

*Embarrassing You in public*

Stopping You from talking to your friends & family



*Using online sites & mobile phones to*

*control You* Telling You what to wear & do

Blaming You for the way they behave 'it's your fault' *Yelling or screaming at You*

*Saying 'I'll kill myself if You leave me or split up with me'* Calling You names

Saying they will harm Your pet's or

the people You care for *Humiliating You*

*Telling You they will harm you*

Starting rumours about You *Following You*

*Making You feel guilty* Intimidating You

Threatening to do something or taking something You love away from You

## **EMOTIONAL ABUSE**

If any of the above are what people say to you this is emotional abuse, so if a person is saying any of these above to you call the phone numbers available to you on the webpage. Don't be scared as we will help!