



WHAT IS ECONOMIC ABUSE?

ECONOMIC ABUSE OCCURS WHEN SOMEONE CONTROLS ANOTHER PERSON'S ECONOMIC RESOURCES OR FREEDOMS AS A STRATEGY OF CONTROL OR MANIPULATION.

It includes behaviours such as:

- denying, restricting access to, or misusing another person's money;
- restricting access to essential resources such as food, shelter, or transportation;
- denying a person the means to improve economic status, such as going to a job or getting an education.



WHY IT MATTERS

Women who experience economic abuse are **5x** more likely to experience physical violence than those who do not.

94-99% of women who experience domestic violence also experience some form of economic abuse.

Economic abuse creates and perpetuates economic instability, **making it harder for a woman to leave an abuser**, therefore increasing the amount of time she is vulnerable to harm.



EXAMPLES OF ECONOMIC ABUSE:

- demanding a woman turn over her paycheques;
- using a woman's credit cards without her knowledge;
- sabotaging a woman's ability to go to work (for example, by physically stopping her, or harassing her at her place of employment);
- preventing a woman from having access to bank accounts;
- leaving a woman with little or no money for essentials, such as transportation, food, or childcare items.



THE IMPACT OF ECONOMIC ABUSE

PHYSICAL, EMOTIONAL, FINANCIAL

- **Physical:** the stress of economic abuse can affect a woman's health. If she and/or her children aren't given enough money for food, they can also suffer from malnutrition.
- **Emotional:** Anxiety, fear, guilt, powerlessness, internalized worthlessness.
- **Economic:** Poverty, homelessness, debt, damaged credit record, and bankruptcy. The impact on a woman's financial security can be long-lasting and contribute to a lifetime of economic struggle.



FACT: 1 in 4 women experience some form of economic abuse even after they've left an abuser.

Get Involved

Visit our website at ccfwe.org to become a mentor or supporter, attend our events, attend a support group, or for more information and resources.



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