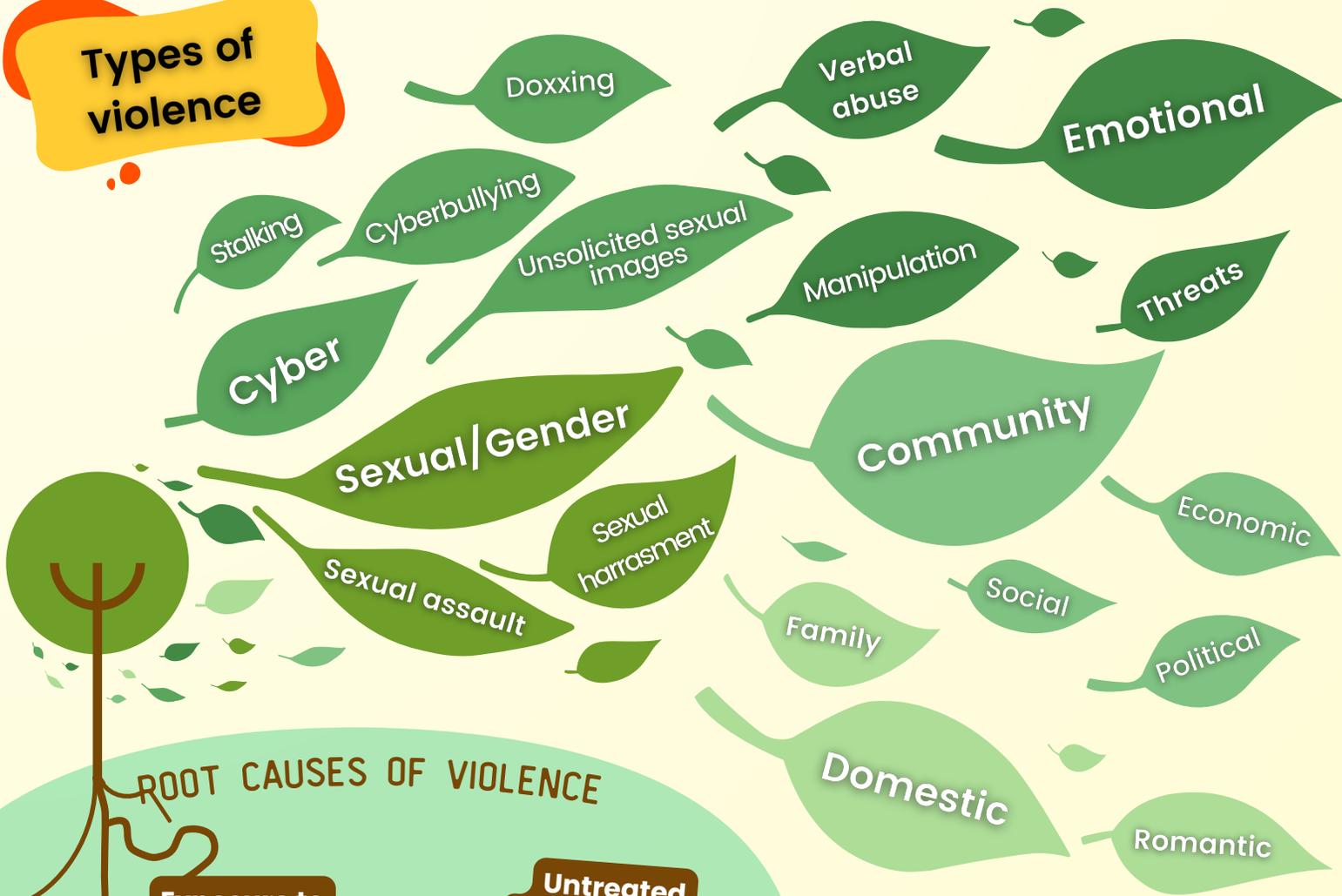




With Support, Violence is Preventable

Types of violence



ROOT CAUSES OF VIOLENCE



SCAN HERE



FOR MORE RESOURCES

How to Recognize Different Types of Violence

*Keep in mind, different types of violence may have overlapping characteristics

<u>Domestic Violence:</u>	<ul style="list-style-type: none">• Unexplained bruises, cuts, burns, broken objects• Monitoring phone/social media, checking whereabouts,• Extreme jealousy & possessiveness, isolating from loved ones• Controlling finances• Constant criticism, humiliation• Verbal abuse, threats (including suicide threats)
<u>Cyber Violence:</u>	<ul style="list-style-type: none">• Receiving threatening or degrading messages online or via text.• Digital stalking - Abuser monitors phone, messages, location, or impersonates victim online• Having one's personal information or photos/videos leaked online
<u>Sexual Violence:</u>	<ul style="list-style-type: none">• Bruising around genitals, difficulty sitting, or unexplained injury• Avoidance and discomfort: Sudden reluctance to be alone with certain individuals, fearfulness around intimate contact.• Psychological signs: PTSD symptoms—flashbacks, nightmares, mood swings, hypervigilance
<u>Gender Based Violence (GBV):</u>	<ul style="list-style-type: none">• Discrimination and harassment: Targeted insults, bullying, or threats based on gender identity or expression.• Control of gender roles: Enforcing traditional roles, isolating women or LGBTQ+ individuals.• Physical or sexual harassment: Unequal treatment at work/school, intimidation, violence aimed at enforcing norms• Forced marriage, forced pregnancy or abortion
<u>Community Violence</u>	<ul style="list-style-type: none">• Exposure to violence: Witnessing shootings, gang activity, or fights.• Psychological impact: Increased fear, hypervigilance, distrust; avoiding certain areas.• Functional decline: Drop in academic/work performance; normalization of violence - "desensitization."
<u>Emotional Violence</u>	<ul style="list-style-type: none">• Humiliation & criticism: Name-calling, sarcasm, ridicule, undermining achievements .• Gaslighting, isolation, stonewalling, monitoring, shame and blame• Coercion & threats: Threats to harm self or others, economic blackmail