

TYPES OF ABUSE

ABUSE

...refers to any physical, emotional (mental / psychological), verbal, cyber, or sexual behavior that results in the maltreatment of another person. Abusers attempt to control and induce fear. Abuse occurs when there is an imbalance of equality between people. **Abuse is a CRIME.**

EMOTIONAL / MENTAL / PSYCHOLOGICAL ABUSE

...is the on-going use of words or actions to control, frighten, or isolate a person to damage their self-esteem. It may include:

- prohibiting a person to do what they want to do or say
- threatening to harm a person or something special to that person
- threatening to harm themselves
- intimidating (causing fear)
- isolating a person
- manipulation
- denying a person the right to their feelings
- neglecting and/or excluding (ignoring) a person
- spreading rumours
- lying
- humiliating/embarrassing a person
- driving recklessly to scare you
- unrealistic expectations
- corruption – forcing someone to use alcohol / drugs, participate in criminal activity or exposure to violence

VERBAL ABUSE

...is the on-going use of words (spoken or written) to control, frighten, or isolate a person to damage their self-esteem. It may include:

- yelling
- swearing
- name calling
- insulting in front of others
- Belittling (making someone seem unimportant)
- mimicking, muttering
- teasing / mocking
- making jokes
- being sarcastic
- treating person like a child
- threatening
- judging
- criticizing
- blaming
- ordering

PHYSICAL ABUSE

...is the use of force against a person causing bodily harm. It may happen once or many times. It may include:

- hitting/punching/slapping
- pushing/shoving
- shaking
- pulling
- kicking/kneeing
- tripping
- grabbing
- pulling hair
- biting
- pinching
- strangling/choking
- restraining
- sitting on
- confining
- burning
- cutting/stabbing
- striking with or throwing objects
- using weapons
- destroying things or pets
- abandoning in an unsafe place
- depriving food, water, clothing, medication, sleep

**EXPECT
RESPECT**

SEXUAL ABUSE

...is when an adult uses a child or youth for sexual pleasure, or uses sexual acts as a way of demonstrating power or authority. Sexual abuse often involves some kind of physical contact, but it **can also happen without touching**. Some **examples of sexual abuse are:**

- unwanted kissing,
- touching private body parts
- forcing a person to show or look at private body parts
- forced sexual activity
- forcing a person to view or participate in pornography (i.e. looking at images of naked people, watching movies of people having sex, taking nude or sexually suggestive photos)
- sexual-related comments, jokes, insults, or gestures
- unwanted, offensive and invasive communication through written material or technologies such as cellphones, internet social networking sites, and email
- sexting involving a minor
- constantly accusing a person of cheating
- pressuring / talking someone into sexual activity
- sharing private moments with others
- ripping or tearing at someone's clothes
- sexual activity while one person is drunk or high



CYBER ABUSE

...when one or more people repeatedly harm, harass, intimidate, or exclude another person using technology.

- harass, threaten, or embarrass the target using technology
- posting lies / rumours or spreading secrets / personal info through forwarding
- impersonating someone – hacking into someone's accounts to send messages or change profile
- luring– (ie: Talking Angela, “catfishing”)
- setting up fake accounts / websites / polls to hurt someone
- “liking” hurtful comments
- posting hurtful pictures without the persons knowledge / permission
- threatening to share photos as a means of control / blackmail
- sending viruses, spyware or hacking programs
- sharing an embarrassing/inappropriate video through social networks
- encouraging others to ignore or block someone



NEGLECT

...happens when parents / guardians do not or are unable to provide for their children's basic needs. Parents are legally required to provide their children with the following:

- safe, warm, dry shelter and clean, weather-appropriate clothing
- nutritious food
- adequate hygiene (soap, shampoo, and a place to take showers or baths)
- supervision and guidance
- education (i.e. ensuring that you attend school or receive home schooling)
- emotional support (i.e. talking to their children, showing interest and affection)
- medical care (i.e. basic preventative care like going to the dentist or doctor on a regular basis, trips to the doctor when you're sick, visits to the hospital in medical emergencies)



CYCLE OF ABUSE



DEALING WITH ABUSE

Some feelings that are common for teens living with abuse are:

- guilty
- ashamed
- angry
- afraid
- confused
- betrayed
- rejected
- trapped
- helpless
- hopeless
- worthless

Some people try to cope by self-injuring or by using drugs and alcohol. Not only do these behaviours not stop the abuse, they also don't help dealing with it. The thing with self-destructive coping is that, in the long-run, it just makes you feel worse. It makes you feel like you deserve to feel bad.

You do not deserve to feel bad.

Even if the abuse is a "punishment" for something you've done "wrong," you do not deserve it.

No one deserves to be abused or neglected.

Nothing that you can do is punishable by abuse.

You can't control other peoples' actions, but you can choose how to respond to them. The best way to take control is to talk to someone about it.

The reason it's important to tell someone is that this isn't the kind of thing that you can take on by yourself. You need help to make it better. Is there an adult you trust? It could be a family member, partner, friend, or someone else you trust.

Envision Counselling and Support Centre can help!

HELPING A FRIEND

Some secrets are too big to keep. Even if your friend has sworn you to secrecy, you should get help if someone you know is being abused or neglected. You can't stop what's happening to your friend by yourself. Find someone you can trust!

What can I do?

Being there for your friend is one of the best things you can do during this tough time.

It's also important that you:

- Listen
- Let your friend talk about what's going on and be a good listener. Try not to tell them what they need to do, other than get help.
- Encourage
- Your friend needs support, so encourage them to get it by talking to someone who can help. Offer to go with your friend if they feel worried about telling an adult about the abuse.
- Reach out
- If your friend hasn't told you anything, but you think something is wrong, ask them about it.
- Believe. Don't tell your friend that things aren't as bad as they seem. Listen to what they have to say and believe that they are telling the truth.
- Check in
- Contact your friend to see how they're doing. Understand that they might not always want to talk about it. Do things that will take your friend's mind off of their problems for a while. Little activities like going out for coffee, taking a walk or seeing a movie can help a lot.

What makes a healthy relationship?

