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Recognizing and Understanding Domestic Violence

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Domestic violence or abuse can sometimes be difficult to admit or even understand. Here are some visuals that might help.

If one of the situations within either of these "Power and Control" wheels exists in your situation, please be sure to let us know.

Regardless of what specific legal issue you're contacting us about, understanding this part of your situation could prove vital in our help to you.

For more free and confidential guidance about abuse, you may also contact an advocacy office near you, (in Kansas: https://www.kcsdv.org/find-help/in-kansas/dv-sa-services-map-2).

NONVIOLENCE

NEGOTIATION AND FAIRNESS

Seeking mutually satisfying resolutions to conflict

• accepting change
• being willing to compromise.

ECONOMIC PARTNERSHIP

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

NON-THREATENING BEHAVIOR

Talking and acting so that she feels safe and comfortable expressing herself and doing things.

RESPECT

Listening to her nonjudgmentally • being emotionally affirming and understanding • valuing opinions.

EQUALITY

SHARED RESPONSIBILITY

Mutually agreeing on a fair distribution of work • making family decisions together.

RESPONSIBLE PARENTING

Sharing parental responsibilities • being a positive non-violent role model for the children.

TRUST AND SUPPORT

Supporting her goals in life • respecting her right to her own feelings, friends, activities and opinions.

HONESTY AND ACCOUNTABILITY

Accepting responsibility for self • acknowledging past use of violence • admitting being wrong • communicating openly and truthfully.

NONVIOLENCE

COERCION and THREATS Threatens to harm victim or family • Threatens to expose or shame victim • Threatens to report to golice or immis resources to small allowance Prohibits access milder or nationality to every the servant or nationality to every eve

money earned • Prohibits access

USING PRIVILEGE

Treats victim like a servant Uses gender, age or nationality to suggest superiority • Uses certain

ECONOMIC **ABUSE** Creates debt that can never be repaid • Takes

to finances • Limits resources to

a small allowance

victims to control others • Hides or destroys important documents

PHYSICAL ABUSE

Shoves, slaps, hits, punches, kicks, strangles • Burns, brands, tattoos

- Denies food/water Exposes to harmful chemicals
 - Forces pregnancy termination • Induces, drug addiction as means of

control

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Creates inever be imoney ear to finance

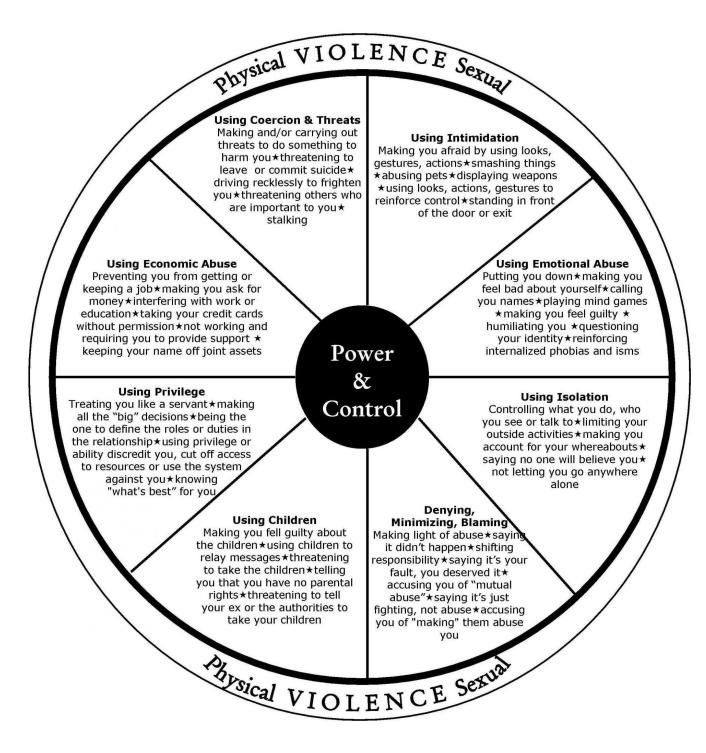
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Abuse and Stalking
Domestic Violence



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