

## Forms of Conjugal violence

Forms	Examples
<p><b>PSYCHOLOGICAL</b></p> <p>Psychological violence is difficult to recognize and yet it is often the one that hurts the most. It targets the other person's self esteem, self-worth and self-confidence. Psychological abuse is the most subtle form.</p>	<ul style="list-style-type: none"> <li>• Lay the blame &amp; make the other person responsible for their problems</li> <li>• Control their actions, clothing, &amp; contact with family and friends</li> <li>• Constantly deny the other's opinions &amp; manipulate their view of reality</li> <li>• Monitor, sulk, harass &amp; intimidate</li> <li>• The partner instills a tension</li> </ul>
<p><b>VERBAL</b></p> <p>Verbal violence is the use of words to denigrate the other person. The goal is to use anger in order to scare or dominate the situation. Verbal violence is the most underestimated form.</p>	<ul style="list-style-type: none"> <li>• Contemptuous remarks used to denigrate &amp; humiliate the other</li> <li>• Blackmail, threaten to commit suicide, attack, harm or kill</li> <li>• Ridicule the others' competencies &amp; personal decisions</li> <li>• Yell, scream or insult</li> <li>• Give unjustified criticism</li> <li>• Give orders</li> </ul>
<p><b>PHYSICAL</b></p> <p>Physical violence is not just hitting someone, it is any use of physical force to hurt, scare and demonstrate superiority. Acts of physical violence are often disguised as accidents. Physical violence is the most well known of all the forms.</p>	<p><b>Indirect violence</b></p> <ul style="list-style-type: none"> <li>• Throw objects</li> <li>• Hit the wall or break down a door</li> </ul> <p><b>Direct violence</b></p> <ul style="list-style-type: none"> <li>• Shove, squeeze an arm or rip off clothing</li> <li>• Bite, push, slap, cut or burn.</li> <li>• Spit in someone's face or kick them</li> <li>• Block the exit, lock someone up or confine them</li> <li>• Attack or threaten with an object or weapon</li> <li>• Commit homicide</li> </ul>



Forms	Examples
<p style="text-align: center;"><b>SEXUAL</b></p> <p>Sexual violence is any unwanted behavior with a sexual connotation. Even today, some women “consent” to sex in hopes of maintaining peace or avoiding violence. However, spousal sexual assault has been recognized as a criminal act since 1983. This form of violence is often experienced in silence.</p>	<ul style="list-style-type: none"> <li>• Force the partner to have sex or watch pornographic material</li> <li>• Impose one’s fantasies</li> <li>• Manipulate the partner to obtain sexual favors or to get revenge</li> <li>• Force the partner to have unprotected sex</li> <li>• Initiate sexual intercourse when the partner is unable to give consent (eg drunk)</li> <li>• Force the partner into prostitution or share intimate images without their consent</li> </ul>
<p style="text-align: center;"><b>FINANCIAL</b></p> <p>Financial violence aims to restrict the financial autonomy of the other person in order to better control them. This violence is used differently depending on the context and the situation of each victim. This widespread form of violence remains the least known.</p>	<ul style="list-style-type: none"> <li>• Decide and control all purchases and expenses</li> <li>• Take or withhold the other’s revenue</li> <li>• Ridicule the other’s salary</li> <li>• Prevent someone from working</li> <li>• Refuse to pay child support or alimony in the event of a separation</li> <li>• Deprive the partner of resources, ex : Create financial dependency, even for something like family daily purchases</li> <li>• Manage the joint account to disadvantage the partner</li> </ul>
<p>Source:</p> <p>“Conjugal violence...what is it exactly?” by the Regroupement des maisons pour femmes victimes de violence conjugale, the awareness campaign: À Part Entière, and ‘The Forms of Conjugal Violence’ from the Maison du Réconfort and the Maison Ingrid.</p>	