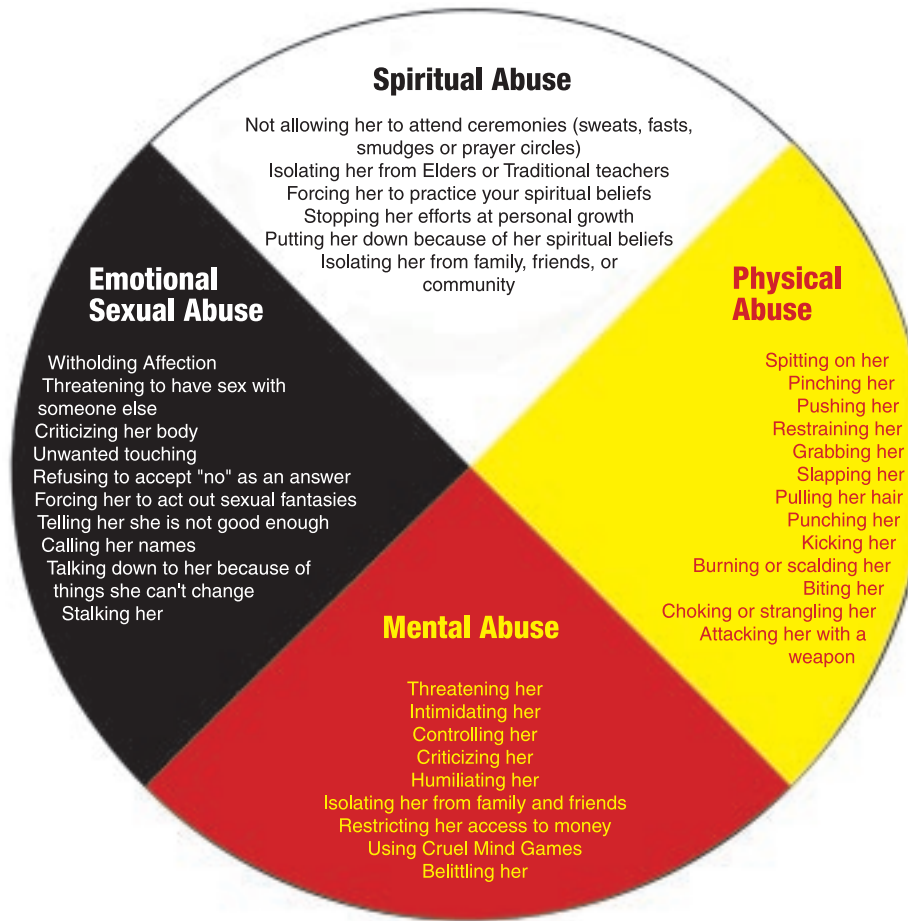


Examples of Abuse

Spiritual Abuse
Any action that does not allow her freedom to practice her own spiritual way of being.

Emotional Abuse and Sexual Abuse
Using ridicule, fear, terror, threats, intentional put-downs; using what is known about the other person's needs, fears, hopes and dreams, weaknesses and vulnerability to hurt and control her; any strategy calculated to make the victim feel bad about herself. Sexual abuse also incorporates elements of physical abuse and the emotional and psychological abuse.



Physical Abuse
Any physical act intended to control, harm, injure or inflict physical pain on another person.

Mental (Psychological) Abuse
Intentionally undermining a person's sense of self-worth, individual identity, confidence in their own perceptions of what is real, or sense of agency, capacity and empowerment (i.e. their ability to act, and have an impact in the world.)

(Kizhaay Anishinaabe Niin, 2006)

In some northern Aboriginal communities, it is believed that between 75 and 90 per cent of women are battered.^{xiv}