

There is no simple explanation for violence against women. Domestic abuse exists in all socio-economic levels and is never justified by social, religious or cultural beliefs. Types of abuse can include:

Physical abuse

- Slapping, biting or hitting.
- The intentional infliction of physical pain or injury.

Psychological or emotional abuse

- Threats to take away her children.
- Threatening to commit suicide.
- Stalking and harrassing.
- Humiliation.
- Instilling fear and diminishing her self-esteem.
- Controlling where she spends her time, what she does and how she dresses.
- Putting limits on who she can talk to, thus isolating her from friends and family.
- Denying affection .

Verbal abuse

- Putting her down and calling her names all the time.
- Describing her as stupid, crazy or irrational.
- Accusing her of cheating.
- Attacking her self-esteem in other ways.

Sexual abuse

- Touching or acting sexual in any way that she does not want.

Financial abuse or exploitation

- Controlling how she spends money.
- Where she works.

- What property she buys.

Spiritual abuse

- Putting down or attacking her spiritual beliefs
- Not allowing her to attend the church, synagogue or temple of her choice.