COVID-19 TACTICS
INTIMIDATION

- Forcing excessive handwashing
- Screaming and yelling about COVID-19
- Exploiting fears and vulnerabilities
- Demeaning social distancing efforts
- Posting false social media reports
- Bringing weapons into home
- Excessive decontamination
- Lying about test results
- Contaminating things
- Violating boundaries
- Fomenting panic
- Forced kissing and/or sex
EMOTIONAL ABUSE

- Faking symptoms
- Preying on fear of contagion
- Defying public health directives
- Lying about COVID-19 test results
- Forcing or prohibiting physical contact
- Refusing to share soaps, sanitizers, or cleansers
- Endangering family by exposing them to COVID-19
- Interfering with efforts to care for or support loved ones
**ISOLATION**

- Disabling internet or phone service
- Regulating internet or phone access
- Restricting visitors or deliveries
- Keeping victim from caring for family
- Canceling appointments
- Prohibiting errands
- Monitoring activity
- Limiting space
- Hiding keys

**POWER AND CONTROL**

- **Physical Violence**
  - Coercion and threats: Making and/or carrying out threats to do something to hurt her. Threatening to leave her, commit suicide, or report her to welfare. Making her drop charges. Making her do illegal things.
  - Male privilege: Treating her like a servant; making all the big decisions, acting like the “master of the castle,” being the one to define men’s and women’s roles.
  - Economic abuse: Preventing her from getting or keeping a job. Making her ask for money. Giving her an allowance. Taking her money. Not letting her know about or have access to family income.
  - Using children: Making her feel guilty about the children. Using the children to relay messages. Using visitation to harass her. Threatening to take the children away.

- **Sexual Violence**
  - Isolation: Controlling what she does, who she sees and talks to, what she reads, and where she goes. Limiting her outside involvement. Using jealousy to justify actions.

- **Minimizing, Denying, and Blaming**
  - Making light of the abuse and not taking her concerns about it seriously. Saying the abuse didn’t happen. Shifting responsibility for abusive behavior. Saying she caused it.
MINIMIZING, DENYING, AND BLAMING

- Denying the pandemic
- Invoking duty to sacrifice
- Justifying control as necessity
- Saying “just following orders”
- Blaming victim for exposing family
- Making light of COVID-19 concerns
- Normalizing extreme control
- Blaming it on stress
- Using COVID-19 as an excuse for abuse
- Depicting abuse as medically required

POWER AND CONTROL

- Coercion and Threats: Making and/or carrying out threats to do something to hurt her. Threatening to leave her, commit suicide, or report her to welfare. Making her drop charges. Making her do illegal things.
- Economic Abuse: Preventing her from getting or keeping a job. Making her ask for money. Giving her an allowance. Taking her money. Not letting her know about or have access to family income.
- Isolation: Controlling what she does, who she sees and talks to, what she reads, and where she goes. Limiting her outside involvement. Using jealousy to justify actions.
- Using Children: Making her feel guilty about the children. Using the children to relay messages. Using visitation to harass her. Threatening to take the children away.
- Minimizing, Denying, and Blaming: Making light of the abuse and not taking her concerns about it seriously. Saying the abuse didn’t happen. Shifting responsibility for abusive behavior. Saying she caused it.

MALE PRIVILEGE:
Treating her like a servant: making all the big decisions, acting like the “master of the castle,” being the one to define men’s and women’s roles.
USING CHILDREN

- Exposing children
- Threatening to take kids
- Insisting on sheltering kids
- Declining to return children
- Refusing to provide care for kids
- Failing to take precautions at home
- Using remote visits to intrude
- Rejecting caregivers
- Denying support
- Rejecting social distancing directives
- Seeking COVID-19-based modification to custody order
ECONOMIC ABUSE

- Interfering with victim’s effort to refinance
- Refusing to allow victim to work outside the home
- Filing false COVID-19 reports to immigration officials, employer or customers
- Threatening to evict
- Refusing to work remotely
- Excessive COVID-19 spending
- Intercepting emergency assistance
- Denying support while victim is laid off
MALE PRIVILEGE

- Violating others’ personal space
- Taking up all the work and study space at home
- Demanding absolute quiet during work hours
- Refusing to share computer
- Deciding who comes/goes
- Demanding attention
- Disrupting routines
- Keeping food or supplies to self
COERCION AND THREATS

- Focusing obsessively on COVID-19
- Threatening to expose loved ones
- Threatening to infect the family
- Faking fever
- Arousing fear that they’re all going to die
- Forcing exposure to others
- Engaging in risky behavior
- Coughing in victim’s face
- Threatening to report
- Withholding care