

DIFFERENT FORMS OF VIOLENCE

VERBAL VIOLENCE

Verbal abuse is used to humiliate, criticize, intimidate or control another person. It can be subtle or direct.

Insulting by using foul language;
Shouting and raising one's voice;
Blaming and reprimanding a person's actions and behaviours;
Criticizing and mocking using humiliating words;
Threatening in a direct or indirect way.
This form of violence provokes a fear of self-expression, nervousness and exhaustion.

PSYCHOLOGICAL VIOLENCE

This form of violence is insidious and often difficult to detect, affecting a person's psychological integrity. Confusion, self-doubt and vulnerability are consequences of psychological violence. For example, using condescending non-verbal language, belittling and humiliating, sulking, being indifferent, making decisions on behalf of the other person and blackmailing.

SOCIAL VIOLENCE

This type of violence leads to isolation. By criticizing and insulting family and friends, as well as by controlling outings and visits, women are forced into social isolation. The perpetrator's goal is to increase power over the other. The consequences are loss of self-esteem and self-confidence, and an increased sense of vulnerability.

FINANCIAL VIOLENCE

Although this type of violence is widespread, it is not as well known. The perpetrator's controlling behaviours lead to prohibition of the partner working, withholding access to financial resources and controlling her slightest expenses. This behaviour aims to prevent the woman from controlling her finances or to create a dependency on the person who exerts control.

PHYSICAL VIOLENCE

It may be easier to identify this form of violence but it is not always obvious to report it. Physical violence is manifested through aggressive gestures such as pushing, shoving, hitting, throwing objects, burning, confining, threatening with weapons, choking, and attempting to commit a murder.

SEXUAL VIOLENCE

Sexuality is already a taboo subject, therefore when it is violent, it becomes even more so. Examples include sexually fondling a woman against her will, assaulting or forcing a woman to have sexual relations, forcing one to degrading gestures or

to the viewing of pornographic material, and sexually humiliating a person. Sexual violence provokes aversion, shame, fear and loss of self-esteem.