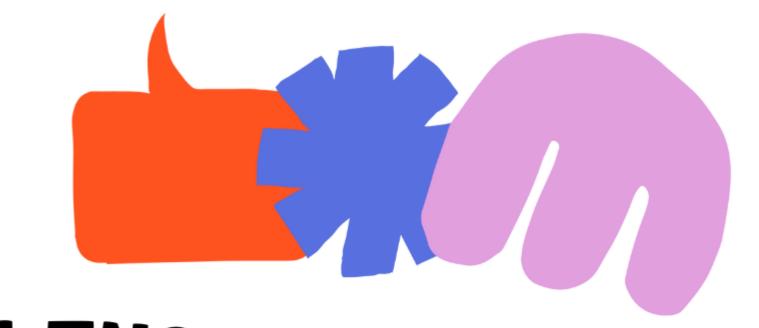
CENTRE AGAINST VIOLENCE



VIOLENCE VIOLENCE

Power

and

Control

Sex49/

Using Coercion and Threats

- · Making and/or carrying out threats to do something to hurt her
- Threatening to leave her, to commit suicide, to report her to welfare
- Making her drop charges
- · Making her do illegal things.

Using Intimidation

- · Making her afraid by using looks, actions, gestures
- · Smashing things
- Destroying her property
- Abusing pets
- · Displaying weapons.

Using Economic Abuse

- · Preventing her from getting or keeping a job
- · Making her ask for money
- · Giving her an allowance
- Taking her money
- · Not letting her know about or have access to family income.

Using Emotional Abuse Putting her down

- · Making her feel bad about herself
- Calling her names
- Making her think she's crazy
- Playing mind games
- Humiliating her
- Making her feel guilty

Using Male Privilege

- Treating her like a servant
- Making all the big decisions
- Acting like the "master of the castle"
- · Being the one to define men's and women's roles.

Using Isolation

- · Controlling what she does, who she sees and talks to, what she reads, where she goes
- · Limiting her outside involvement
- Using jealousy to justify actions.

Using Children

- · Making her feel guilty about the children
- · Using the children to relay messages
- Using visitation to harass her
- Threatening to take the children away.

- · Making light of the abuse and not taking her concerns about it seriously
- · Saying the abuse didn't happen
- · Shifting responsibility for abusive behavior
- Saying she caused it.

Minimizing, Denying and Blaming