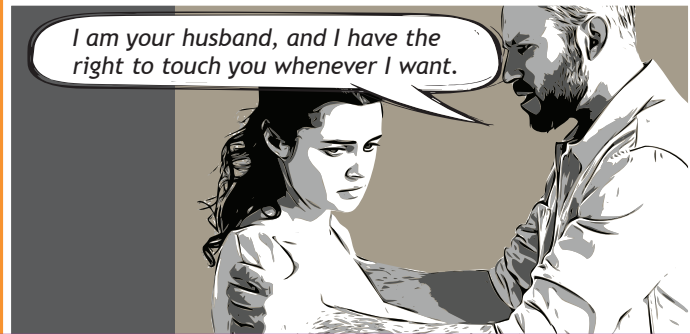


# Intimate Partner Violence

Intimate Partner Violence can be physical, emotional, sexual, financial, digital, and spiritual acts of harm as a means to control you by a partner, fiancé, spouse, or an ex. It is not easy to recognize when you are experiencing violence.

Here are situations that are some forms of intimate partner violence :



**Fact :** No one has the right to touch you without consent. This is **Sexual Violence**.



**Fact :** You have the right to know and decide how to spend your money. This is **Financial Violence**.



**Fact :** Having objects thrown at you is a form of intimidation and harm. This is **Physical Violence**.



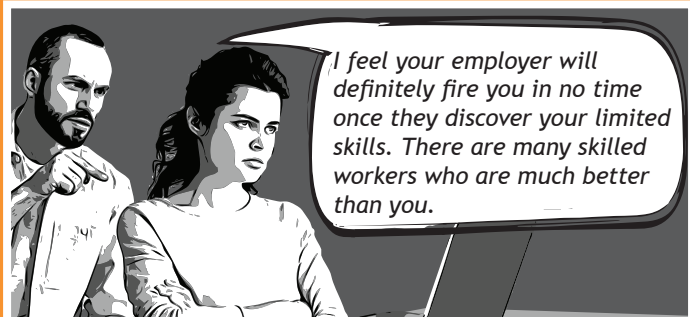
**Fact :** A partner may try to keep you from practicing your spiritual beliefs. This is **Spiritual Violence**.



**Fact :** Monitoring your electronic activity is a violation of your privacy. This is **Digital Violence**.



**Fact :** Your partner may try to have you questioning your reality by discrediting your claims. This is **Gaslighting/Emotional Manipulation**.



**Fact :** Your partner may try to emotionally impact your feelings and put you down by words. This is **Emotional Violence**.



**Fact :** When your partner insults your culture and traditions, This is **Cultural Violence**.

More about the definition of domestic and intimate partner violence :



Support services for victims of abuse :