

Physical Abuse

Physical violence is an act **attempting to cause or causing**, pain and/or physical injury. Physical abuse is any action that leaves any part of your body hurt and is the abuse that is the easiest to recognize. Physical abuse can be caused by a body part (hands, feet) or objects (broom, mug etc).

Examples of physical abuse:

- Punches
- Poking
- Slaps
- Kicks
- Hair pulling
- Choking
- Scratching/cutting
- Pushes or shoves
- Headbutt
- Throwing objects at you that cause harm
- Throwing objects near enough to you to attempt to cause harm
- Holding/restraining

Physical abuse extends not only from the primary victim but to children and pets.

Documenting any physical injuries as well as the surroundings after an attack (if safe to do so) could be helpful in court proceedings.