# **VIOLENCE**

**POWER** 

**AND** 

**CONTROL** 





SEXUAL

Making and/or carrying out threats to do something to hurt me \* threatening to leave me, to commit suicide, to report me to authorities \* making me drop

charge \* making me

do illegal things

#### **USING ECONOMIC** ABUSE

preventing me from getting or keeping a job \* making me ask for money \* giving me an allowance \* taking my money \* not letting me know about or have access to family income

## USING PRIVILEGE

Treating me 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 CHILDREN

Making me feel guilty about the children \* using the children to relay messages \* using visitation to harass me \* threatening to take the children away

#### USING INTIMIDATION

Making me afraid by using looks, actions, gestures \* destroying property \* abusing pets \*displaying weapons

USING **EMOTIONAL ABUSE** 

Putting me down\* making me feel bad about myself \* calling me names \* making me think I'm crazy \* playing mind games \* humiliating me \* making me feel guilty

### **USING ISOLATION**

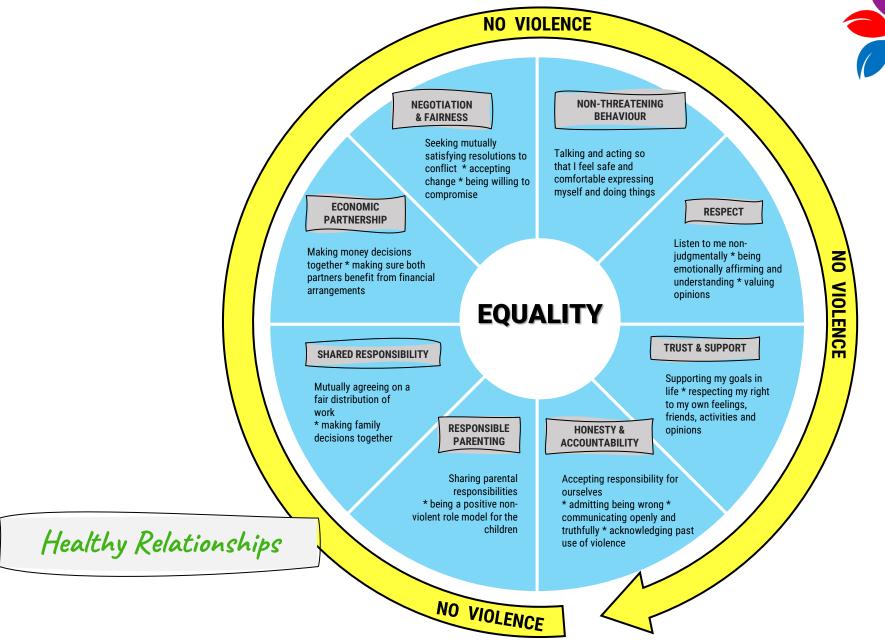
Controlling what I do, who I see and talk too, what I read, where I go \* limiting my outside involvement \* using jealousy to justify actions

#### MINIMISING. **DENYING &** BLAMING

Making light of the abuse and not taking my concerns about it seriously \* saying the abuse doesn't happen \* shifting responsibility for abusive behavior saying I caused it



Unhealthy Relationships



Harm PREVENTION SOLUTIONS