# 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.

TRUST AND SUPPORT

activities and opinions.

Supporting her goals in life • respecting

her right to her own feelings, friends,

## **EQUALITY**

#### SHARED RESPONSIBILITY

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

**RESPONSIBLE PARENTING** Sharing parental responsibilities • being a positive

children.

non-violent role model for the

### **HONESTY AND ACCOUNTABILITY**

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

## NONVIOLENCE

DOMESTIC ABUSE INTERVENTION PROJECT

202 East Superior Street Duluth, Minnesota 55802

218-722-2781

#### PHYSICAL VIOLENCE SETUAL **USING COERCION** USING AND THREATS INTIMIDATION Making and/or carrying out threats Making her afraid by using to do something to hurt her looks, actions, gestures • threatening to leave her, to • smashing things • destroying commit suicide, to report her property • abusing her to welfare • making pets • displaying **USING** her drop charges • making weapons. **USING ECONOMIC** her do illegal things. **EMOTIONAL ABUSE ABUSE** Preventing her from getting Putting her down • making her or keeping a job . making her ask for money • giving her an feel bad about herself • calling her allowance • taking her money • not names • making her think she's crazy letting her know about or have access · playing mind games · humiliating her · making her feel guilty. **POWER** to family income. **AND** CONTROL **USING MALE PRIVILEGE USING ISOLATION** Controlling what she does, who she sees Treating her like a servant • making all the and talks to, what she reads, where decisions • acting like the "master of she goes • limiting her outside the castle" • being the one to involvement • using jealousy define men's and women's to justify actions. USING MINIMIZING, **CHILDREN DENYING** Making her feel guilty AND BLAMING about the children • using Making light of the abuse the children to relay messages and not taking her concerns using visitation to harass her about it seriously • saying the threatening to take the abuse didn't happen • shifting responchildren away. sibility for abusive behavior • saying she caused it. VIOLENCE SEXUAL PHYSICAL

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