VIOLENCE

Using Coercion & Threats

Making and/or carrying out threats to hurt someone;

- Threatening to leave
 - Commit suicide
 - Report to welfare
 - Forcing charges
 to be dropped

Forcing

illegal be-

haviour

POWER

AND

CONTROL

 Preventing someone from working.

Using

Economic

- Making them ask for money
- Giving an allowance

Abuse

- Taking their money
- No access to family income

Using Dominance

Treating someone like a servant

- Making all the big decisions
- Acting like the "Boss of the Castle"
 - Being the one to define all roles

Using Children

Making a person feel guilty about the children

- Using children to relay messages
- Using visitation for
 - harassment
 - Threatening to take children away

Using

Intimidation

Making someone afraid by using looks, actions, gestures

- Smashing things
- Destroying property
- Abusing pets
- Displaying weapons

Using

Emotional

- Abuse
- Putting someone down
 - Making them feel bad about themselves
 - Name calling
- Playing mind games
 - Humiliation

Using Isolation

Controlling what someone does

- Who they talk to
 - What they read
 - Deliberate misunderstanding
 - Limiting outside
 - involvement
 - Where they go

Jealousy

Making light of the abuse and not taking concerns seriously

- Saying abuse did not happen
- Shifting responsibility
- Laying blame

Minimising

Denying

Blaming

SEXUAL

VIOLENCE