There are many types of abuse and they are all difficult to experience. Explore this section to learn the different ways abuse can occur so you can better identifying them. Remember, each type of abuse is serious and no one deserves to experience any form of it.

**Emotional Abuse/Verbal Abuse**
Non-physical behaviors such as threats, insults, constant monitoring or “checking in,” excessive texting, humiliation, intimidation or isolation.

**Stalking**
Being repeatedly watched, followed or harassed.

**Financial Abuse**
Using money or access to accounts to exert power and control over a partner.

**Physical Abuse**
Any intentional use of physical force with the intent to cause fear or injury, like hitting, shoving, biting, strangling, kicking or using a weapon.

**Sexual Abuse**
Any action that impacts a person’s ability to control their sexual activity or the circumstances in which sexual activity occurs, including restricting access to birth control or condoms.

**Digital Abuse**
The use of technology such as texting and social networking to bully, harass, stalk or intimidate a partner. Often this behavior is a form of verbal or emotional abuse perpetrated through technology.