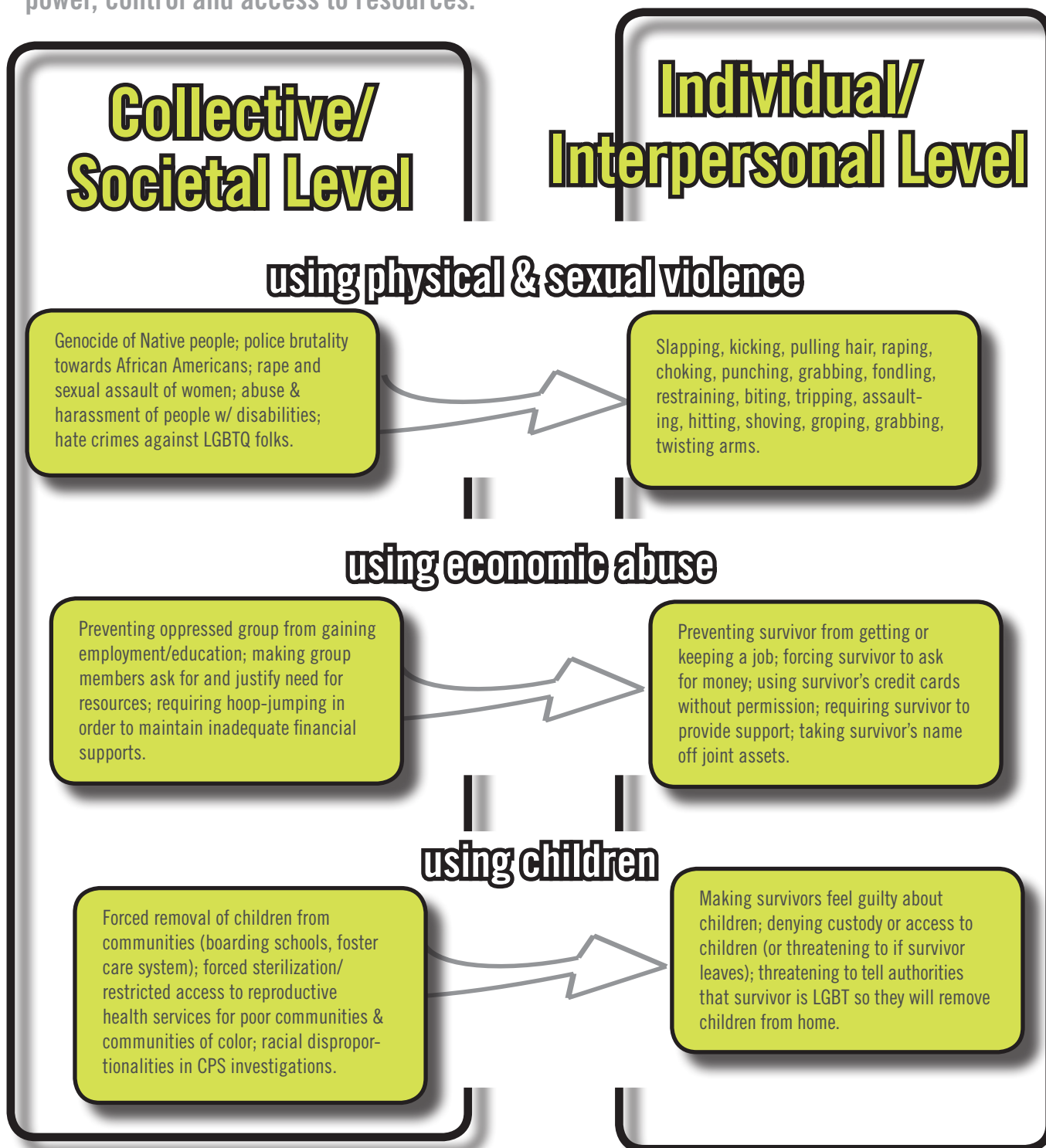


Tactics of Oppression

Power and control look alike whether perpetrated against an intimate partner or an entire cultural/ethnic group.

Whether we are talking about power and control within an intimate relationship, or within the whole of U.S. society, we see the same tactics used to maintain an unequal distribution of power, control and access to resources.



Collective/ Societal Level

Individual/ Interpersonal Level

using psychological abuse

Pervasive negative depictions and portrayals of group reinforcing ideas of being "less than"; manipulating target groups with lies and false promises; pathologizing cultural traits and practices.

Putting survivor down; making survivor feel bad about themselves; calling survivor names; playing mind games; humiliation; questioning whether survivor is a "real" lesbian/man/christian/person of color/etc.

using isolation

Controlling and restricting access to resources/mobility; creating separate (unequal) institutions/housing/etc; diverting resources away from public transportation in low-income and primarily people of color neighborhoods; criminalization & incarceration.

Controlling who survivor sees or talks to, what survivor does with other people; limiting survivor's outside activities; making survivor account for their whereabouts; not letting survivor go anywhere alone; denying survivor access to vehicles/transportation.

using intimidation, coercion & threats

Creating a culture of fear and unpredictability through cultural messages which condone harassment and/or violence towards certain social groups; leveraging access to authority (law enforcement, child protective services, immigration); surveillance of community.

Making survivor afraid by using looks, gestures, actions; smashing things, abusing pets, displaying weapons; threatening to destroy property, harm children; telling survivor that bad things are going to happen if they don't do exactly what abuser is telling them to do.

minimizing, denying, & blaming

Minimizing impacts of slavery, colonization/genocide; blaming people of color/women for achievement gap, wage gap, health disparities; denying prevalence of sexual assault and rape and survivors; telling targeted communities that oppression they experience is historical, that things have changed.

Making light of the abuse; shifting responsibility for the abuse; saying everything is survivor's fault or that survivor deserved it; abusive partner saying "women can't abuse women" or "men can't abuse men"; saying it's just "fighting" not abuse; blaming alcohol/drugs.