Sexual Violence Physical

Power

and

Control

Using Coercion/Threats

Making/carrying out threats to do something to hurt her/him • threatening to leave her/him, commit suicide, report her/him to welfare • making her/him drop charges • making her/him do illegal things

Using Economic Abuse

Preventing her/him from getting a job • making her/him 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 Male Privilege

Treating her/him 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 her/him feel guilty about the children • using the children to relay messages • using visitation to harass her/him • threatening to take the children away

Using Intimidation

Making her/him afraid by using looks, actions, gestures, smashing things • destroying her/his property • abusing pets • displaying weapons

Using Emotional Abuse

Putting her/him down • making her/him feel bad about her/himself • name calling • making her/him think she/he is crazy • playing mind games • humiliating her/him • making her/him feel guilty

Using Isolation

Controlling what she/he does, who she/he sees or talks to, what she/he reads, where she/he goes • limiting her/his outside involvement • using jealousy to justify actions

Minimizing, Denying, and Blaming

Making light of the abuse and not taking her/his concerns about it seriously • saying the abuse didn't happen • shifting responsibility for abusive behavior • saying she/he caused it

Sexual Violence Physical

Beyond Power and Control:

A training resource for professionals working with victims and survivors of domestic violence.