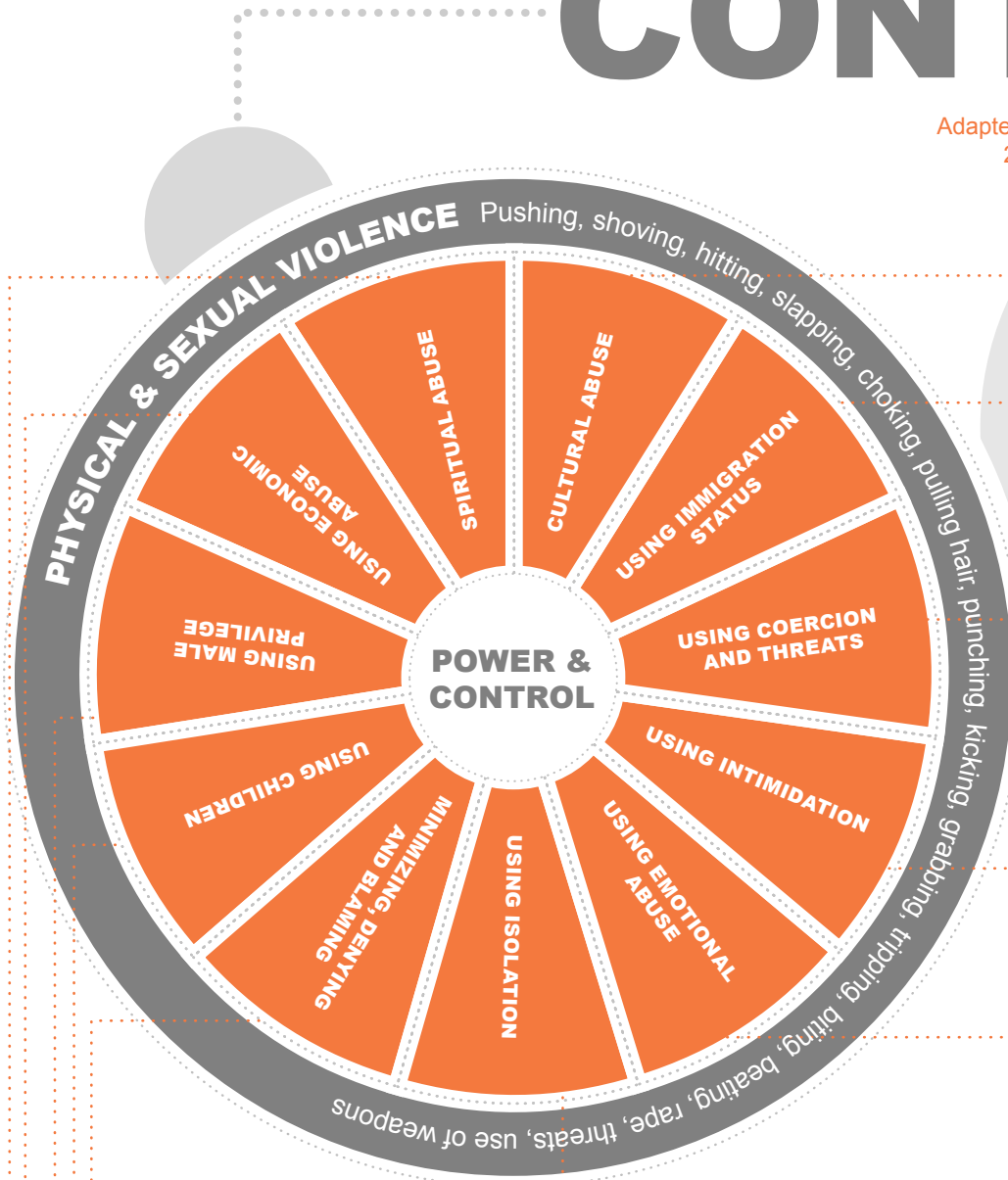


POWER & CONTROL

Adapted from Domestic Abuse Intervention Project
202 East Superior Street, Duluth, MN 55802



DOMESTIC VIOLENCE is a recurring, chronic, deliberate pattern of behaviors perpetuated by one partner (or ex-partner) to gain power and maintain control over another in a relationship, including physical, sexual, psychological, emotional, and financial abuse. The frequency and severity can vary dramatically, however, the single constant is one partner's perpetual efforts to maintain power and control over the other.

Although this document uses she/her pronouns for the victim and assumes a male perpetrator, abuse can happen to people of any gender in all types of relationships.

CULTURAL ABUSE

Acceptance of in-law abuse (physical, emotional, and financial) • Using cultural norms as a tool to limit physical movement, justify beating, demand subservience • Limit role of woman to wife and mother and prevent her from working • Prevent her from possibly remarrying by accusing her of adultery as a way to impact her honor and/or chastity

USING IMMIGRATION STATUS

Threatening to deport her and/or her children, report her to INS, not fill out her paper work to file for citizenship/permanent status • Intentionally withdrawing paperwork once it's been filed to jeopardize her legal status • Not allowing her to learn English • Isolating her from anyone that speaks her language

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 • Forcing her to break the law

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 • Convincing her to feel bad about herself • Calling her names • Convincing her that she's crazy • Playing mind games • Humiliating her • Making her feel guilty

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 • Saying she caused it

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 MALE PRIVILEGE

Treating her like a servant • Making all the big decisions • Acting like the "master of the castle" • Being the one to define gender roles

USING ECONOMIC ABUSE

Preventing her from getting 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

SPIRITUAL ABUSE

Manipulating religious texts to demand obedience, justify beating, or limit physical movement • Coercing partner to have sex by citing it as a God-given right for husbands

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