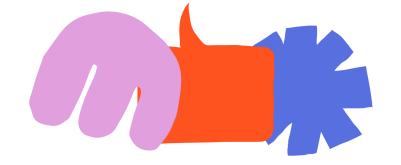
# CENTRE AGAINST VIOLENCE



sen Power & Control

## PEER PRESSURE:

Threatening to expose someone's weakness or spread rumors. Telling malicious lies about an individual to peer group.

# ANGER / EMOTIONAL ABUSE:

Putting someone down.
Making them feel bad
about themselves. Name
calling. Making them think
they are crazy.
Humiliating one another.
Making them feel guilty.

### ISOLATION/EXCLUSION:

Controlling what another does.
Who they see and talk to. What they read, where they go. Limiting outside involvement. Using jealousy to justify actions.

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### **SEXUAL COERCION:**

Manipulating or making threats to get sex. Getting her pregnant.
Threatening to take the children away. Getting someone drunk or drugged to get sex.

#### THREATS:

Making or carrying out threats to hurt another. Threatening to leave, to commit suicide, to repot them to the police. Making them drop charges. Making them do illegal things.

#### **USING SOCIAL STATUS:**

Threating someone like a servant.

Making all the decisions. Acting like the "master of the castle". Being the one to define men's and women's roles.

#### **INTIMITATION:**

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

## MINIMISE/ DENY/BLAME:

Making light of the abuse and not taking concerns about it seriously. Saying the abuse didn't happen. Shifting responsibility for abusive behaviour. Saying the victim caused it.