



Domestic violence affects thousands of women, children, and men in Duval and Baker Counties each year. **There are four main types of abuse in domestic violence situations: physical, emotional, economic, and sexual.** Unfortunately, many people don't realize this and as a result, do not seek help. Domestic violence is often more than an isolated incident. It is a recurring cycle of violence that often increases in severity over time. Domestic violence does not "simply just go away." To help better understand domestic violence, here are some examples of abuse:

### **Physical Abuse**

- Slapping, hitting, choking, kicking, shoving, shaking, punching
- Throwing objects
- Threats of violence
- Physical restraint
- Spitting

### **Emotional Abuse**

- Name calling, insults, verbal attacks
- Humiliation
- Destroying keepsakes
- Harming pets
- Making the partner feel guilty for the abuse
- Making her/him feel bad about themselves
- Extreme jealousy
- Playing mind games

### **Sexual Abuse**

- Forcing sexual acts
- Forcing overly aggressive or violent sexual acts
- Coerced sex through manipulation or threat
- Harassing e-mails or other communication containing sexual content
- Forcing a partner to watch pornography or other sexual acts
- Denying contraception or protection

### **Economic Abuse**

- Not allowing a partner to work
- Financial isolation by limiting access to money
- Controlling financial decisions without partner's consent
- Forcing partner to use money for the abuser's needs while neglecting other family and victim's needs