

## FORMS OF VIOLENCE

There are different forms of violence: physical, sexual, psychological, social, and economic violence. They can be identified by the following actions (examples):

**Physical Violence** Shoving, pushing, slapping, kicking, hitting, beating, choking, scratching, burning, pulling hair, locking someone in, assaulting with knives, beating with objects, up to manslaughter and murder.

**Sexual Violence** Harassing, groping, coercing, forcing or compelling vaginal, oral, or anal sexual acts, participation in pornographic recordings, watching pornographic films, engaging in sexual acts with others, rape. Any sexual act that you do not want and are coerced into is violence. Sexual assaults are wrong and are, of course, punishable by law even within a marriage.

**Psychological Violence** Behaving disrespectfully, insulting, offending, threatening, yelling, ignoring, humiliating, degrading, declaring someone insane or stupid, prohibiting things, ridiculing in front of friends, family, or in public, terrorizing (e.g., through constant phone calls), lurking, controlling, sending threatening letters, depriving of sleep, committing violent acts against children, family, or friends, threatening to destroy loved or valuable items, torturing pets, threatening suicide, etc.

**Social Violence** Prohibiting contact with family or friends, forbidding going out, dictating and controlling when and where others can meet, blocking the phone, eavesdropping on calls, spying, stalking, etc.

**Economic Violence** Taking or selling money or valuables, stealing, dictating how much money can be spent, determining what can be purchased, prohibiting having a personal account, making others work and taking their money, preventing others from working so they have no personal funds.