NOTES

CHECKLIST

ABUSE BEHAVIOURS

The following is a list of behaviours that women may be subjected to during an abusive relationship. These tactics are often used by an abusive person in an effort to maintain power and control. They typically serve to reinforce fear, intimidation and coercion. When someone is being subjected to abuse, it often changes the way they view themselves, others and the world around them. Abuse is a cycle that can be broken. The first step is to identify the types of abuse that are happening. This abuse checklist can be used as a guide to help you remember instances of abuse, but it is not a complete list. Each woman's experiences are different and this is only a guide. Add your own events as needed.

ISOLATION

- ☐ Isolates you from others
- ☐ Tells you that you cannot do something
- ☐ Is jealous about who you see
- ☐ Monitors your time, makes you account for where you were
- ☐ Does not allow you to leave the house
- ☐ Restricts your use of the car
- ☐ Alienates you from family/friends
- ☐ Keeps you from getting medical care/counselling
- ☐ Tries/threatens to turn children/people against you
- ☐ Deprives you of sleep

ANGER AND INTIMIDATION

- ☐ Changes his mood suddenly
- ☐ Gives silent treatment
- ☐ Shouts or yells
- ☐ Pounds fists on table
- ☐ Throws or kicks something
- ☐ Stomps out of the house
- ☐ Slams doors
- ☐ Says that he has "nothing to lose"
- ☐ Has criminal background/current activity
- ☐ Has third parties monitor/harass you

PSYCHOLOGICAL ABUSE

- ☐ Blames you for his problems
- ☐ Blames you for miscarriages/ termination of pregnancy
- ☐ Drives cars in a frightening way

Threatens to:

- ☐ Leave the relationship
- ☐ See someone else
- ☐ Take children away from you

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Threatens to:

- ☐ Come after you if you leave
- ☐ Have you committed to an institution
- ☐ Hurt or kill you
- ☐ Hurt or kill the children
- ☐ Hurt or kill himself
- ☐ Have someone else kill you, your family, friends, etc.

ECONOMIC ABUSE

- ☐ Makes you account for all the money spent/controls the money
- ☐ Keeps you short of money
- ☐ Makes you ask for basic necessities/money
- ☐ Undermines your attempts to improve your education
- ☐ Undermines your attempts to get or keep a job
- ☐ Makes you give all your earnings to him
- ☐ Chooses not to work, when he is capable of obtaining a job, and makes you be the sole earner

MALE PRIVILEGE/ PATRIARCHY

- ☐ Demands obedience like you're a servant
- ☐ Makes major decisions without your input
- ☐ Treats you like you're inferior
- ☐ Tells you that you can't cope without him
- ☐ Coerces you into marriage through threats and force

IMMIGRANT/CULTURAL ABUSE

- ☐ Threatens to cancel sponsorship/have you deported
- ☐ Lies about your current status
- ☐ Provides false information about immigration laws/process
- ☐ Uses religion and cultural practices to threaten or isolate you from accessing supports
- ☐ Undermines you because of your race, religion or country of origin
- ☐ Makes false allegations to immigration officials
- ☐ Threatens/tries to remove children from Canada
- ☐ Makes threats about penalties in country of origin
- ☐ Uses or glorifies patriarchal cultural practices
- ☐ Refuses to acknowledge divorce through religion

SEXUAL ABUSE

- ☐ Pressures you to have sex
- ☐ Makes you feel guilty if you don't have sex
- ☐ Forces sex against your will
- ☐ Pressures you to have sex after being abusive
- ☐ Pressures/forces you into unwanted sex acts
- ☐ Treats you like a sexual object

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- ☐ Threatens to share or does share pictures of you on the Internet
- ☐ Inflicts unwanted pain on you during sex
- ☐ Pressures you to engage sexually with a third party
- ☐ Uses sex and intimacy to control you
- ☐ Forces sex as a condition to keep children safe/allow you to see them/ return them to you
- ☐ Exposes children to pornography
- ☐ Sexually abuses the children

PHYSICAL ABUSE

- ☐ Throws things at you
- ☐ Pushes, grabs or shoves you
- ☐ Pulls your hair/twists your arm
- ☐ Pins you to wall, floor or bed
- ☐ Chokes you
- ☐ Kicks, hits or punches you
- ☐ Threatens you with a knife, gun or other weapon
- ☐ Tries to run you down with a car
- ☐ Physically abuses the children
- ☐ Hurts or kills pets
- ☐ Forces you to terminate pregnancy
- ☐ Causes physical harm while you are pregnant

EMOTIONAL ABUSE

- ☐ Insults you in front of others
- ☐ Puts down your physical appearance
- ☐ Treats you as though you are stupid
- ☐ Criticizes your care of children/home
- ☐ Calls you names and swears at you
- ☐ Calls you crazy/irrational
- ☐ Accuses you of having an affair
- ☐ Ridicules family or friends
- ☐ Goes through personal things, i.e., purse, drawers, pockets, phone or computer
- ☐ Sends harassing messages through social media sites or via text messages
- ☐ Abuses drugs or alcohol

HETEROSEXIST/TRANSPHOBIC ABUSE

- ☐ Exploits societal homophobia
- ☐ Exploits internalized anxieties about your sexual orientation to control you
- ☐ Threatens to "out" you and reveal your sexual orientation to family, friends, neighbours and employers
- ☐ Uses offensive pronouns

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- ☐ Denies you access to medical treatment or hormones or coerces you to pursue medical treatment
- ☐ Tells you that you are not a real "woman"
- ☐ Uses looks, actions, gestures to reinforce homophobic, biphobic or transphobic control
- ☐ Makes you feel bad about yourself
- ☐ Says no one will believe you, especially if you are lesbian, gay, bisexual or trans
- ☐ Says women can't abuse women or men can't abuse men and therefore it is just "fighting" and not abuse
- ☐ Threatens to tell your ex-spouse or authorities that you are lesbian, gay, bisexual or trans so they will take the children
- ☐ Controls/defines each partner's role or duties in the relationship
- ☐ Uses privilege or ability to "pass" to discredit you, put you in danger, cut off your access to resources or use the system against you

POST-SEPARATION ABUSE

- ☐ Blocks access to money after separation
- ☐ Drains joint bank accounts or assets
- ☐ Uses stalking behaviours (property damage, excessive phone calls, phone threats and verbal abuse, phones and hangs up, etc.), particularly if you take a stand against what he wants
- ☐ Monitors your whereabouts and/or follows you
- ☐ Uses technology to stalk you
- ☐ Uses social media to talk about your case or slander your name
- ☐ Locks you out of the family home
- ☐ Increases threats and intimidation
- ☐ Escalates abusive behaviours when you have a new partner
- ☐ Threatens/causes harm to your new partner
- ☐ Makes false allegations to slander/undermine your new partner
- ☐ Destroys your/children's belongings
- ☐ Uses children to justify breaking no contact orders
- ☐ Disrupts children's routines (e.g., sleep, eating, sports, etc.)
- ☐ Withholds information about children
- ☐ Contradicts your rules for children
- ☐ Demands visitation schedules at your/children's expense
- ☐ Makes false accusations of bad parenting
- ☐ Exploits "father's rights" to gain sympathy/undermine you
- ☐ Withholds child/spousal support, medical insurance, financial contribution to children's extra expenses (e.g., sports, daycare, school uniform/graduation costs)
- ☐ Neglects children during his time with them
- ☐ Uses violence in front of children
- ☐ Uses corporal punishment with children

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- ☐ Ignores children's schedules, needs, identities, fears
- ☐ Uses new partner to take on parental duties
- ☐ Tells children his new partner is their new mother
- ☐ Enforces strict gender roles with the children
- ☐ Degrades you to children/family members
- ☐ Uses children as spies/to monitor you
- ☐ Threatens to kidnap children
- ☐ Refuses to permit your travel with the children
- ☐ Refuses to sign for children's passports/provide you with them
- ☐ Threatens to call CAS and have the children removed

LEGAL ABUSE

- ☐ Denies the abuse
- ☐ Appears charming and conciliatory to the judge or other legal personnel, raising questions about the credibility of your story
- ☐ Has you countercharged by the police, complaining that you assaulted him too
- ☐ Doesn't allow children to call home on access visits
- ☐ Acts as his own lawyer as a bullying strategy in which he cross-examines you as an intimidation tactic
- ☐ Makes endless motions over minor or inappropriate issues
- ☐ Uses intimidation and threats if you do not agree to financial arrangements that disadvantage you
- ☐ Pressures you to accept mediation and joint custody arrangements even if you feel threatened and unsafe
- ☐ Coerces you to trade away some legal rights (e.g., the right to property or financial support) in exchange for others (e.g., custody of the children)
- ☐ Pressures you to change bail conditions or to try to have the charges dropped if he has been criminally charged
- ☐ Contacts you out of court under the guise of negotiating the case
- ☐ Uses delay tactics such as refusing to sell the matrimonial home or respond to legal offers, delaying providing financial information, etc.
- ☐ Repeatedly changes lawyers, thus slowing the process down
- ☐ Withholds information (such as financial disclosure) and then insists on unreasonable disclosure from you
- ☐ Threatens to obtain sole custody of the children if you insist on leaving
- ☐ Makes malicious reports slandering you to the court and other officials (child protection authorities, police, housing personnel, Ontario Works, etc.)
- ☐ Threatens harm/death if you pursue legal proceedings
- ☐ Attempts to interfere in the professional relationship you have with your lawyer in an effort to reduce your confidence in your own lawyer or make them reluctant to represent you.

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