

# A Guide to Understanding Abuse

Physical

Emotional

Grooming

Sexual

## WHAT IT IS

Someone purposely hurt me physically

Someone deliberately said harmful things that hurt me

Someone is way too nice and makes me feel like I owe them

Someone did something sexual to me

## DESCRIBING IT

Injury, Pushing, Hitting, Kicking, Biting, Throwing objects, Scratches, Bruises, Burns, Broken Bones, Weapons

Words, Name Calling, Threats, Bullying, Lying, Stalking, Harassment, Isolating you from others, forcing you to commit crimes

A lot of attention, Compliments, Buying me things, Making big promises, Wants things in return

Touching, Kissing, Sex Acts, Exposure, Nude Photos/Videos, Porn, Rape, Forced Viewing, Sexual Talk, Prostitution, Sextortion