ECONOMIC VIOLENCE

FINANCIAL CONTROL, IS A VIOLENCE

LET'S TALK ABOUT IT!

WHAT IS ECONOMIC VIOLENCE?

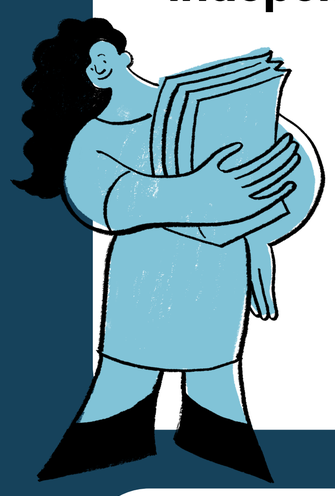
It's a form of violence — often overlooked — that aims to control, **restrict, or harm financial autonomy.**
It's a strategy of domination: **preventing someone from being independent** so they cannot leave, protect themselves, or rebuild their life.

- Control of income (wages, social benefits)
- Preventing access to a personal account
- Forced debt by a partner
- Credit opened in your name without consent
- Missed payments to ruin your credit score
- Confiscation of bank cards

Economic violence can take many forms.

CREDIT-RELATED BARRIERS

A credit barrier is **an obstacle** that prevents a person from obtaining, using, or rebuilding credit **to achieve financial independence.**



- Refusal of a credit card
- Difficulty finding housing
- Inability to get a loan (car, education, etc.)
- Higher interest rates
- Risk of financial hardship

REBUILDING FINANCIAL INDEPENDENCE

- Opening a bank account in your own name
- Rebuilding your credit gradually
- Understanding your credit report
- Meeting with a financial advisor

NEED HELP?

Budget support and advice

- Option Consommateurs
- Associations coopératives d'économie familiale
- Credit Canada

Legal support

- JuriPop
- Éducaloi

MORE INFO

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With financial support from:

Femmes et Égalité des genres Canada
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