

#### 4. Psychological Abuse

- Demeaning to destroy self-confidence
- Attempting to control or limit another person's behaviour
- Repeated insults or questioning

#### 5. Stalking/Shadowing/Keeping a Track



Following a person

Appearing at a person's house or workplace



Making repeated phone calls or leaving written messages



#### 6. Cyberstalking



(Harassing constantly through threatening/vulgar/coercive messages that disturb the victim mentally)

Repeated online action or e-mail that causes substantial emotional distress



#### Domestic Violence also includes:



Sacrifice of liking, interest and skills

# What is DOMESTIC VIOLENCE



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Domestic Violence refers to any act, omission or conduct which causes harm or injury or has the potential of harming or injuring the health, safety or well-being of a woman or child in a domestic relationship (arising out of living together with or without marriage)

### An Act of Domestic Violence Includes

Physical abuse/  
threat of physical  
abuse



Sexual abuse or a  
threat of Sexual  
abuse

Verbal and mental  
abuse



Economic abuse

### Domestic Violence Includes:

#### 1. Physical Behaviour



Punching



Shoving



#### 2. Forced or Covert Acts or Behaviour



Insults

Sexual jokes



#### 3. Threats



Threat to hit

Threat to harm



Threat to use a weapon

