## Tactics of Oppression Power and control book alike whether perpetrated against an intimate partner or an entire cultural/ethnie 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**

# **Interpersonal Level**

### using physical & sexual violence

Genocide of Native people; police brutality towards African Americans; rape and sexual assault of women; abuse & harassment of people w/ disabilities; hate crimes against LGBTQ folks.

Slapping, kicking, pulling hair, raping, choking, punching, grabbing, fondling, restraining, biting, tripping, assaulting, hitting, shoving, groping, grabbing, twisting arms.

#### using economic abuse

Preventing oppressed group from gaining employment/education; making group members ask for and justify need for resources; requiring hoop-jumping in order to maintain inadequate financial

Preventing survivor from getting or keeping a job; forcing survivor to ask for money; using survivor's credit cards without permission; requiring survivor to provide support; taking survivor's name off joint assets.

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Forced removal of children from communities (boarding schools, foster care system); forced sterilization/ restricted access to reproductive health services for poor communities & communities of color; racial disproportionalities in CPS investigations.

Making survivors feel guilty about children; denying custody or access to children (or threatening to if survivor leaves); threatening to tell authorities that survivor is LGBT so they will remove children from home.

## **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.

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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 wapons; 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.