



### **SPIRITUAL ABUSE**

- Prevents you from engaging in spiritual or religious practice
- Uses religious teachings or texts to justify abuse
- Isolates you from your faith community
- Insults your spiritual beliefs or practices

### **LANGUAGE ABUSE**

- Shames you for communicating in your native language
- Stops you from using an interpreter or insists on interpreting for you
- Prevents you from learning English, ASL, or another language

### **LITIGATION ABUSE**

- Continually files motions that force you to keep going back to court
- Asks for postponements or changes their attorney to make a court case last longer
- Threatens to report everything you do to the court

### **HOUSING ABUSE**

- Insists on putting the lease, voucher, or other housing documents in their name
- Makes you pay all the rent or mortgage
- Threatens to call landlord or takes action to get you kicked out of housing
- Forces you to live with and serve your in-laws or extended family

### **COERCION & THREATS**

- Makes and/or carries out threats to do something to hurt you online or in person
- Threatens to leave you, to harm themselves, to report you to MPD, ICE, or U.S. Marshals
- Forces you to drop charges
- Makes you do illegal things
- Threatens to 'out' you and reveal your sexual orientation or gender identity to your family, friends, or employer
- Threatens to reveal a positive HIV/AIDS status

We know that every survivor's situation is different and there are many other types of power and control not included in these descriptions. We encourage survivors and advocates to explore any additional tactics of abuse and include them in safety planning.

### **SEXUAL ABUSE & REPRODUCTIVE COERCION**

- Makes you do sexual things against your will
- Controls your access to birth control and/or HIV medication
- Forces you to have an abortion
- Shares non-consensual intimate images ("revenge porn")

### **INTIMIDATION**

- Makes you afraid by using looks, actions, gestures
- Smashes things
- Destroys your property
- Abuses pets
- Displays weapons
- Threatens to impersonate you online

### **MINIMIZING, DENYING, BLAMING**

- Makes light of the abuse and doesn't take your concerns seriously
- Says the abuse didn't happen
- Shifts responsibility for abusive behavior
- Says you caused the abuse

### **CHILDREN**

- Makes you feel guilty about the children
- Uses children to relay messages
- Threatens to take the children away or call CFSA/CPS on you
- Threatens to harm the children
- Uses your children's online accounts to access your information

### **PRIVILEGE**

- Treats you like a servant
- Makes all the big decisions
- Defines everyone's role in the relationship
- Uses appearance, education, or status to influence you and others about your relationship
- Withholds or prevents opportunities such as continuing your education or job training or promotions

### **ECONOMIC ABUSE**

- Prevents you from getting/keeping a job
- Makes you ask for money
- Takes your SmarTrip card or bus tokens
- Doesn't let you access family income
- Doesn't let you apply for money or benefits to support your family
- Threatens to get your clearance revoked

### **EMOTIONAL ABUSE**

- Puts you down
- Makes you feel bad about yourself
- Calls you names and/or slurs
- Makes you think you're remembering things wrong
- Plays mind games
- Humiliates you
- Makes you feel guilty

### **ISOLATION**

- Controls what you do, who you see, who you talk to, what you read, where you go in person and online
- Limits your outside involvement with family and friends
- Uses jealousy to justify their actions
- Controls your online activity

### **ABILITY STATUS**

- Makes fun of or mocks a disability
- Withholds, misuses, or delays medication, adaptive technology, or other needed supports
- Makes decisions or speaks for you with other people
- Takes your property or money without asking

### **COLLECTIVISM**

- Tells you that calling MPD or going to court is bad for your whole community
- Convinces your family and friends that it's best if you stay together
- Tells you Our people need to protect Black men

### **IMMIGRATION STATUS**

- Lies about your immigration status
- Fails to file papers to legalize your residency or citizenship
- Threatens to call the U.S. Marshals on you at court
- Posts about your immigration status online

### **TECHNOLOGY ABUSE**

- Installs spyware or tracking apps on your devices
- Reads your texts or emails; forces you to share your passwords
- Monitors your social media accounts; harasses you online
- Shares nude or sexual images of you without your consent

### **ELDER ABUSE**

- Withholds your medication or mobility aids
- Takes your Social Security payments or other income
- Blames or shames you for dementia or memory problems
- Withholds food, water, or other assistance
- Cuts off your access to doctors, family, or social workers