

# STRATEGIES AND ADVICE

Survivors use a range of strategies and supports to navigate and resist the impacts of financial abuse, working to regain safety, control, and financial independence.

*These insights are based on a WomanACT survey (103) and interviews (10) with women and gender-diverse people in Ontario with lived experience of intimate partner violence.*

*Learn more about the [EASE – Economic Abuse Support & Empowerment Project](#)*

## 01 On prevention



*“To never have a joint account first of all! To keep bank cards and car keys safe.”*

*–WomanACT Survivor Survey Participant*

*“ALWAYS have at least a part time job of your own so that you have a work history and ALWAYS maintain a separate bank account.”*

*–WomanACT Survivor Survey Participant*

## 02 Save or hide money



*“To make a plan save your money in private and get out of the relationship asap.”*

*–WomanACT Survivor Survey Participant*

*“I’m not really sure what to suggest. Hiding your money and then getting caught may lead to other types of abuse.”*

*–WomanACT Survivor Survey Participant*

## 03 Reach out & tell someone



*“Let the bank know that your going through this.”*

*–WomanACT Survivor Survey Participant*

*Talk to someone, family member or a friend you don’t need to keep it a secret or feel shame. Get help from a professional at the bank or elsewhere. There is so much shame involved in financial abuse and abuse of any kind.*

*–WomanACT Survivor Survey Participant*

## MOST COMMON STRATEGIES USED BY SURVIVORS

**46%**

Secretly saving money

**46%**

Seeking help from a therapist or social worker

**45%**

Asking family or friends for financial help

**38%**

Hiding or keeping financial documents safe

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