Gender-based institutionalized system

of over-lapping continuous violent tactics used to maintain power & control

Intimate
Partner
Violence

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.

USING CHILDREN

Makes her feel guilty about the children. Uses the children to relay messages. Uses visitation to harass her. Threatens to take away the children.

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, tactics are not listed in order of use or power.

UNNATURAL POWER & CONTROL

IPV/Battering: the purposeful use of a system of multiple, continuous tactics to maintain power and control over another. This intentional violence results from and is supported by unnatural, misogynistic, sexist societal and cultural belief systems. IPV/Battering is a crime against individuals, families and communities.



Intimate Partner Violence/Battering is:

- · an institutionalized
- system
- of over-lapping
- continuous
- purposeful
- violent tactics
- used to maintain power & control



Intimate partner violence (IPV)/battering include many tactics that are used to maintain power and control without the exertion that physical and sexual violence require – and often with less threat of law enforcement involvement because, though potentially lethal, many tactics are not necessarily against the law. Many (not all) of the tactics are described below.

NOTE: Be clear that IPV/battering is different from "dysfunctional" or "unhealthy relationships." Unlike IPV/battering, in dysfunctional or unhealthy relationships there is equal power and control, both can act on their decisions, and though hurtful things are said and done, neither person is in fear for their life. Couples counseling and other similar mental health interventions may be helpful and appropriate. A key distinction is that in IPV/battering at some point, one person – the victim – is in **constant fear for their life.**

Physical and sexual violence are the "enforcers" of IPV/battering. Physical and sexual violence only has to happen once to understand that a certain look or gesture means: "I beat you and/or raped you once. I will do it again." Individually, batterers may use tactics differently. Often many tactics are being used all at once. Please remember to be very careful if you are leaving. Do not warn the aggressor you are leaving because batterers will often increase their violence to maintain control. Get help from a domestic violence program, law enforcement and/or trusted family and friends to stay safe and get the support you deserve.

NOTE:IPV/battering is more than a mental health issue. Though battering of males by females happens, IPV is primarily gender based. In approximately 95% of IPV/battering, the victims are female, the offenders/abusers are male(U.S. Dept. of Justice, BJS, National Crime Victimization Survey). IPV/battering also happens within Two Spirit/LGBTQ relationships. It is serial, violent crime.

Violence against women and domestic violence is rooted in mainstream culture. It is not natural. Before colonization, violence against women and domestic violence were extremely rare within indigenous cultures.

TACTICS:

Male Privilege

It is the permission-giver for all violence against women and general disrespect of ALL women.

- Is trusted and is seen as more credible than women.
- Experiences fewer barriers. More access to money, jobs, etc.
- Gets to do what he wants, when he wants.
- Allows for the expectation that women should be accommodating
- Feeling of entitlement to make big decisions alone expecting women to "make it happen."
- His/men's ways is the right way and more valuable than women's
- Makes men roles superior and women roles inferior.
- No consequences for bad behavior.
- Feeling of entitlement to monopolize conversations and discussions.
- Feeling of entitlement to interrupt and/or ignore women.

Coercion and Threats

- Makes/carries out threats to do harm to the victim, the children or family and friends.
- Threatens to kill the victim, the children, family or friends.
- Threatens to take the children, either legally or by kidnapping.
- Threatens to commit suicide.
- Threatens to report the non-offending parent to welfare.
- Makes the victim do illegal things in order to blackmail.

Intimidation

- Causes fear by using aggressive looks, actions or gestures.
- Smashes things, put holes in walls, and destroys property.
- Kills or threatens to kill the pets.
- Displays weapons.
- Reminds her/him how they have or can hurt the victim.
- Verbal threats
- Stalking, including sitting at the victim's place of work, school, etc.

Isolation

- Controls what the person does, sees, talk to and/or read.
- Limits outside involvement by taking away the car, ensuring the children are always with the non-offending parent, limiting access to money, etc.
- Destroys personal belongings (clothing, etc.).
- Public humiliation.
- Constantly questions (interrogation).
- Takes the phone.
- Constant surveillance.
- > Forces her/him to give up supportive relationships and outside connections.

Minimizes, Lies and Blames

- Minimizes the violence
- Ignores and belittles victim's concerns.
- Says the violence didn't happen.
- Says the victim caused/deserved/provoked the abuse.
- Shifts responsibility for the violence:

- > "She made me do it."
- "I didn't hit her hard."
- "She should have just shut up."
- "It was her own fault."
- "I had to teach her a lesson."
- "I was drunk."
- "I was abused as a child; I can't help it."

Emotional Abuse

- Put downs and name calling.
- Makes the victim feel crazy, always wrong or stupid.
- > Belittles feelings, opinions, and reactions.
- Plays mind games.
- Humiliates and criticizes. Example: A male batterer may tell the victim she is a bad mother, wife, or woman.
- Makes the victim feel guilty for the batterer's feelings and behavior.
- > Blames the victim for their violence.
- Stops the individual from doing what she/he needs to or wants to do.
- > Tells the victim how to dress, look or act.
- Ignores and neglects the victim.

Abusing Children

- Convinces the children that the violence is the non-offending parents' fault, that parent is stupid/sick/bad and that the children need a father even if he's violent.
- Uses the children to relay "mind game" messages.
- Uses visitation and custody to harass or do violence.
- > Threatens to take the children far away.
- Believes that children are property
- Convinces the victim they will lose custody of the child(ren) if she/he leaves. Does not pay child support (if living in separate households); children may live in poverty.

Economic Abuse

- Prevents the victim from working or takes the victim's money if they do work.
- Makes the victim ask for money or gives an allowance.

- ➤ Doesn't let her/him know about or have access to family income.
- Makes her/him prove how she/he spent money.
- Doesn't pay child support.
- Spends money on his/her non-necessities.
- Makes her/him work; he/she doesn't.

Ritual Abuse

- Makes prayers against her.
- Defines spirituality as masculine.
- Stops her from practicing her ways.
- Uses spiritual ways as a threat.
- Say "God doesn't allow divorce."
- Say menstruation time makes her "dirty."

- Says things like "Native women don't sweat with men, don't sit at drums".
- Says a women's participation in ceremonies is to support men only.
- ➤ Misinterprets Traditions or the Bible to justify violence/abuse.

Cultural Abuse

- Competes over "Indianness."
- Misinterprets culture to prove male superiority and female submission.
- Uses relatives to execute violence.
- > Says "real" Native women don't wear make-up, wear slacks, talk or be independent.
- Denies the spiritual power and role of women.
- Distorting the old-time practice of having more than one wife to justify having affairs, or multiple, simultaneous relationships.
- Participates in ceremonies, then batters the partner, abuses the children.

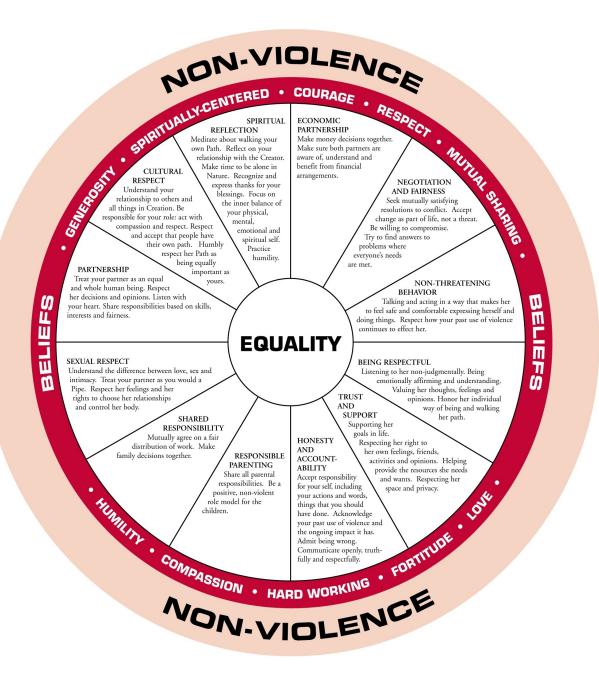
Collusion

- Any act that discounts, condones, supports or ignores any of the tactics that batterers use to maintain power and control over their partner.
- Makes the abuser/batterer more powerful by reinforcing use of abusive and violent tactics.
- Increases violence against the victim, their children, family and friends.

Revised by NIWRC 2021; original from Sacred Circle, National Resource Center to End Violence Against Native Women



NATURAL LIFE SUPPORTING POWER



EQUALITY

is natural life-supporting power that is grounded in spirituality, requires non-violence and is based on character.

Produced by Sacred Circle, National Resource Center to End Violence Against Native Women.

Adapted from materials created by Domestic Abuse Intervention Project of Duluth model.



Equality Wheel: Natural Life-Supporting Power Descriptions



Our work to end violence against Native women and recreate peaceful, harmonious communities is based on reclaiming our traditional values, belief systems, and life ways. The natural, traditional life way rests upon values which are reflected in our behaviors and relationships with all things.

The key values of this life way are compassion, respect, generosity, mutual sharing, humility, contributing/industriousness, courage, love, and being spiritually centered.

These values are expressed in the manner in which we behave and relate to others. The following are brief descriptions of how these values can be shown. Challenge yourself to find

other ways to create life-supporting power in you and others.

Being Respectful:

Listen to her non-judgmentally. Be emotionally affirming and understanding. Value her thoughts, feelings and opinions. Honor her individual way of being and walking her path.

Sexual Respect:

Understand the difference between love, sex and intimacy. Treat your partner as you would a Pipe. Respect her feelings and her rights to choose her relationships and control her body.

Partnership:

Treat your partner as an equal and whole human being. Respect her decisions and opinions. Listen with your heart. Share responsibilities based on skills, interests and fairness.

Cultural Respect:

Understand your relationship to others and all things in Creation. Be responsible for your role. Act with compassion and respect. Respect and accept that people have their own path. Humbly respect her path as being equally important as yours.

Spiritual Reflection:

Meditate about walking your own Path. Reflect on your relationship with the Creator. Make time to be alone in Nature. Recognize and express thanks for your blessings. Focus on the inner balance of your physical, mental, emotional and spiritual self. Practice humility.

Trust and Support:

Support her goals in life. Respect her right to her own feelings, friends, activities and opinions. Help provide the resources she needs and wants when able to. Respect her "space" and privacy.

Honesty and Accountability:

Accept responsibility for yourself, including your actions, words, and things that you should have done. Acknowledge your past use of violence and its continuing impact on your partner. Admit when you are wrong. Communicate openly, truthfully, and respectfully.

Responsible Parenting:

Share all parental responsibilities. Be a positive, non-violent role model. Nurture your children. Do not expect special acknowledgement for taking care of your children – parents don't "baby-sit" their own children. Acknowledge that being an "absent parent" is neglect and is not an excuse for not providing financial, emotional, and other types of support in the best way you can. Parenting is difficult. Get support and words of wisdom from your relatives when needed.

Shared Responsibility:

Mutually agree on a fair distribution of housework and family responsibilities. Make family decisions together. Do your share without being reminded. If needed, seek help to learn how to complete task(s) that you are unfamiliar with doing.

Economic Partnership:

Make financial decisions together. Make sure both partners are aware of, understand, have access to, and benefit from financial arrangements.

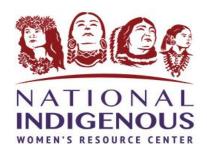
Negotiation and Fairness:

Seek mutually satisfying resolutions to conflict. Accept change as part of life, not a threat. Be willing to compromise. Try to find answers to problems where everyone's needs are met.

Non-Threatening Behavior:

Talk and act in a way that makes her to feel safe and comfortable to express herself and do things. Respect how your past use of violence continues to affect her.

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



TEEN POWER AND CONTROL WHEEL

VIOLENCE physical se tuol ANGER/EMOTIONAL ABUSE: **PEER PRESSURE:** Putting her/him down. Threatening to expose Making her/him feel bad someone's weakness or about her or himself. Name calling. Making her/him think she/he's spread rumors. Telling malicious lies about an individual to peer group. crazy. Playing mind games. Humiliating one another. Making her/him feel guilty. ISOLATION/EXCLUSION: **USING SOCIAL STATUS:** Controlling what another does, Treating her like a servant. who she/he sees and talks to, Making all the decisions. Acting like the "master of the castle." Being the one to what she/he reads, where she/he goes. Limiting outside involvement. Using jealousy **TEEN** define men's and women's to justify actions **POWER** AND **INTIMIDATION: SEXUAL COERCION:** CONTROL Making someone afraid Manipulating or making threats to get sex. Getting her pregnant. Threatening to take by using looks, actions, gestures. Smashing things. Destroying property. the children away. Getting Abusing pets. Displaying someone drunk or drugged weapons. to get sex. MINIMIZE/DENY/ THREATS: **BLAME**: Making and/or carrying out threats to do some-Making light of the abuse thing to hurt another. and not taking concerns about it seriously. Saying Threatening to leave, to commit suicide, to report the abuse didn't happen. Shifting responsibility for abusive behavior. Saying her/him to the police. Physical Making her/him drop charges. Making her/him do illegal things. she/he caused it. VIOLENCE

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EQUALITY WHEEL FOR TEENS

