

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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