

RED FLAG CHECKLIST

Domestic Abuse & Violence

In the midst of a national epidemic of violence against women, child protection, domestic abuse and male suicide it is now our individual responsibility to restore emotional health and respectful relationships in the face of rejection and low self worth.

FINANCIAL

Placing restrictions, access or control in the spending of or decisions to spend joint finances or the selling and purchasing of assets.

Refusing to discuss this relationship pillar creates mistrust. Abuse, theft, or threats of are identified as coercive control tactics

SOCIAL

Restrictions to social interactions with others is abusive. Isolation forced by demand, threats, bargaining, guilt, denegration or shame is coercive control and domestic violence.

EMOTIONAL

Name calling, shaming, ridiculing, abusing, yelling, derogatory and embarrassing comments that deminishes anothers self worth or intimidates them into changing their beliefs about themselves and affects the essence of who they are is abusive.

PSYCHOLOGICAL

Creating situations of fear and anxiety, depression or helplessness through gaslights, intimidation, harassment, stalking and silence is abusive behaviour and deemed high risk as a precursor to physical violence.

PHYSICAL

Assault or threats to assault is violence. There is no excuse, ever to physically harm another person during period of conflict.

SEXUAL

Women are more likely to suffer sexual abuse in the event of rejecting advances or complying to avoid conflict. Sex is consensual. She may not object but that does not mean she gave consent. Reproductive rights.

SPIRITUAL

Denying your partner the right to spritual support is controlling behaviour. Supporting your partners independence strengthens relationships

AT WORK

1:5 accidents at work have been linked to a domestic incident prior to the event Using workplace resources such as phones, cars and time has greater implications that on you and your partner. You are placing your job at risk and costing the business money.

INTERFERE

Using a third party, refusing to sign documents or provide reasonable access to joint assets and children is abusive.

Restricting travel, spreading rumours to social and family circles is abusive.

INTIMIDATION

Intimidation is attitudes and behaviour that is perceived by the PINOP as preventing them in their daily activities. It is behaviour that instils fear of in the mind of the PINOP that causes her to do or not do something she would usually do.