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**Author(s):** Violence Against Women Research Consortium

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# Economic Self-Efficacy

In the life of Intimate Partner Violence Survivors



## WHAT IS SELF-EFFICACY?

Self-efficacy, an individual's confidence in her or his perceived ability to perform a specific task or behavior, is also needed to change one's behavior.

Higher levels of economic self-efficacy or the perceived ability to perform economic or financial tasks, have translated into positive financial behavior.



## THE REMOVAL OF ECONOMIC SELF-EFFICACY

Economically Abusive Relationship

Research shows that financial illiteracy is more prevalent among women than men.

In abusive relationships, most often perpetrated by men in heterosexual relationships, a survivor's perception of her economic self efficacy may be limited.

A survivor is often restricted from accessing financial resources, which limits her experience in performing financial behaviors. The perpetrator may also manage finances without input or agreement from the survivor.



In situations where Economic Abuse is present, perpetrators use tactics to control a survivor's access to financial resources, to prevent her from improving her financial situation, and to exploit her financial resources.

## EMPOWER SURVIVORS TROUGH ECONOMIC SELF-EFFICACY!

- Financial counseling
- Specific activities aimed at increasing confidence in managing finances.
- Discussion of any psychological distress that a survivor may have experienced related to finances that could have affected their confidence in this area.

