

fact sheet

Nine Types of Violence and Abuse

Physical Violence	Sexual Violence	Emotional Violence
Physical violence occurs when someone uses a part of their body or an object to control a person's actions.	Sexual violence occurs when a person is forced to unwillingly take part in sexual activity.	Emotional violence occurs when someone says or does something to make a person feel stupid or worthless.
Psychological Violence	Spiritual Violence	Cultural Violence
Psychological violence occurs when someone uses threats and causes fear in an individual to gain control.	Spiritual (or religious) violence occurs when someone uses an individual's spiritual beliefs to manipulate, dominate or control that person.	Cultural violence occurs when an individual is harmed as a result of practices that are part of her or his culture, religion or tradition.
Verbal Abuse	Financial Abuse	Neglect
Verbal abuse occurs when someone uses language, whether spoken or written, to cause harm to an individual.	Financial abuse occurs when someone controls an individual's financial resources without the person's consent or misuses those resources.	Neglect occurs when someone has the responsibility to provide care or assistance for an individual but does not.