



Tools to Build African Australian & CaLD Men as Leaders in the Prevention of Domestic Violence Project

Our Watch. Types of Violence: This link is worth opening and showing to others in a presentation or workshop.

<https://www.ourwatch.org.au/no-excuse/home>

Examples of Abusive Behavior

<http://www.liveinthelight.com/>

(Note: Due to the high statistical proportion of male inflicted domestic violence, the pronoun “her” will be used when referring to the victim. However, both male and female victims have been substantiated in research findings.)

1. ***Economic Abuse:*** Puts restriction on her employment, makes her ask for money, gives her an allowance and takes the money she earns, requires her to account for every penny she spends, spends recklessly.
2. ***Emotional Abuse:*** Puts her down, calls her names, plays mind games, commits mental coercion, exhibits extreme controlling behaviors, withholds affection, causes her to lose her identity.
3. ***Financial Abuse:*** Ruins her credit; puts cars, house, recreational equipment, and/or property in his name; spends her money; uses her credit or savings to make her dependent on him.
4. ***Humiliation:*** Hostile humor; publicly humiliates; criticizes; degrades her appearance, her parenting skills, her housekeeping, cooking, etc; forces her to eat foods she does not like.
5. ***Intimidation:*** Uses looks, actions, gestures, and voice to cause fear; argues continuously; demands that victim says what he wants to hear.
6. ***Isolation:*** Controls what is done, who is seen, who is talked to, limits or listens in on phone calls; sabotages car; restricts outside interests; insists on moving frequently; requires her to stay in the house; restricts access to the mail; deprives her of friends.
7. ***Knowledge Abuse:*** Gets therapy, goes to seminars, uses self-help books and then comes back and abuses with the knowledge he has, but doesn't take responsibility for personal behaviors.

8. **Male Privilege**: Treats victim like a servant; makes all the decisions; acts like “Master of the Castle.”

9. **Medical Abuse**: Hurts her and does not allow her to receive medical treatment, does not allow her to receive medical treatment for normal health issues.

10. **Physical Abuse**: Exhibited by beating, biting, choking, grabbing, hitting, kicking, pinching, pulling hair, pushing, restraining, scratching, shaking, shoving, slapping, excessive tickling, twisting arms, using weapons, spanking, smothering, tripping.

11. **Power**: Denies basic rights; uses the law to enforce his power; deprives her of a private and personal life; mandates duties; controls everything, i.e., the amount of bath water she uses.

12. **Property Violence**: Punches walls, destroys property, breaks down doors, pounds tables, abuses pets, etc.

13. **Religious Abuse**: Uses Scripture and words like “submission” and “obey” to abuse; spiritual language.

14. **Responsibility Abuse**: Makes victim responsible for everything in life, i.e., bills, parenting, etc.

15. **Sexual Abuse**: Demands unwanted or bizarre sexual acts; physical attacks to sexual parts of the body, treats her as a sex object, interrupts sleep for sex, forces sex, exhibits extreme jealousy.

16. **Silence**: Uses silence as a weapon, does not communicate, does not express emotion.

17. **Stalking**: Spies on her; follows her to activities, i.e., store, church, work, etc.; displays extreme distrust and jealousy.

18. **Threats**: Threatens to end the relationship; threatens to emotionally or physically harm her; threatens her life; threatens to take the children, commit suicide, report her to authorities; forces her to break the law.

19. **Using Children**: Uses the children to give messages, uses visitation rights to harass, uses child support as leverage.

20. **Verbal Abuse**: Curses, accuses, name-calls, uses past to control and manipulate, commits mental blackmail, makes unreasonable demands