

Three methods abusers use to harm their victims.

NO ONE SHOULD EVER...

1

Degrade you.

Call you hurtful names • Attempt to humiliate, blame, and shame you • Yell and scream at you • Make you feel “less” than you are • Start arguments, but blame you for them • Withhold affection, ignore or refuse to talk to you, over small issues • Blame their mistakes on you • Attempt to manipulate you and accuse you often • “Gaslight” you by trying to make you doubt your sanity about real things that have happened • Be condescending to you and include harsh criticism, etc. • Control your money: how much you are allowed to spend, you must account for every dollar, what job you can or cannot have, etc. • Isolate you from friends and family by requiring permission to see them

2

Threaten you.

Threaten to hurt you, your children, family, or friends • Isolate you physically from family and friends by moving away or threatening harm if you leave the house • Blackmail you, threatening to share information or pictures with family, friends, employers • Put you in frightening situations (driving recklessly, disappearing with the children and not answering texts or calls) • Tell you if you report abuse, they will retaliate (by lying to police or to gain custody of children, harm you, etc.) • Threaten your immigration status as a means of control • Threaten you with weapons • Promise to withhold basic needs (food, water, shelter, love) if you do not comply with their rules or demands • Say you will have to “pay” for your actions later at home • Cause you to feel afraid to be yourself or bring up certain topics • Abandon you in strange places or anywhere when upset to punish you • Violate a restraining order, follow you, harass you, break into electronic communications, social media, etc.

3

Hurt you.

Force you to schedule times to eat or sleep; refuse to allow you to do either • Lock you outside or force you to stay outside in inclement weather • Kidnap you or refuse to allow you to leave or call for help • Pinch, grab, pull, bite, or twist your hair or skin • Slap, punch, or kick you • “Choke” or strangle you by putting external pressure on your neck • Asphyxiate you by covering your nose and mouth • Take ownership of your sexuality and body; dictating how you dress, refusing to use birth control, forcing an abortion, etc. • Force you to commit sexual acts against your will with them or others • Attack you with weapons • Refuse to allow you to seek medical aid

Always be aware that your online activity can be tracked. Call 911 or contact a friend or family member if you cannot access the resources included in these links because it may be seen by your abuser.

The National Domestic Violence Abuse Hotline is 1-800-799-SAFE / TTY 1-800-787-3224 or reach their online chat at www.thehotline.org (En Español)

For help with an abusive relationship, contact [Women In Distress](#) at 954-761-1133 or the [NSU Title IX Coordinator](#) at 954-262-7858.