

Economic abuse is a legally recognised form of domestic abuse and is defined in the Domestic Abuse Act. 1 in 6 women in the UK has experienced economic abuse by a current or former partner.

Economic abuse can take many forms. An abuser might do any of the following:

Sabotage your income and access to money:

- prevent you from being in education or employment
- limit your working hours
- take your pay
- refuse to let you claim benefits
- take children's savings or birthday money
- refuse to let you access a bank account

Restrict how you use money and the things that you own:

- control when and how money is spent
- dictate what you can buy
- make you ask for money or provide an allowance
- check your receipts
- make you keep a spending diary
- make you justify every purchase made
- control the use of property, such as a mobile phone or car
- insist all economic assets (eg savings, house) are in their name
- keep financial information secret

Exploit your economic situation:

- steal your money or property
- cause damage to your property
- refuse to contribute to household costs
- spend money needed for household items and bills
- misuse money in joint bank accounts
- insist all bills, credit cards and loans are in your name and make you pay them
- build up debt in your name, sometimes without your knowledge