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DAY06·MONDAY, NOVEMBER 30, 2026

FINANCIAL FREEDOM MATTERS.

Economic abuse happens when someone uses money or other resources to control, exploit or harm another person. It can be hard to see—and its effects can last long after a relationship ends.

UNDERSTANDING THE TOPIC

Accesstomoney shapes practical choices: rent, transportation, a phone, child care or legal help. When someone else controls those resources, planning for safety can feel out of reach.

Economic abuse can also leave lasting harm, such as debt, damaged credit or gaps in work history. Interfering with someone's job is sometimes called employment sabotage.

It is common among people seeking safety. In 2022–2023, 49% of women admitted to residential facilities for victims of abuse in Canada reported financial abuse.

ECONOMIC ABUSE CAN INCLUDE

- Blocking access to money or hiding information about shared finances.
- Interfering with work or education by sabotaging shifts, studies or job searches.
- Creating debt in someone else's name.
- Pressuring someone to sign documents such as cheques or contracts.

ONE PRACTICAL ACTION

FOLLOW THEIR LEAD ON PRACTICAL NEEDS.

If you're supporting someone, ask what practical resources would help, rather than suggesting financial steps on your own. Changes to accounts can be noticed, so let them decide—ideally with a specialist.

KEY TAKEAWAY

Access to money can mean access to options.

LEARN MORE

Women and Gender Equality Canada — Economic abuse
canada.ca/en/women-gender-equality/gender-based-violence/economic-abuse.html

Statistic: Statistics Canada, Juristat (Heidinger, 2024), as cited by Women and Gender Equality Canada.

NEED SUPPORT?

You don't have to work out next steps alone.

Women's Habitat 24-hour crisis line: 416-252-5829

Assaulted Women's Helpline (24/7): 1-866-863-0511 · #SAFE (#7233) on a Bell, Rogers, Fido or Telus mobile

In immediate danger, call 911.