

Physical Abuse – Includes anything which impacts your body. For example, hitting, kicking choking or pushing.

Verbal Abuse - Using words and language to harm you. For example, insulting you, threatening you, shouting at you all the time or saying things that make you feel unsafe.

Emotional Abuse – Includes any kind of Behaviour that impacts the way you feel about yourself. For example making you feel as though you're not good enough, beautiful enough or as though you can't make decisions on your own.

Sexual Abuse - Includes any kind of unwanted sexual contact or comment. For example, unwanted touching, forcing you to have sex, or do sexual things when you don't want to. Threatening to share sexual images or information about you without your permission. It could also include threats to share information about sexual orientation or gender identity that you don't want shared. Remember, you always have the right to say no to sex, even if you are married.

Financial Abuse - Not allowing you to have access to money or limiting your ability to make financial decisions. For example, not allowing you to work, or refusing to allow you to make choices about how family money is spent, making you ask if you want to access money.

Spiritual Abuse - Not allowing you to make your own decisions about religion, faith or choice of being free of religion. For example making you pray or worship in a way that is different than what you choose, or refusing to allow you to pray or worship in the way you choose.

Neglect – Failure to provide adequate care. For example, if you rely on someone's support for your care needs which might include, access to food, hygiene, medication or other kinds of care, and that person will not provide you with the care you need, or uses those tasks to control you.

Extreme Jealousy & Coercive Control - Becoming extremely jealous when you speak with other people or making false accusations about your interest in other people. Attempting to control what you do, where you go or who you can talk to or using threats to try and make you do things. For example refusing to allow you to attend classes with other people, searching your bag or belongings, checking your mobile phone, calling you many times when you go out demanding to know

where you are, expecting you to spend all of your time and attention on them or becoming angry when you spend time with friends or family. Threatening to do something bad if you don't do as they say.

Immigration Sponsorship Abuse: when your sponsor or spouse holds and uses your immigration status as a tool to abuse you. holding the information regarding your immigration status, threatening to withdraw sponsorship application, sending you back home.

Stalking/harassment/threat: when the directed conduct or behavior of your partner causes you a reasonable fear and safety concern. For example posting information or spreading rumors about you on the internet, in public space, or by word of mouth. Following or spying on you, going through your phones or personal emails without a legitimate reason. Threatening to call CAS to report you as an unfit mother, threatening to take kids away from you

And other forms of abuse emerging due to COVID 19 pandemic