# PHYSICAL VIOLENCE SEXUAL

**POWER** 

AND

CONTROL

## USING COERCION AND THREATS

Making and/or carrying out threats to do something to hurt him/her • threatening to leave them, to commit suicide or to report them to welfare

making them drop

harges, or do illegal things

#### USING ECONOMIC ABUSE

Preventing them from getting or keeping a job • making them ask for money

• giving her/him an allowance • taking her/his money

• not letting her/him know about or have access to family income.

## **USING GENDER PRIVILEGE**

Treating them 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 them feel guilty about the children • using the children to relay messages • using visitation to harass the former partner

• threatening to take the children away.

PHYSICAL

### USING INTIMIDATION

 Making them afraid by using looks, actions, or gestures

smashing things • destroying property • abusing pets
displaying weapons.

#### USING Emotional Abuse

- Putting them down making them feel bad about
- themselves name calling
- making them think they're crazy

• playing mind games • humiliating them, or making them feel guilty.

# **USING ISOLATION**

Controlling what the other person does, or who they see and talk to

Limiting where they go, what they read or their outside involvement • using jealousy to justify actions.

Making light of the abuse and not taking the other person's concerns seriously • saying the abuse didn't happen • shifting responsibility for abusive behavior • saying they caused it.

MINIMIZING.

AND BLAMING

VIOLENCE SEXUAL

DENYING

DOMESTIC ABUSE INTERVENTION PROJECT

202 East Superior Street Duluth, Minnesota 55802 218-722-2781 www.duluth-model.org adapted for Next Door Solutions