EMOTIONAL ABUSE
- Withholding affection
- Putting you down
- Extreme jealousy
- Threats to harm you, themself, or others
- Using guilt and/or blame

INTELLECTUAL ABUSE
- Making you question your intelligence/self-worth
- Calling you stupid/ignorant/dumb
- Attacking your ideas/opinion

FINANCIAL ABUSE
- Controlling finances
- Not paying child support
- Making you account for all spending
- Forcing/not allowing you to work

PETS & PROPERTY
- Threats and/or harm to pets
- Punching holes in the wall
- Breaking property (phone, car, etc.)

USING CHILDREN
- Abuse of children
- Threaten to harm and/or take children
- Using visitation to harass or belittle in front of children

SOCIAL ABUSE
- Isolation from friends and/or family
- Monitoring calls and/or emails
- Use of privilege as excuse to control

USING CULTURE
- Not allowed to participate in mainstream culture
- Using culture as excuse for abuse/control

VERBAL ABUSE
- Yelling
- Swearing
- Sarcasm
- Putdowns
- Name calling
- Degrading and/or objectifying comments

PSYCHOLOGICAL ABUSE
- Threats of suicide or homicide
- Threatening gestures/actions
- Denial of abuse
- Gas lighting
- Stalking

PHYSICAL ABUSE
- Strangulation
- Blocking exits
- Shoving/pushing
- Restraining
- Punching
- Hitting
- Kicking
- Biting

SPECIAL ABUSE
- Using religion as an excuse to abuse/control
- Forbidding you from attending church
- Putting down your faith

SEXUAL ABUSE
- Sexual putdowns
- Treating you like a sex object
- Forcing/coercing/withholding sex
- Having or threats of having an affair
- Refusing/forcing use of birth control

SPIRITUAL ABUSE
- Using religion as an excuse to abuse/control
- Forbidding you from attending church
- Putting down your faith

POWER AND CONTROL

The Phoenix Center at Auraria provides services to the entire campus community, regardless of race, ethnicity, color, national origin, age, religion, ability, sexual orientation, gender, gender identity, marital status, and veteran status.

If you or someone you know needs help with sexual assault, stalking, or relationship violence, call our FREE and confidential helpline 24/7 at 303-556-CALL (2255) or visit us in the Tivoli Student Union, Rm 259 to schedule an appointment to speak with an advocate.