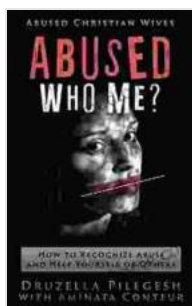


# How to Recognize Abuse and Help Yourself or Others

## What is abuse?

Abuse is any type of behavior that causes physical, emotional, or psychological harm to another person. It can take many forms, including:

\* Physical abuse: This includes any type of physical violence, such as hitting, punching, kicking, or choking. \* Emotional abuse: This includes any type of verbal or emotional abuse, such as name-calling, belittling, or threatening. \* Sexual abuse: This includes any type of sexual activity that is forced or unwanted. \* Financial abuse: This includes any type of financial exploitation, such as stealing money, forging checks, or running up debt in someone else's name.



## Abused? Who Me?: How to Recognize Abuse and Help Yourself or Others by Captivating History

★★★★★ 5 out of 5

Language : English  
File size : 1329 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 124 pages  
Lending : Enabled  
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## **Who is at risk for abuse?**

Anyone can be at risk for abuse, regardless of their age, gender, or background. However, some people are more vulnerable to abuse than others, including:

\* Women \* Children \* Elders \* People with disabilities \* LGBTQ people

## **What are the signs of abuse?**

The signs of abuse can vary depending on the type of abuse. However, some common signs include:

\* Physical abuse: Bruises, cuts, broken bones, burns \* Emotional abuse: Low self-esteem, depression, anxiety \* Sexual abuse: Genital injuries, sexually transmitted infections \* Financial abuse: Unexplained financial problems, debt, or loss of money

## **What should you do if you or someone you know is being abused?**

If you or someone you know is being abused, it's important to get help. There are many resources available to help you, including:

\* Domestic violence hotlines \* Child abuse hotlines \* Elder abuse hotlines \* Sexual assault hotlines \* Mental health hotlines \* Legal aid organizations

You can also get help online at the following websites:

\* The National Domestic Violence Hotline: <https://www.thehotline.org> \* The National Child Abuse Hotline: <https://www.childhelp.org> \* The National Elder Abuse Hotline: <https://www.elderabusehotline.org> \* The National

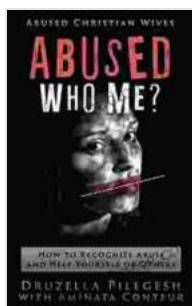
Sexual Assault Hotline: <https://www.rainn.org> \* The National Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org>

## How can you help prevent abuse?

There are many things you can do to help prevent abuse, including:

\* Educate yourself about the signs of abuse \* Talk to your children about abuse \* Be a supportive friend or family member \* Report any suspected abuse to the authorities

Abuse is a serious problem, but it can be overcome. If you or someone you know is being abused, there is help available. Please reach out for help today.



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