



ABOUT YOUTH RELATIONSHIP VIOLENCE:

TYPES OF ABUSE



PHYSICAL ABUSE

Acts or threats of force or harm that cause pain or makes someone afraid.

Examples: Hitting, punching, kicking, choking, or any other use of physical force.

EMOTIONAL ABUSE

Acts that harm the mental or emotional health of a person.

Examples: Manipulation, threats, calling hurtful names, or behaviours used to shame, humiliate, or control a person's emotions.



SEXUAL ABUSE

Any unwanted sexual activity, behaviour, or threatening act done without consent.

Also includes: Pressuring or manipulating someone into sexual activity.

FINANCIAL ABUSE

Behaviour used to gain power and control over a person's money.

Examples: Taking someone's money without permission, keeping money from someone, or not allowing someone to be financially independent.



CYBER VIOLENCE

Using technology to cause fear, harm, or embarrassment.

Examples: Spying on someone online or secretly tracking their location, harassment online, or posting info/photos of someone without permission.

HARASSMENT OR STALKING

Repeated communication or contact that makes someone feel unsafe.

Examples: Non-stop phone calls, texts or emails, repeatedly showing up to someone's home or work, or secretly tracking someone's location.



**Learn more and get help if
you or your child are facing
abuse in a relationship**

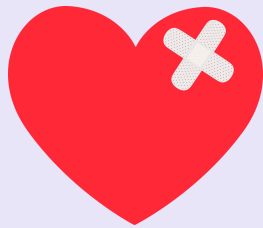


Can't scan
the code?
Visit
wechu.org/YRV

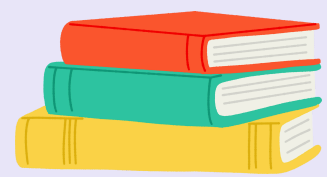
WARNING SIGNS OF YOUTH RELATIONSHIP VIOLENCE



Mental health issues
(e.g. depression, anxiety,
thoughts of suicide)



Low self-esteem



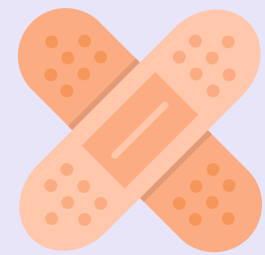
**Poor school
performance**



**Isolating or spending
more time alone**



**Mood swings, unusual
changes in behaviour**



Physical injuries
(e.g. scratches,
bruises)

***Learn more and get help if
you or your child are facing
abuse in a relationship***



Can't scan
the code?
Visit
wechu.org/YRV