NATIONAL INDIGENOUS WOMEN'S RESOURCE CENTER

Adapted from Sacred Circle, National Resource Center to End Violence Against Native Women

PHYSICAL VIOLENCE

PUNCH - KICK - STRANGLE - PUSH - SLAP - PULL HAIR

SEXUAL VIOLENCE

PHYSICALLY ATTACK SEXUAL PARTS OF HER BODY - TREAT HER LIKE A SEX OBJECT

MALE PRIVILEGE
Treats her like a servant. Makes all the big decisions. Acts like "the king of the castle." Defines men's and women's roles.

ISOLATION
Controls what she does, who she sees and talks to, what she reads. Limits her outside involvement. Uses jealousy to justify actions.

INTIMIDATION
Makes her afraid by using looks, actions, gestures. Smashes things. Destroys her property. Abuses pets. Displays weapons.

EMOTIONAL ABUSE
Puts her down. Makes her feel bad about herself. Calls her names. Makes her think she's crazy. Plays mind games. Humiliates her. Makes her feel guilty.

MINIMIZE, LIE, AND BLAME
Makes light of the abuse and doesn't take her concerns seriously. Says the abuse didn't happen. Shifts responsibility for abusive behavior. Says she caused it.

ABUSING CHILDREN
Make her feel guilty about the children. Uses the children to relay messages. Uses visitation to harrass her. Threatens to take the children away.

ECONOMIC ABUSE
Prevents her from working. Makes her ask for money. Gives her an allowance. Takes her money. Doesn't let her know about or access family income.

COERCION AND THREATS
Makes and/or carries out threats to do something to hurt her. Threatens to leave her, to commit suicide, to report her to welfare. Makes her drop charges. Makes her do illegal things.

CULTURAL ABUSE
Competes over "Indianness." Misinterprets culture to prove male superiority/female submission. Uses relatives to beat her up. Buys into "blood quantum" competitions.

RITUAL ABUSE
Prays against her. Defines spirituality as masculine. Stops her from practicing her ways. Uses religion as a threat. "God doesn't allow divorce." Says her period makes her "dirty."

**Except for Male Privilege, the tactics are not in order of use or power.*

UNNATURAL POWER AND CONTROL

INTIMATE PARTNER VIOLENCE

Intimate Partner Violence/Battering is the purposeful, continuous use of tactics to maintain power and control over an intimate partner. This violence is gender based, systemic and unnatural. It is not part of Indigenous cultures.

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