

PRACTICE TOOL 2: DIFFERENT FORMS OF DFV

Most DFV victim survivors will be subjected to a range of the following behaviours. These examples, which are not exhaustive, are drawn from the evidence of forms of DFV experienced by predominately adult women victim survivors of DFV from their adult male current or former partner.

Form of DFV	Tactics used by people who commit DFV
<p>Psychological/emotional violence (also called coercive control)</p>	<ul style="list-style-type: none"> deliberately undermining the victim survivor's confidence (for example, that leads them to believe they are 'stupid', a 'bad parent', 'useless'); verbal putdowns or acts that humiliate or degrade; threats to harm themselves, the victim survivor or another family member, or to take the children; threats to report the victim survivor to authorities such as Centrelink, Immigration or Child Protection; ridiculing and shaming the victim survivor's body, beliefs, skills, friends, occupation or cultural background; using fear and intimidation to limit, control or interfere with social activities and relationships; dictating what the victim survivor does, who they see and talk to, what they wear, or where they go; preventing the victim survivor from going to work; not allowing the victim survivor to express their own feelings or thoughts; refusing to give the victim survivor any privacy; forcing the victim survivor to go without food, water or sleep; acts of jealousy and aggression towards men who are viewed as 'competition'; isolating the victim survivor from social networks and support (by preventing them from having contact, continually putting friends and family down so the victim survivor is slowly disconnected, or by verbally or physically abusing the victim survivor in front of others); spreading lies about the victim survivor through their support networks or at their place of work in order to discredit them; making the victim survivor think that they are crazy ("gaslighting"); denying or minimising the violence and victim survivor-blaming; using children to relay messages; and enforcing rigid and sexist gender roles, such as treating the victim survivor like a servant, making all the big decisions, acting like the big boss.
<p>Physical violence</p> <p>Acts can be physically abusive even if they do not result in physical injury.</p>	<ul style="list-style-type: none"> smashing property, destroying possessions and throwing things; using intimidating body language such as angry looks, threatening gestures and raised voice; recklessly driving a vehicle with a victim survivor (including children) in the car; pushing, shoving, hitting, slapping, hair-pulling, punching and biting; choking, strangling and suffocating; using a weapon(s) or object(s) to inflict violence; threatening physical harm to the victim survivor, children, pets or other family members; and murder.

Form of DFV	Tactics used by people who commit DFV
Sexual violence	<ul style="list-style-type: none"> • any sexual act without consent such as unwanted touching, rape (sexual intercourse without consent), exposure of genitals, making someone view pornography against their will, making someone perform unwanted sexual acts; • causing injury to the victim survivor's sexual organs; and • disclosing or threatening to disclose intimate knowledge, including sharing private photographs or information about sexual orientation, to generate fear.
Harassment, stalking, intimidation	<ul style="list-style-type: none"> • excessive questioning; • monitoring the victim survivor's activities, movements, internet use and social communications; • persistent telephone calls, emails, mail, text messages, social media messages; • giving or sending offensive materials; • following the victim survivor or loitering around places the victim survivor is known to frequent, such as their workplace; • handling guns or other weapons in the presence of the person; and • using aggressive body language, such as angry looks, gestures, or raised voice.
Economic abuse	<ul style="list-style-type: none"> • denying the victim survivor access to money, including their own; • unreasonably disposing of property without consent; • unreasonably preventing the victim survivor from taking part in decisions over household expenditure or property; • withholding money needed for the victim survivor or children; • monitoring the victim survivor's spending; • demanding that the family live on inadequate resources; • incurring debts in the victim survivor's name; • making significant financial decisions without consulting the victim survivor; • stealing money; • preventing the victim survivor from getting or keeping a job; and • making the victim survivor ask for money.
Cultural/Spiritual violence	<ul style="list-style-type: none"> • ridiculing the victim survivor's beliefs and culture; • preventing the victim survivor from practicing their faith or participating in their cultural group, practises or ceremonies; • preventing the victim survivor from having contact with people who speak their language or share their culture; • manipulating religious teachings or cultural traditions to excuse the violence; • harming or threatening to harm women or children in religious or occult rituals; and • forcing the victim survivor to participate in religious activities against their will.