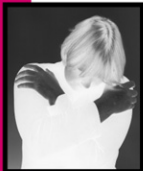


domestic abuse...



verbal...

name calling, cursing, swearing, shouting, sarcasm, lecturing, saying you are no good for anything, insulting, humiliating you, laughing at you, not allowing you to talk to family or friends...



emotional...

manipulation, making you feel guilty, bullying, embarrassing you in public, forcing you to stay awake or get you up from your sleep, making you feel bad about yourself, putting you down, making you think you are crazy, playing mind games, humiliating you...



sexual...

rape, anal rape, biting, sex without consent, oral rape, sexual assault with a weapon, sexual assault, touching you inappropriately, name calling 'Slut' 'Tart', forced prostitution, forced to dress sexually or not dress sexually...



physical...

hitting, kicking, pinching, stabbing, slapping, pushing, dragging, thumping, pulling hair, biting, spitting, throwing objects, twisting arm, pinning down, choking, restraining, beating, shoving, scratching, burning...



mental...

making light of the abuse, denying the abuse, saying you caused it, threatening to take children away, making you attend a doctor unnecessarily, not allowing you to express opinions, controlling what you do and when you do it, controlling what you see, harming pets, punching walls...

THERE IS NO EXCUSE FOR DOMESTIC ABUSE.

If you need to talk to someone call us.

Adapt Services & Refuge - 061 412354