



A GUIDE TO UNDERSTANDING ABUSE

WHAT IT IS

PHYSICAL

"Someone purposely hurt me physically."

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

EMOTIONAL

"Someone deliberately said harmful things that hurt me."

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

GROOMING

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

A lot of attention, Compliments, LOVE BOMBING, Buying me things, Making big promises, Wants things in return, "If you loved me..."

SEXUAL

"Someone did something sexual to me."

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

IF ANY OF THIS SOUNDS FAMILIAR...GET HELP! TEXT OR CALL CHILDHELP 1-800-422-4453

