|  |
| --- |
| Types of Abuse |
| http://www.nyc.gov/html/hra/teenlink/includes/site_images/spacers/spacer_30_30.gif | http://www.nyc.gov/html/hra/teenlink/includes/site_images/spacers/spacer_499_15.gifDomestic abuse is more than just hitting. Violence is one of the most obvious and serious signs of abuse, but there are many others. Any time a boyfriend, girlfriend, husband, wife, or family member makes you feel scared, threatened, or under their power, they're being abusive. Here are some of the most common forms of abuse: **Verbal Abuse:** this means using words to hurt another person. This might include: * Name calling
* Insults
* Demeaning nicknames
* Using language to control you or make you feel powerless

**Emotional Abuse:** is like verbal abuse, but it's more about using an emotional bond to hurt or control another person. It might include: * Being kind and caring one minute, and then cold and distant the next.
* Getting jealous about the smallest things
* Forbidding you to talk to other people
* Refusing to trust you or believe what you say

**Physical Abuse:** is using physical strength to hurt and control someone else. **Sexual Abuse:** includes * Rape
* Unwanted touching
* Any other unwanted sexual contact
* Refusing to practice safe sex :

It's important to know that most abusers don't only stick to one kind of abuse. Dating abuse can start as mild outbursts every once in a while, and grow into something more serious. Some abusers do not move past verbal and emotional abuse, but with others what starts as verbal abuse can become physical and/or sexual abuse. In general, abuse happens more often and gets more serious over time.  | http://www.nyc.gov/html/hra/teenlink/includes/site_images/spacers/spacer_60_30.gif |
| Warning Signs of Abuse |
| http://www.nyc.gov/html/hra/teenlink/includes/site_images/spacers/spacer_30_30.gif | http://www.nyc.gov/html/hra/teenlink/includes/site_images/spacers/spacer_499_15.gifSo how would you know if your best friend, teammate, or little sister were a victim of relationship abuse? It can be hard to tell, even with someone you're close to - he or she might be afraid or ashamed to tell you what's going on. Lots of people in abusive relationships think their boyfriend or girlfriend just needs time to change. Unfortunately, things usually get worse instead of better. Here are some warning signs that someone you know may be suffering from relationship abuse: * They don't spend time with you or their other friends any more, or tell you that they can't hang out with you anymore.
* They are constantly checking their cell phone, replying to texts and calls, and get angry or nervous if you ask them to turn it off.
* They have unexplained scratches or bruises.
* They are always making excuses for their boyfriend/girlfriend's behavior.
* They get angry or upset when you ask them how they're doing.
* They constantly seem worried, distracted, or preoccupied.
 |  |