender couple
- An unmarried couple — including youth who are in a relationship
- Adult child and elderly parent
- Between an individual and extended family