

UNNATURAL POWER & CONTROL

What beliefs are reflected by these behaviors?

- ♦ Women hating
- ♦ Violence
- ♦ Domination
- ♦ Ability to cause fear
- ♦ Greed/ Materialism
- ♦ Child-hating
- ♦ Oppression
- ♦ Shaming
- ♦ Might over right
- ♦ Dishonesty

Our values and our beliefs play a major role as to how we see life and how we treat and interact with one another as human beings!

We tend to act out our values and beliefs in our behaviors.

M A L E 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- Control 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. Calles 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 her. Threatens to leaver her, to commit suicide, to report her to welfare. Makes her drop charges. Makes her do illegal things.

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

RITUAL ABUSE- Prays against her. practicing her ways. Uses religion as a period makes her "dirty".

**POWER
AND
CONTROL
(UNNATURAL)**

Defines spirituality as masculine. Stops her from threat." God doesn't allow divorce." Says her

Punching – Kicking- Choking- PHYSICAL VIOLENCE – Pushing – Slapping- Pulling Hair
Physically Attacking The Sexual Parts of Her Body SEXUAL VIOLENCE
Treating Her Like A Sex Object

VIOLENCE = Having societal and individual power that gives privilege to certain groups over others. This leads to many forms of oppression that destroy, kill and creates an unsafe, fearful and unnatural environment for everyone.