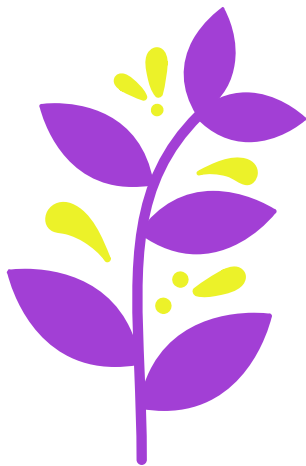


# Types of Abuse

*Brought to you by*

THE PLAIN PEOPLE'S  
PODCAST



**A Better Way**  
Combatting Sexual  
Abuse

"Amish children and adults will have resources and education to combat crimes in their communities. We will bridge the gaps between English and Amish culture"



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## Emotional Abuse

Yelling, screaming, cursing, swearing, speaking in a way to cause harm at someone, name calling, or insults can all be **emotional abuse**.

Types of Emotional Abuse:

Verbal Abuse: Yelling, insulting, or swearing at you.

Rejection: Constantly dismissing and ignoring your thoughts, ideas and opinions.

Gaslighting: Making you doubt your own feelings, memories, thoughts, and even your sanity, by manipulating the truth or lying to you.

Example of Gaslighting: Making you feel crazy, or "fannich" (funny) or "nervich" (nervous) or "net diemutich genug" (not humble enough), or saying that a bad thing you remember did not happen.

## Psychological Abuse:

When a person uses fear, intimidation (being scary), isolation (keeping you alone), victim blaming, humiliation (making you feel bad), control of your daily activities and money, stalking (repeated unwanted contacts), and/or manipulation to make you feel bad or make you afraid of them or another person.

## Spiritual Abuse

Any attempt to make you do anything or scare you using your religion, faith, or beliefs can be spiritual abuse. Spiritual abuse can happen within a religious organization (your church) or a personal relationship (between you and someone else you know).

## Sexual Abuse

Sexual abuse, also referred to as molestation, is abusive sexual behavior by one person upon another. It is often caused using force or by taking advantage of another. When force is immediate, of short duration, or infrequent, it is called sexual assault.

## Physical Abuse

Physical assault: includes hitting, punching, slapping, kicking, shoving/pushing a person by using a part of the body or by using an object.

## Verbal Abuse

Verbal assault: whereby a person uses words to cause another person to feel attacked or helpless. It can be aggressive or demeaning in tone, but does not necessarily involve the use of threats.

