



If you have experienced ANY forms of abuse, you can get help from:



# RED CARD

# Signs of abuse:

***Physical abuse – hurts the body.*** This includes slapping, punching, kicking, shaking, twisting limbs, belting, burning, shoving, stabbing, biting, choking, use of weapons, throwing things at, restraining etc

***Emotional/verbal abuse – hurts the mind and feelings,*** saying things that make the other person feel useless, worthless, stupid, crazy, etc

***Sexual – controls sexuality.*** When someone forces another to have sexual penetration (vaginal, oral, anal) using any part of the body or an object, to be forced to take part in unwanted sexual activity, unwanted touching or forced to touch another. Sexual abuse can also happen between husband and wife.