



## Recognition of Social Abuse

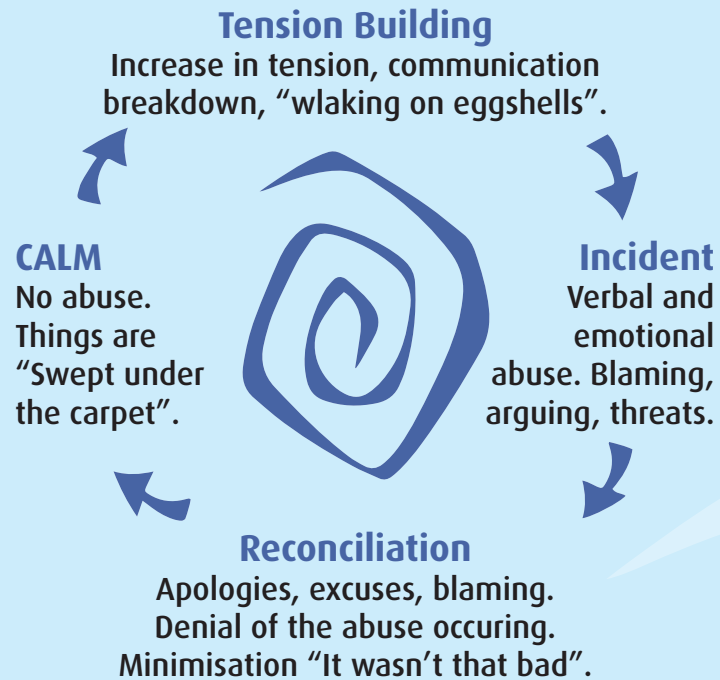
Social abuse is sometimes difficult to recognise.

Social abuse involves persistent manipulative and intimidating behaviours aimed at achieving isolation to increase control over a person.

You may feel anxious about social situations because:

- You are being restricted to social contact that your partner approves of.
- You are being prevented from making contact with family, friends and support services.
- You have to tell your partner where you are going, where you've been, who you are seeing or who you have seen.
- Your location can be monitored by phone calls, text messages, or your car odometer can be checked.
- Your phone bill can be checked to see who you have had contact with.
- You may be followed or stalked.

## Cycle of Abuse



## Some Facts on Social Abuse

Social abuse can be easily overlooked yet its impact on mental and psychological wellbeing is enormous.

Consequently a person may develop a fear of being ridiculed by their partner in social situations and lose the confidence to socialise. This leads to feelings of being isolated, different and/or excluded.

Over time the impact becomes stronger and creates further isolation and a sense of loneliness, leaving a person vulnerable to other types of abuse.

Social abuse can result in: low self-worth, depression, anxiety/panic attacks and poor social confidence.

### You may experience from your partner:

- Being ridiculed about your family and your friends.
- Not allowing you to have your say, make your choices or have your privacy respected.
- Being told how you can dress, your appearance having to meet their approval.
- Your mail, text messages, and/or personal information being read without your consent.

## What Constitutes Social Abuse

The use of insults, threats, belittling remarks, ridicule, criticism, sarcasm etc aimed at embarrassing, shaming and humiliating you in public or in front of family and/or friends: Your partner being possessive/jealous and using it as an excuse to justify their beliefs and actions. It also includes insults, rudeness to your family and/or friends creating conflict with them resulting in less or a loss of contact with them.