

Economic Abuse – What Does the Behaviour Look Like?

Economic abuse occurs when your participation is restricted or removed from decisions or actions relating to your financial and economic wellbeing. It is usually experienced within the context of power and control and becomes visible through specific patterns of behaviour. In some cases, these behaviours may not be seen as economic abuse per se, but the impact can be financially and economically damaging.

Below are some examples of economic abuse:

I don't have access to our bank accounts, and I don't have a say in the money decisions at home.

I am expected to pay for basic household stuff with hardly any money (my partner refuses to contribute and spends the money on other things).

My money and things get taken without asking me.

I feel pressured into debt (purchases, loans, hire purchase, credit cards); my name is often used without my knowledge or consent and /or I have to pay the bill.

I don't go out socially because I have to ask permission for money for things like petrol, a phone top-up, or money for a coffee, and when I ask it always leads to yelling.

I feel *forced against my will*, to behave in a certain way to do things he wants, to have access to money (e.g. get a job; work for the family business; stay home, or be intimate).

Other behaviours may occur particularly when trying to leave the relationship – which can be the most dangerous time. These may include:

Money or resources being withheld to prevent you from leaving; the car is damaged so you can't go; your employment situation becomes difficult due to constant harassment; child support not being paid, and / or court processes being dragged out etc...

Economic Abuse – Getting Support

If your safety is at immediate risk, please ring the Police – 111

Family Violence

Women’s Refuge New Zealand – 0800 733 843 (crisis line) or womensrefuge.org.nz

Shakti – 0800 742 584 (24-hour, ethnic support) or shakti-international.org/shakti-nz

Shine (Auckland) – 0508 774 633 or 2shine.org.nz

Aviva (Christchurch) – 0800 28482 669 or avivafamilies.org.nz

Are you ok - 0800 456 450 or areyouok.org.nz

Family violence Information Line - 0800 456 450 (9am-11pm every day)

Support for Men - menshealthnz.org.nz/support-for-men

Legal

Community law - communitylaw.org.nz

Citizens Advice Bureau – Phone 0800 367 222 or www.cab.org.nz

Youth Law – (under 25years old) – Phone 0800 884 529 or youthlaw.co.nz

Financial

Sorted – Phone 0800 345 123 or sorted.org.nz

Money talks – Phone 0800 345 123 or text 4029 – moneytalks.co.nz (live chat on website)

Good Shepherd NZ – (No interest and low interest loans throughout NZ) goodshepherd.org.nz

To find more services in your area

Family and Community Services directory familyservices.govt.nz/directory