



Neighbours, Friends & Families
Immigrant & Refugee Communities



Checklist for Types of Abuse

The purpose of abusive behaviour is to control another person, humiliate them or make them feel scared. Abuse doesn't happen because the abuser cannot help himself. Abusive behaviour is always a choice.



Abuse can occur in both heterosexual and same-sex relationships. While both men and women may experience abuse in a relationship, the reason we focus on violence against women is that they are more likely to experience repeated and severe forms of abuse, including sexual violence or violence which results in injury or death.

Abuse does not have a timeline. It may occur during a relationship, while the couple is breaking up, or after the relationship has ended.

Below is a quick checklist of some abusive behaviours that you may be seeing in your relationship. Does your partner:

- Treat you like you are inferior or demands complete obedience?
- Treat you as an extension of themselves rather than as an individual?
- Act helpless to get their way?
- Tell you what to wear or criticizes how you dress?
- Tell you who you can be friends with or to whom you can talk?
- Constantly demand to know where you are, what you are doing, and who you are with?
- Make decisions that affect both of you or the family without consulting you or reaching an agreement with you?
- Withhold affection to punish you?
- Call you names, swear at you or insult you in private or in front of others?
- Undermine your attempts to improve your education and tell you that you will fail?
- Monitor your phone calls, text messages, emails, social media?
- Force you to give the passwords to your social media, email, or bank accounts?
- Send you unwanted, explicit pictures and demand you send some in return or threaten to share sensitive photos of you on social media?
- Find excuses to stop you from calling or seeing your friends or family?

- Destroy your possessions or delete your assignments?
 - Show up uninvited to social or school events?
 - Become overly and inappropriately jealous of attention from or conversation with others?
 - Take your money from your wallet without asking?
 - Constantly question your spending or take control of your money?
 - Use your religious or spiritual beliefs to justify violence against women?
 - Force you to use drugs or alcohol when you have already said no?
 - Insist you have sex when you don't want to, or insist you take part in sexual activities you dislike or that cause pain?
 - Demonstrate anger by throwing things, shutting the door with a bang, punching the wall?
 - Threaten to use physical force or display weapons to scare you?
 - Threaten to kill you or others if you leave?
 - Threaten to kill themselves if you leave?
 - Use physical force?
 - Blame you for their problems, feelings, and abusive behaviour?
- If you have ticked some or all the boxes, you should evaluate your relationship.**

Living in an abusive relationship can be exhausting and scary if you have to worry about how your partner will react to the things you say or do. If both of you attend the same college, you may also have to continue attending class alongside your abuser or socializing in the same groups. This can add to your stress.

Attending college in a foreign country can add an additional barrier to seeking help. Many students are away from home and may feel isolated from their trusted support networks. Others may feel the cultural pressure of keeping their dating lives a secret from their families further silencing them about the abuse in their relationship.

Remember, you are not alone. There is help available.

YOU MIGHT CONSIDER WHAT HELP OR RESOURCES ARE AVAILABLE IN YOUR COLLEGE OR YOU CAN CALL:

- **Good2Talk** at 1-877-949-6051 for students attending colleges and universities across Ontario.
- **Assaulted Women's Helpline** at 1-877-949-6051 or 1.833.286.9865 (TTY) for support available 24/7 in over 200 languages.
- **FEM'AIDE** at 1-877-336-2433 or 1-866-860-7082 (ATS) for services in French.
- **211** to seek help.

For more information, visit: www.immigrantandrefugeenff.ca

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