Academic Abuse Transferring into partner's classes to monitor them Causing academics to suffer by controlling class attendance • Keeping partner home from class to isolate them from friends and teachers • Undermining academic status, grades, or intelligence • Telling them they aren't smart enough to be in college • Checking on grades/

assignments without permission Deliberately starting fights the night before an exam to affect academic success • Preventing partner from applying for

jobs/internships

Deliberately

commit suicide if relationship is ended Threatening to destroy personal belongings or hurt friends, family, pets • Blackmailing partner with knowledge of illegal activities such as alcohol or drug use • Threatening to abandon partner • Making partner afraid • Threatening to tell parents information partner doesn't want them to know, whether it is true or not • Using ultimatums • Threating to spread rumors or damage partner's reputation

Threatening partner

they will physically harm

them • Warning that they will

Controlling who partner can spend time with • Pressuring partner to choose between them and family or friends

- Preventing partner from going home to see family or friends
- Pressuring partner to quit job or activities Getting in between partner and their parents • Creating a wedge between partner and friends • Forcing partner to live with them by sabotaging attempts to find housing by ruining causing pregnancy partner's relationships with current roommates or forcing partner to violate residence hall policies or lease

• Using drugs or alcohol to get sex • Making comparisons to past partners • Flirting with others to make partner feel inadequate in sexual relationship • Pressuring or forcing partner to engage in sexual activity, including make-up sex Controlling choices about abortion, birth control, or STI screening • Rape and sexual assault

 Using coercion and guilt to get sex • Transmitting an STI or HIV without disclosing status to partner

curricular activities

are more important

· Hitting, punching,

slapping, kicking, pushing,

Power

and

Control

Emotional Abuse & Humiliation Making fun of clothes, weight, hair, major, classes, extracurricular activities, religion, grades, friends, or family • Guilt tripping for causing relationship problems, blaming for poor academic performance • Spreading rumors, lies about partner • Downplaying/normalizing abuse · Minimizing, denying abuse, blaming partner for abusive actions. • Telling partner they deserve abuse • Constant criticism of everyday or showing up uninvited decisions • Pressuring partner into sex by humiliating them about sexual experience/inexperience · Insisting their extra-

where partner is . Stalking Constantly calling, sexting, messaging when apart • Extreme jealousy Framing jealousy as a sign of love

Following partner

 Monitoring/hacking into phone, email, Facebook, etc., to control communication • Accusations of cheating

· Continuing contact after relationship has ended

- Posting or distributing revealing photos without permission
- Saying things like "no one will ever love you as much as I do"
 - Acting entitled to partner's body or time
 - Sees partner as property or "less than"

• Using anger or the silent treatment as punishment for not obeying • Controlling finances • Using financial power as blackmail: "You owe me, I paid for your trip to the Rose Bowl," "How can you leave me? I paid for x, y, and z." • Requiring permission for activities or spending money • Determining what clothes or activities partner can wear or do

 Monitoring alcohol/drug intake; limiting or forcing partner to consume more than they want to pulling hair, biting, tripping, Treating partner like a child • Making all or grabbing partner • Putting

the decisions in the relationship hands around throat or cutting off air supply • Throwing objects • Punching

in doors or walls . Destroying valuables or sentimental items • Hurting partner's pets Holding partner down • Collecting weapons

• Using or threatening to use weapons

• Prohibiting partner from leaving a room to go to school or out with friends • Using alcohol or other drugs to justify violent behavior

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Help is available.

University Health Services Survivor Services 608-265-5600 (option 3) survivorservices@uhs.wisc.edu uhs.wisc.edu/survivor

Domestic Abuse Intervention Services (DAIS) 24-hour helpline: 608-251-4445 abuseintervention.org

