

# BATTERY AND EXTREME CRUELTY CHART FOR IMMIGRANT MEN

## PHYSICAL ABUSE

- Pulls hair, punches, slaps, kicks, bites, scratches, pushes or harms you in any way
- Uses weapons to harm you
- Forces you to act as a servant
- Moves you to a remote area where he is unable to access necessities and deprive you of your needs
- Abandons the family for days with no money, transportation, food, etc.
- Does not allow you to call 911 for your safety
- Does not allow him to report
- Tells you that if you calls the police, she will say that you were the aggressor
- Makes you do illegal things against your will
- Abandons you in unfamiliar or dangerous places
- Recklessly puts you in harm's way
- Pulls over the car and forces you to get out and walk

## EMOTIONAL ABUSE

- Makes you feel like you are crazy/ plays mind games
- Puts you down
- Humiliates you
- Makes you feel guilty in order to get what she wants
- Threatens to leave you
- Destroys your personal possessions
- Destroys possessions from your country of origin
- Excludes you from decision making
- Makes you feel unvalued
- Makes you feel jealous
- Shames you for your immigration status or heritage
- Makes you feel like you could never find another woman
- Controls your appearance
- Cheats on you to prove she doesn't need you and that she is better than you
- Withholds affection from you to punish you

## SEXUAL ABUSE

- Refuses sex to manipulate or assert power or control
- Guilts you into having sex
- Calls you sexual names
- Uses sex as a punishment or to gain power
- Says that you owe sex because of gender or immigration status
- Demands sex when she returns from work, or sex on a schedule
- Does not allow you to have a say in family planning
- Purposely gets pregnant without taking your feelings into consideration
- Uses you just to get pregnant
- Knowingly puts you at risk of a STD
- Insults your sexual performance
- Forces you to partake in other sexual demands
- Cheats on you

## FINANCIAL ABUSE

- Threatens to report you to the IRS
- Restricts you from job training or schooling
- Forces you to ask her for money
- She is given an allowance
- Takes your paychecks
- Forces you to quit your job
- Forces you to work more than one job
- Controls how much you are able to work
- Jeopardizes your employment
- Denies you access to the family's income
- Denies you access to bank accounts
- Harms your credit rating
- Refuses to work and contribute to household
- Monitors your spending
- Forces you to provide her proof of purchases and receipts
- Questions every single purchase you makes

## VERBAL ABUSE

- Calls you names
- Insults you
- Continually criticizes you
- Accuses you of cheating
- Does not allow you to speak with any women
- Makes fun of your English
- Humiliates you in public or in the home
- Makes fun of you for being abused
- Makes fun of you for trying to talk about the abuse
- Sends you negative, insulting, or threatening emails, texts or social media messages
- Embarrasses you through social media
- Attacks your physical appearance
- Tries to make you feel bad about yourself
- Yells and screams
- Degrades you
- Tells you that you are less of a father or husband because you don't have legal status
- Says that she is unable to live the life that she deserves because of your lack of immigration status
- Makes you feel like you owe her

## PSYCHOLOGICAL ABUSE

- Intimidates you with looks, actions, or gestures
- Smashes things when she is angry
- Uses immigration status against you and to gain power
- Hides your important documents
- Lies and distorts the reality of your life to family and friends
- Threatens to commit suicide if you leaves
- Threatens to call the police and file false reports
- Denies or blames you for the abuse
- Threatens to withhold your children from you
- Threatens to call CPS
- Harms family pets
- Isolates you from family, friends, and those who speak your language
- Controls your involvement outside of the home
- Controls who you speak to
- Forces you to hand over phone and passwords
- Keeps tabs on your every move