

# TYPES OF VIOLENCE

Women and children with disability can experience all forms of violence, although it is recognised that they experience specific forms of gendered and ableist violence at a higher rate than any other group.

Women with Disability Australia and 1800RESPECT outline the types of violence and ways in which this can be different for women with disability. Below describes the types of violence and provides further considerations around how this can be experienced for people with disability.

## Physical Violence

Any action that causes pain to a body or takes away someone's control of their body.

- Being hit, slapped, or punched
- Abusing/mistreating service animals
- Forcing alcohol or drugs
- Forcing medication or stopping medication
- Breaking or not fixing adaptive equipment
- Refusing to use or destroy communication devices
- Withdrawing equipment to immobilise a person
- Using equipment to torture
- Treating the person as a child servant
- Providing care in a way that accentuates the person's dependence and vulnerability.

## Restraint Violence

When a person is stopped from doing something. Restraint violence includes chemical, physical and mechanical restraints.

- Being locked in a room
- Using straps and belts in a restrictive way
- Forcing medication
- Restricting access to equipment and aids
- Restricting access to personal items such as phone, TV, books etc

## Neglect Violence

When a person is not given, or assisted to access, the support they need. One of the main groups affected by neglect are people with disability who receive support from a carer, family member, paid support worker or service provider.

- Insufficient provisions of food, water, clothing and transport
- Withdrawing personal care including support to do daily tasks
- Lack of personal privacy including personal care such as showering and toileting
- Ignoring equipment safety requirements.

## Money or Financial Violence

When a person is not allowed to spend their money on the things they need or want. It includes stealing and not helping the person to learn about how to manage their own money.

- A perpetrator using property and money for their own benefit
- Stealing
- Using property or money as a reward or punishment in a behaviour program
- Making financial decisions based on agency or family needs
- Limiting access to financial information and resources, resulting in unnecessary impoverishment.

## Emotional Violence

The use of words or threats. It includes threats to hurt themselves, the person, a child, pet, or someone else. Being made fun of is also emotional violence.

- Punishing or ridiculing
- Enforcing a negative reinforcement program or any behaviour program that the person doesn't consent to
- Denying or making light of abuse
- Denying the physical and emotional pain of people with disabilities
- Excusing abuse as behaviour management or as due to caregiver stress
- Blaming the disability for abuse.

## Coercive Control

A term used to describe a variety of abusive behaviours, including emotional abuse such as intimidation and degradation, psychological abuse such as gaslighting, and financial and technology-facilitated abuse. (Monash University, 2021).

- Threatening to hurt a person
- Raising a hand or using looks, actions or gestures to create fear
- Withholding basic supports and rights
- Terminating a relationship and leaving a person unattended
- Threatening/reporting non-compliance with the service provider as a means to remove a person's necessary supports
- Using consequences and punishments to gain compliant behaviour
- Pressuring the person to engage in fraud or other crimes.

## Social Violence

When a person is not allowed to see or contact their friends, family, or a partner, or join in with community groups and events. It can include being told who someone can or cannot talk to.

- Controlling access to friends, family and neighbours
- Controlling access to phone, TV, news
- Limiting employment opportunities
- Discouraging contact with support services, a case manager or advocate.

## Cultural Violence

When a person is made to do cultural or religious activities they do not want to do. It may also be stopping someone from taking part in their choice of religious or cultural activities is also cultural violence.

- Forcing or restricting religious or cultural beliefs
- Forcing someone to raise children with religious or cultural beliefs that they don't agree with
- Using religious or cultural teachings to:
  - Excuse and/or blame violence
  - Force marriage
  - Stop medical care or treatment
- Degrading religious beliefs.

## Institutional and Structural Violence

### **Institutional violence**

is when groups or organisations fail to stop violence, protect rights, and treat people fairly. Groups and organisations can include hospitals, group homes, nursing homes and schools.

### **Structural violence**

is when countries fail to stop violence, protect rights, and treat people fairly.

- Forcing a person to take medication they don't want to take
- Removing a person's choice around everyday activities, such as what to eat or when to go to bed
- Restricting a person's access to/from certain places, such as locking them in a room they cannot leave
- Justifying the rules that limit autonomy, dignity and relationships for program's operational efficiency.

## Sexual and Reproductive Violence

**Sexual violence** is being forced into sexual acts without consent. Sexual violence can also include sexual harassment or making the victim feel scared or uncomfortable by sexual behaviour that they do not want.

**Reproductive violence** is also called sexual health violence. It is about taking away the person's choice to have sex, have a baby or use contraception. Reproductive violence includes not giving a person the right information so that they can make their own choices.

- Forcing the victim to have sex
- Touching or kissing in a sexual way when the victim does not want it to happen
- Unrequited looking at or touching of genitals – including flasing
- Posting sexual photos of the victim without their permission
- Being made to have sex for money or in exchange for supports
- Sending sexual texts or images that are not
  
- Forcing contraception or sterilisation
- Restricting access to contraception or education around sexual health
- Forcing pregnancy or abortion
- Forcing medication or operations to affect menstrual cycles
- Knowingly passing on a sexually transmitted infection
- Restricting access to sexual health services and information.



### **Places to go for help:**

For immediate help if you are in danger, call the police on 000

The National Sexual Assault, Family & Domestic Violence Counselling Line:  
1800RESPECT (1800 737 732)