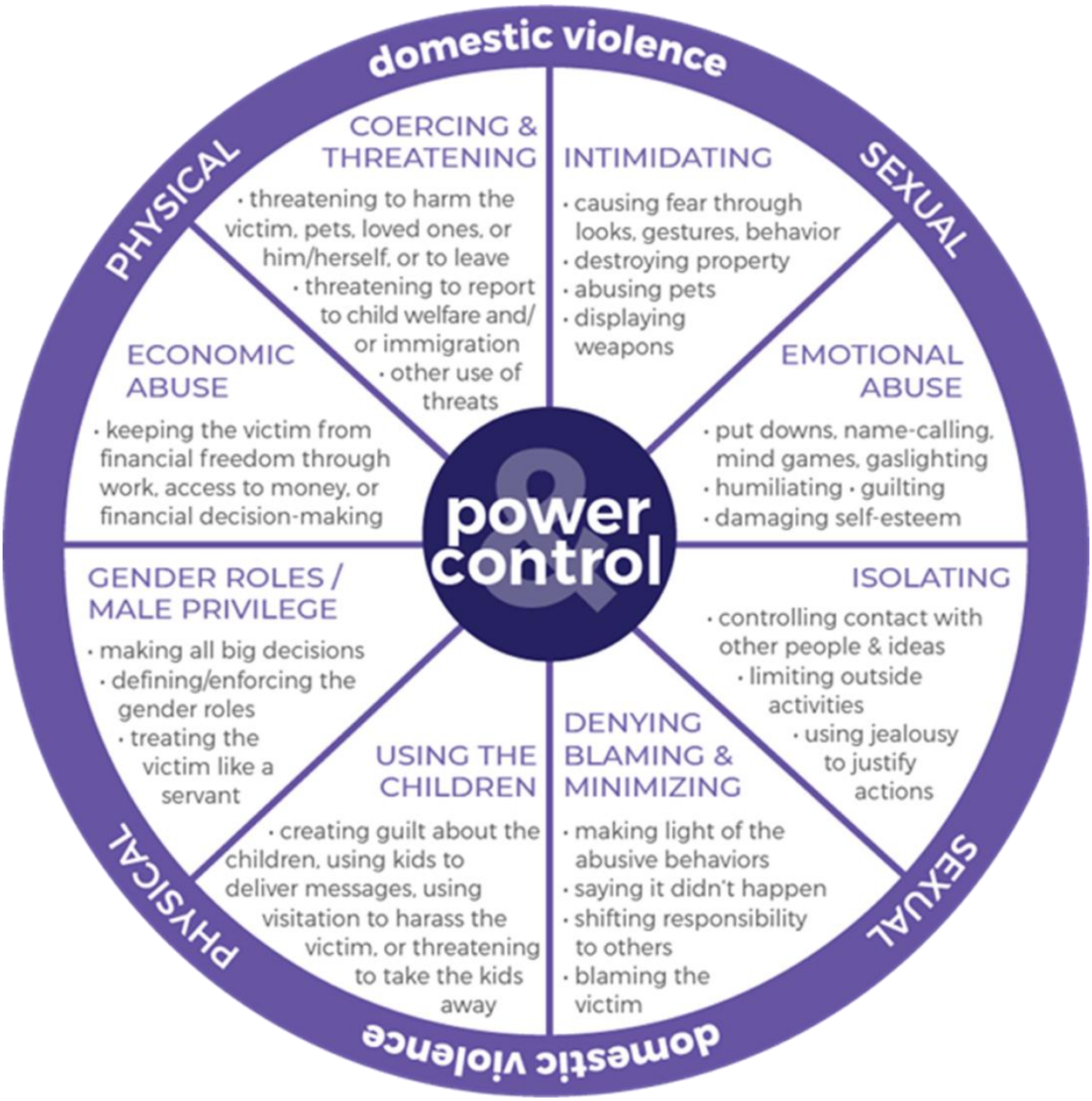
domestic violence
PHYSICAL
SEXUAL
PHYSICAL
SEXUAL
domestic violence
power & control
COERCING & THREATENING
• threatening to harm the victim, pets, loved ones, or him/herself, or to leave
• threatening to report to child welfare and/ or immigration
• other use of threats
INTIMIDATING
• causing fear through looks, gestures, behavior
• destroying property
• abusing pets
• displaying weapons
EMOTIONAL ABUSE
• put downs, name-calling, mind games, gaslighting
• humiliating • guilting
• damaging self-esteem
ISOLATING
• controlling contact with other people & ideas
• limiting outside activities
• using jealousy to justify actions
DENYING BLAMING & MINIMIZING
• making light of the abusive behaviors
• saying it didn't happen
• shifting responsibility to others
• blaming the victim
USING THE CHILDREN
• creating guilt about the children, using kids to deliver messages, using visitation to harass the victim, or threatening to take the kids away
GENDER ROLES / MALE PRIVILEGE
• making all big decisions
• defining/enforcing the gender roles
• treating the victim like a servant
ECONOMIC ABUSE
• keeping the victim from financial freedom through work, access to money, or financial decision-making