VIOLENCE SEXUAL

POWER

AND

CONTROL

PHYSICAL

USING COERCION AND THREATS

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

USING INTIMIDATION

Making her afraid by using looks, actions, gestures · smashing things · destroying her property . abusing pets · displaying weapons.

USING **EMOTIONAL ABUSE**

Putting her down • making her feel bad about herself . calling her names . making her think she's crazy · playing mind games · humiliating her · making her feel quilty.

ECONOMIC ABUSE Preventing her from getting

USING

or keeping a job . making her ask for money . giving her an allowance • taking her money • not letting her know about or have access to family income.

USING MALE PRIVILEGE

Treating her 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 feel guilty about the children . using the children to relay messages · using visitation to harass her · threatening to take the children away.

USING ISOLATION

Controlling what she does, who she sees and talks to, what she reads, where she goes . limiting her outside involvement • using jealousy to justify actions.

MINIMIZING. DENYING AND BLAMING

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

PHYSICAL

VIOLENCE SEXUAL

DOMESTIC ABUSE INTERVENTION PROJECT

206 West Fourth Street Duluth, Minnesota 55806

218-722-4134

NONVIOLENCE

NEGOTIATION AND FAIRNESS

Seeking mutually satisfying resolutions to conflict

• accepting change

• being willing to compromise.

ECONOMIC PARTNERSHIP

Making money decisions together • making sure both partners benefit from financial arrangements.

NON-THREATENING BEHAVIOR

Talking and acting so that she feels safe and comfortable expressing herself and doing things.

RESPECT

Listening to her nonjudgmentally • being emotionally affirming and understanding • valuing opinions.

EQUALITY

SHARED RESPONSIBILITY

Mutually agreeing on a fair distribution of work • making family decisions together.

RESPONSIBLE PARENTING

Sharing parental responsibilities • being a positive non-violent role model for the children.

TRUST AND SUPPORT

Supporting her goals in life • respecting her right to her own feelings, friends, activities and opinions.

HONESTY AND ACCOUNTABILITY

Accepting responsibility for self • acknowledging past use of violence • admitting being wrong • communicating openly and truthfully.

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