

VIOLENCE

Using

privilege

Coercion & threats

Power

and

Control

Preventing them from getting or keeping a job. Making them ask for money. Giving them an allowance. Taking their money. Not letting them know about or have access to joint/family income.

Being the one to define each

the system against them.

Economic abuse

Making them feel guilty about the children. Using the children to relay messages. Using visitation to harass them. Threatening to take the children away

Using children 10ntas

Intimidation

Making them afraid by using looks, actions, and gestures. Smashing things. Destroying their property. Abusing pets. Displaying weapons.

Emotional abuse

Putting them down. Making them feel bad about themselves Calling them names. Making them think they are crazy. Playing mindgames. Humiliating them. Making them feel guilty.

Sexual

read, and where they go. Limiting jealousy to justify actions.

Isolation

Making light of the abuse and not

Minimising, denying JESISKYD and blaming

MOLENCE

NONVIOLENCE

Non-threatening

Talking and acting so

that they feel safe and

comfortable expressing

behaviour

themselves and

doing things.

Negotiation and fairness

Seeking mutually satisfying responsibility

Respect

Listening to them in a nonjudgmental way. Being emotionally affirming and understanding. Valuing their opinions

Equality

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

Economic partnership

Shared

family decisions together.

the other

Acknowleging how one partner

may benefit from privilege over

Sharing parental responsibilities. Being a positive, non-violent role model for one's children

> Responsible parenting

Supporting their goals in life. Respecting their right to their own feelings, friends, activities

Honesty and accountability

MONNOLENCE

Trust and support