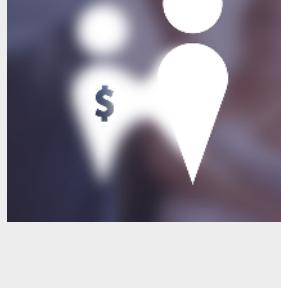


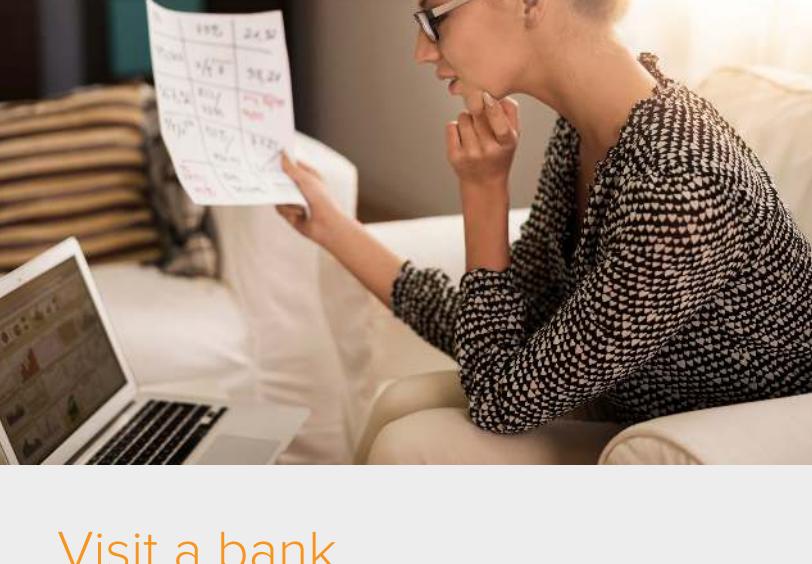
FINANCIAL ABUSE AS A FORM OF INTIMATE PARTNER VIOLENCE

Financially protect yourself



Financial abuse as a form of intimate partner violence involves behaviours that control a woman's ability to gain and use economic resources. It is a common tactic used by abusers to isolate and prevent women from being financially independent.

Financial abuse is never the victim's fault and can be difficult to prevent. However, there are some steps to take to protect yourself and improve your financial security.



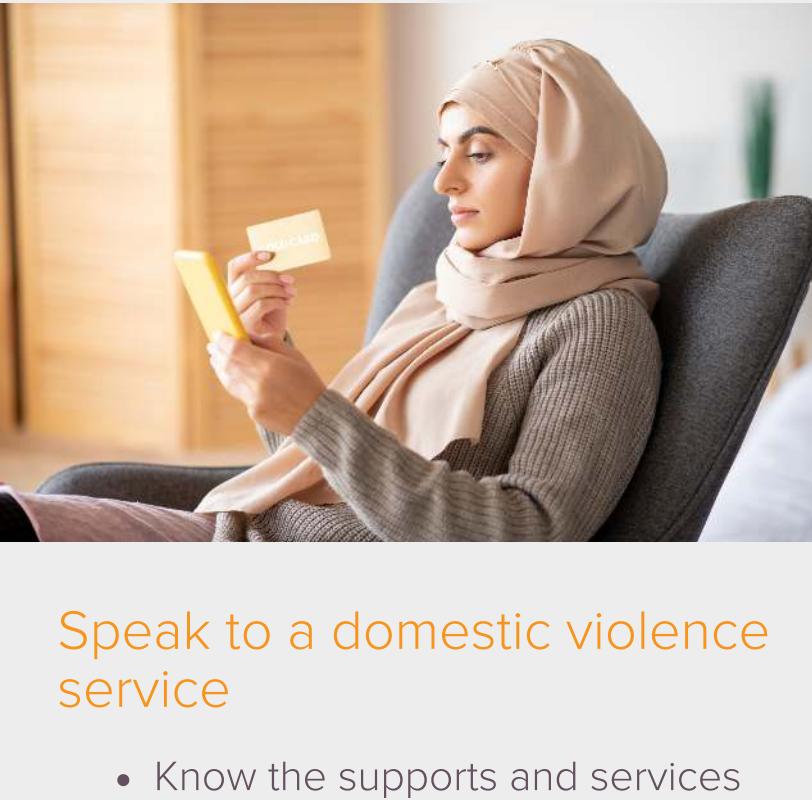
Secure documents

- Make copies of personal and financial documents.
- Securely store documents in a safe spot, with a trusted friend or in a safety deposit box.
- Regularly change passwords or pins on accounts.



Visit a bank

- Set up a bank account in your name.
- Review joint accounts.
- Ask questions about your banking, investments and debts.



Check your credit report

- Learn how credit works.
- Know what's in your credit report.
- Contact a free credit counselling service in your community.



Speak to a domestic violence service

- Know the supports and services available.
- Develop a safety plan.
- Learn about income supports and benefits.

