Understanding Forms of IPV

Purpose

Learn about physical, psychological, sexual, economic, technological, and reproductive forms of IPV.

How to use this worksheet

1. Read the information and prompts at your own pace.
2. Use the optional space to note any reflections you choose.
3. Pause whenever you need to.

Physical IPV: Physical actions that hurt or threaten to hurt a partner, such as hitting, pushing, or restraining.

Psychological/emotional IPV: Words or actions that frighten, humiliate, threaten, or undermine a partner.

Sexual IPV: Sexual contact or activity without freely given consent, including pressure or force.

Financial/economic IPV: Restricting access to money, employment, financial information, or other resources to limit independence.

Technology-facilitated IPV: Using devices, accounts, or digital communication to monitor, threaten, harass, or control a partner.

Reproductive coercion: Pressure or interference affecting contraception, pregnancy, or other reproductive choices.

Coercive control: A repeated pattern of behaviours that limits another person’s freedom and autonomy.

Post-separation IPV: Abuse or unwanted control that continues or begins after a relationship ends.

Educational resource developed for Soteldo Psychotherapy Clinic. This worksheet is not a diagnostic instrument, formal risk assessment, legal opinion, or substitute for individualized professional advice.

Optional reflection

References

Concepts informed by:

World Health Organization. (2024). Violence against women. https://www.who.int/news-room/fact-sheets/detail/violence-against-women

Department of Justice Canada. (2021). The Divorce Act changes explained. https://canada.justice.gc.ca/eng/fl-df/cfl-mdf/dace-clde/index.html

Reflection questions and worksheet layout are original clinic educational content.

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