

Activity sheet



Am I experiencing economic harm?

Economic harm is behaviour towards a person that controls, restricts or removes their access to money, economic resources or participation in financial decisions.

Do you have to ask for money or explain your spending for everyday items?	Yes	No
Have you ever been coerced or forced to give up your job, go to work or stay at home?	Yes	No
Are you forced to act in a specific way to have access to money? For example; work for the family business, get a job, have no contact with family or be intimate.	Yes	No
Do you have limited or no access to your own or family money?	Yes	No
Are you excluded from decision-making or how the household money is spent?	Yes	No
Is information about your family debts being hidden or withheld from you?	Yes	No



If your answer is **yes** to any of these questions, you could be experiencing economic harm.

For more information or to find support visit:
goodshepherd.org.nz/economic-harm
Or call: **0800 466 370**