



WHAT IS ABUSIVE BEHAVIOUR



Learning Objectives



Analyze the
existing form of
abuse



Build knowledge
concepts through
case studies



Overcome
emotional abuse
that has been
experienced



Foster honesty and
a strong will to
prevent emotional
abuse

Definition of Abusive Behavior

Abusive behavior is any threat or action that frightens, hurts, or harms another person physically, sexually, emotionally, economically, and psychologically.

~United Nations, 2023.



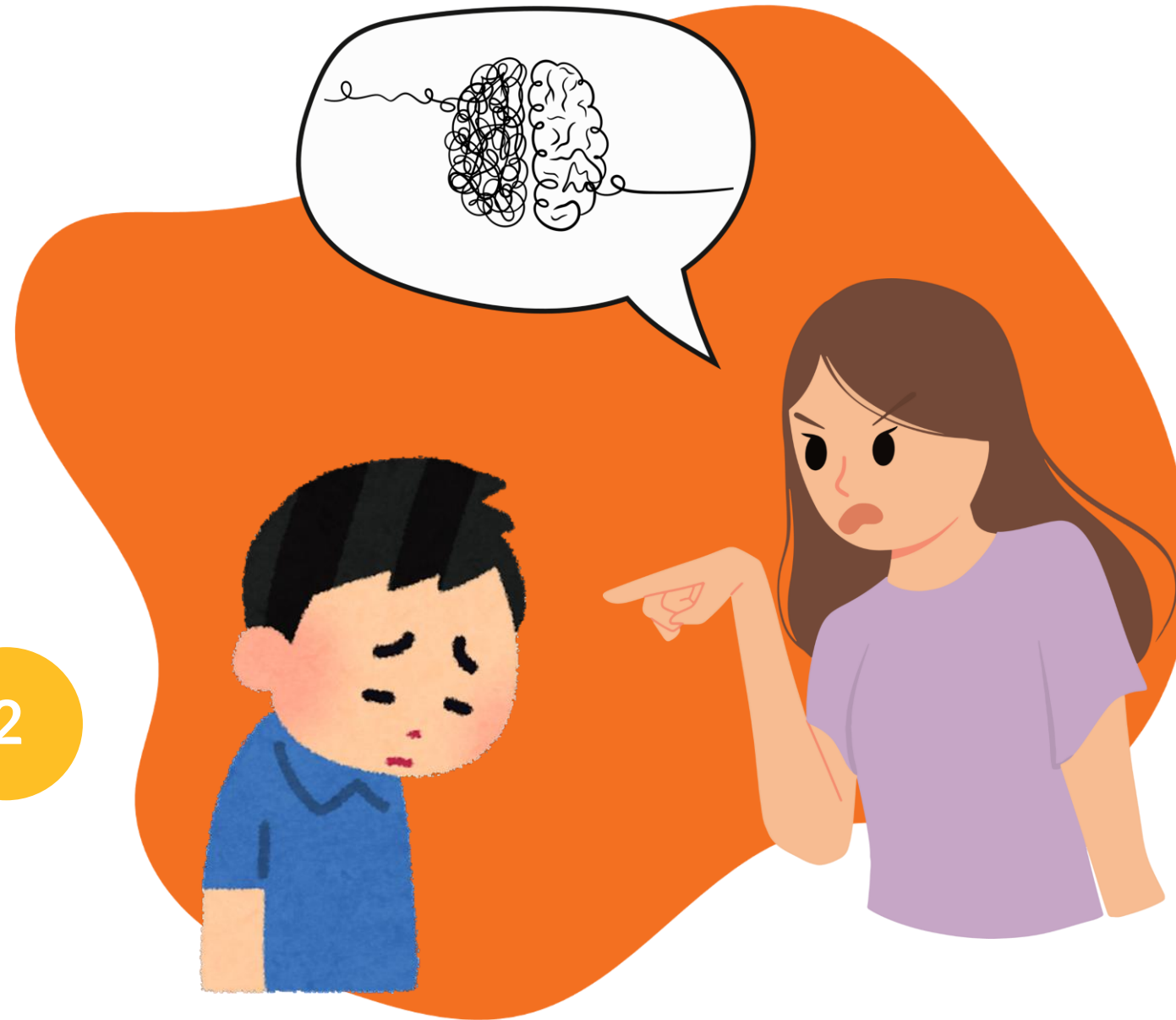
Components of Abusive Behavior

3

Triggering Factors

Victim

2



1

Abuser

Various Forms of Abusive Behavior



Physical
Abuse



Emotional
(psychological) abuse



Financial
Abuse



Sexual Abuse



Stalking

Definition of Emotional Abuse

All acts of manipulative, controlling, and undermining a person's self-esteem through various actions directed at a person's emotional, self-esteem, and well-being, with the aim of making them unconsidered, isolated and silenced.

~Gordon (2022)



Different Forms of Emotionally Abusive Behavior

With friends:

Putting down a friend's appearance, abilities, or choices



With coworkers:

Giving criticism that puts down and belittles the work of coworkers



With your partner:

Gaslighting, where your partner turns the tables and blames you.

With the family:

Excluding certain family members in family decision-making and activities



Emotionally Abusive Behavior Factors

01

Satisfaction in
control and power
over others

02

Desire to get
something from the
victim by using force
or manipulation

03

Previous experiences
of abuse that
encourage similar
behavior

04

Desire for
attention and
sympathy

Impact of Emotional Abuse

(Short Term)

Anxiety



Shy



Mood Swings



Fear



Difficult to Concentrate



Confusion



Body Pain



Muscle Tension



Impact of Emotional Abuse

(LongTerm)

Loss of Self-Confidence



Withdrawal from the community



Depression



Eating disorders



Potential for drug abuse



Excessive anxiety



Chronic pain



Overcoming Emotional Abuse (As a Victim)



Make yourself a
priority



Create boundaries with
the abuser



Focus on things you
can control



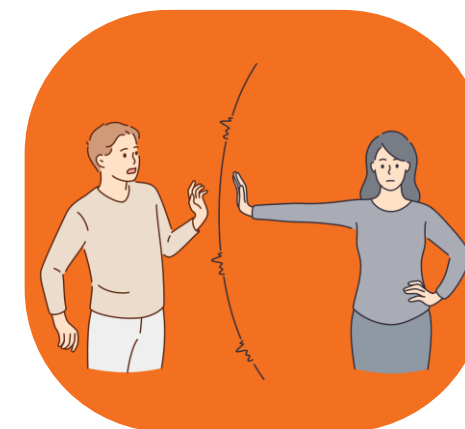
Building a supportive
community



Have the courage to
leave a toxic
relationship



Addressing verbally
abusive sexual
behavior

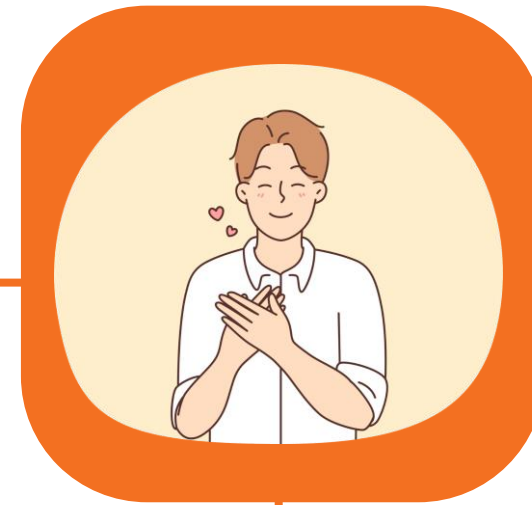


Addressing non-
coercive sexual abuse

Overcoming Emotional Abuse

(As a Third Party)

Listening



Believe in what they experience

Avoid shaming, judging and criticizing



Avoid focusing on ourselves and imposing our opinions



World Vision

INDONESIA

Wahana Visi Indonesia bermitra dengan World Vision yang mendukung KOICA PMC Project yang bertujuan untuk meningkatkan Rehabilitasi Sosial bagi Remaja Rentan di Indonesia yang di inisiasi oleh Korea Institute for Development Strategy (KDS). ReBach Internasional dan World Vision Korea dan didanai oleh Korea Cooperation Agency (KOICA)

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Cooperation Agency

KDS Korea Institute for
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