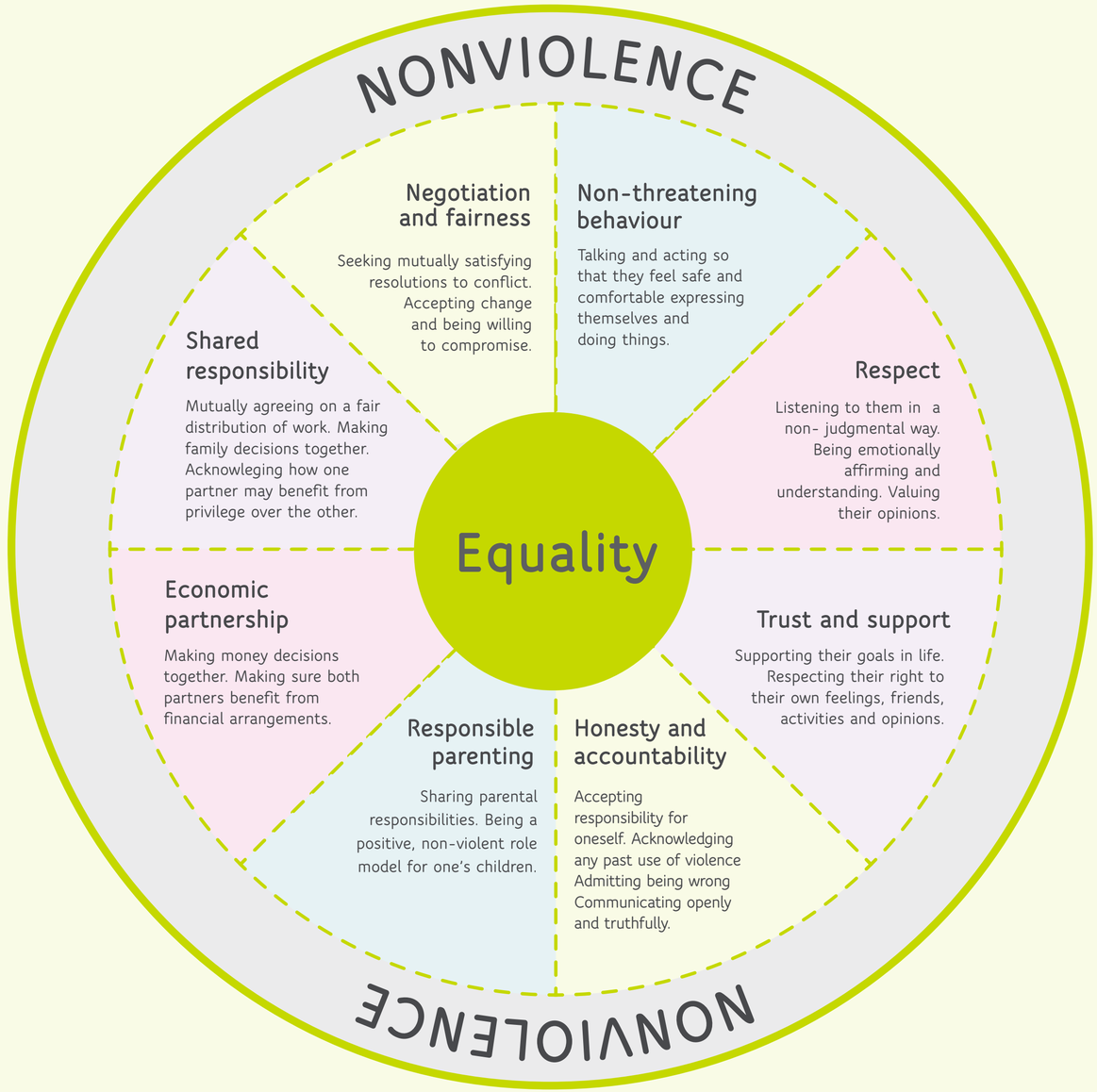
Flagship


VIOLENCE
Physical
Sexual
Power and Control
Using privilege
Treating them like a servant. Making all the big decisions. Being the one to define each partner's roles or duties. Using the system against them.
Coercion and threats
Making and/or carrying out threats to do something to hurt them. Threatening to leave, commit suicide, or report them to welfare. Making them drop charges. Making them do illegal things.
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're crazy. Playing mindgames. Humiliating them. Making them feel guilty.
Economic abuse
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 or family income.
Using children
Making them feel guilty about the children. Using the children to relay messages. Using visitation to harass them. Threatening to take the children away.
Minimising, denying and blaming
Making light of the abuse and not taking their concerns about it seriously. Saying it didn't happen. Shifting responsibility for abusive behaviour.
Isolation
Controlling what they do, who they see and talk to, what they read, and where they go. Limiting their outside involvement. Using jealousy to justify actions.
Sexual
VIOLENCE
Physical


NONVIOLENCE
Equality
Shared responsibility
Mutually agreeing on a fair distribution of work. Making family decisions together. Acknowleging how one partner may benefit from privilege over the other.
Negotiation and fairness
Seeking mutually satisfying resolutions to conflict. Accepting change and being willing to compromise.
Non-threatening behaviour
Talking and acting so that they feel safe and comfortable expressing themselves and doing things.
Respect
Listening to them in a non- judgmental way. Being emotionally affirming and understanding. Valuing their opinions.
Economic partnership
Making money decisions together. Making sure both partners benefit from financial arrangements.
Responsible parenting
Sharing parental responsibilities. Being a positive, non-violent role model for one's children.
Honesty and accountability
Accepting responsibility for oneself. Acknowledging any past use of violence Admitting being wrong Communicating openly and truthfully.
Trust and support
Supporting their goals in life. Respecting their right to their own feelings, friends, activities and opinions.
NONVIOLENCE