

# INSIGHT EXCHANGE

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## FINANCIAL ABUSE LIVED EXPERIENCE INSIGHTS

This resource contains descriptions of domestic and family violence.



We acknowledge the Traditional Custodians of the land on which our work and services operate and pay our respects to Elders past, present and emerging. We extend this respect to all First Nations peoples across the country and the world. We acknowledge that the sovereignty of this land was never ceded. Always was, always will be Aboriginal land.



When a person experiencing domestic and family violence reaches out – it may be the first, only or last time they seek support.

**Be ready to respond.**

“ Domestic and family violence is an injustice and is an offence to my dignity, compromising my safety and undermining my wellbeing... and the dignity and wellbeing of the people I care for and who care for me. ”



Watch the [short Follow My Lead animation](#) (4mins)



Read and share [Follow My Lead](#)  
An awareness raising resource for any person who may be listening to and responding to a person experiencing domestic and family violence. [Read More](#)

## In focus | Financial Abuse

The terms financial and economic abuse are often used interchangeably. Economic abuse is a form of family violence that: "... involves behaviours that control a [person's] ability to acquire, use and maintain economic resources, thus threatening her [or his] economic security and potential for self-sufficiency."<sup>1</sup>

Economic abuse includes a range of behaviours carried out by a perpetrator such as:

- controlling a victim's access to cash and bank accounts
- hiding financial information and assets
- sabotaging study and/or employment opportunities
- forcing a partner to take out debt, and
- manipulating finances to avoid or reduce child support payments.

<sup>1</sup>Adams, A. (2008). 'Development of the Scale of Economic Abuse'. Violence Against Women, 14, 563-588.

Read more about ['What is domestic and family violence?'](#)

## Lived experience insights of financial abuse

The following insights are based on interviews with people with lived experience of domestic and family violence focused on the financial abuse they experienced.

The initiative to conduct the interviews was from an informal pro-bono collaboration by Rosie's Place, WASH House, and the Mt Druitt Family Violence Team. The narratives were provided by the individuals for the benefit of others.

The interviews were conducted by Rosie's Place and the narratives were assembled by the Insight Exchange team.

**Explore how you can make a meaningful difference.**

Click on any name to read the narrative of lived experience insights.

[Bronwyn](#) 'He would try and make me get money from my mother as she was on income support as well'.

[Amira](#) 'His money was his money, and my money was our money'.

[Belinda](#) 'It was his way or no way.'

[Anna](#) 'Thirty dollars a fortnight for four kids.'

[Renee](#) 'Once I gave up work, my control went.'

[Brittany](#) 'I was like the ATM.'

[Liz](#) 'When you have nowhere to go, what do you do?'

[Jasmin](#) 'When he'd come around, money would go missing.'

[Teresa](#) ""This is my home. I am the boss here.""

**Rochelle** 'I was a very independent person before I met this guy.'

**Helena** 'He would take the keys to the car to leave me without a car.'

**Deb** 'He must have had another bank account I didn't know about.'

**Allanah** 'He would use my money with the promise of paying it back.'

**Jessica** 'Nothing we'd had together was in my name, so I had nothing.'

**Maryam**  
"I told you three years ago that you need to leave that man".'

**Tamara** 'Meanwhile, he was pouring money through the poker machines.'

**Amrita** 'He only married me so he could keep me as a slave. I was tricked into marrying him.'

**Deepa** "'You are not my wife. I just keep you to work here.'"

Acknowledgement | The Insight Exchange team would like to thank Rosie's Place for conducting these interviews and providing these transcripts to Insight Exchange to ensure the voices of lived experience are shared to inform and strengthen social, service and systemic responses to domestic and family violence.



## EXPLORE THESE OPPORTUNITIES

1

### **Become more informed as a responder.**

Read our short guides about responding to domestic and family violence during and beyond COVID-19:

- [family and friends](#)
- [faith communities](#)
- [responding to tertiary students](#)

2

### **Review and refine your workplace responses. Any industry. Every workplace.**

Explore materials about [Workplace responses](#).

Explore materials about [Employee Assistance Program \(EAP\) responses](#).

3

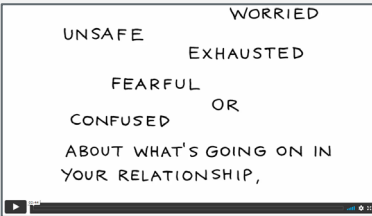
### **Explore and share the Centre for Women's Economic Safety Directory.**

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**Coming soon in 2021 :**  
A resource developed by Centre for Women's Economic Safety (CWES) and Insight Exchange.

## Are you reflecting on your own relationships and experiences?

**My Safety Kit** is a reflection resource designed to support people who are, or may be, experiencing domestic and family violence. Read and/or download [My Safety Kit](#)



View the **My Safety Kit** animation  
An introduction [for people reflecting on their relationships](#) (2.4mins)



Free electronic copies of this Insight Exchange Financial Abuse | Lived experience examples are available on [www.insightexchange.net](http://www.insightexchange.net)

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**Insight Exchange** centres on the expertise of people with lived experience of domestic and family violence and gives voice to these experiences.

**Insight Exchange** is designed to inform and strengthen social, service and systemic responses to domestic and family violence.

Insight Exchange has been established, developed and is governed by Domestic Violence Service Management (DVSM) a registered charity (ABN 26 165 400 635.).

### Acknowledgements and thanks

We would like to thank all contributors, critical friends and communities, who have engaged directly or indirectly with this resource.

Insight Exchange would like to thank Dr Linda Coates and Dr Allan Wade and their colleagues at the Centre for Response-Based Practice, Canada for their visionary and pioneering work on social responses, resistance, language, and the upholding of dignity.

**Most significantly, our thanks go to all people with lived experience of domestic and family violence who have generously shared their insights for the benefit of others.**

Start a conversation with the **Insight Exchange team**  
[contact@insightexchange.net](mailto:contact@insightexchange.net)



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