# PHYSICAL VIOLENCE SEXUAL

**POWER** 

AND

CONTROL

## USING COERCION AND THREATS

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

**ABUSE** Preventing her/him from getting or keeping 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 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/himfeel bad about herself/himself • calling her/him names | making her/him think she's/he's crazy playing mind games . humiliating her/him making her feel guilty

## USING MALE PRIVILEGE

USING

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 ISOLATION

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

## 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

## 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

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