



Threatening to hit You  
*Stopping You leaving Your home*  
Throwing things at You *Biting You*  
*Forcing You to have Sex*  
Bruising You *Punching* Kicking You  
*Pulling, Pushing & Grabbing You*  
Strangling You *Slapping You*  
*Forcing you to go places you don't want to go* Squeezing You Painfully

## PHYSICAL ABUSE

All these actions above are part of physical abuse, so if a person is doing any of these actions to you then you need to call the phone numbers available to you on the webpage. Don't be scared as we will help!