



**WORDS OF**   
**INCLUSION**

**Against Economic  
violence** 

**You are not alone**

# Economic Violence. What is it and how does it manifest itself?

**It happens when access to your own savings or family finances is limited, or when there is an attempt to hinder your development at work or interfere with your working independence.**

These are a few examples of economic violence. This sort of violence can occur either inside the home or out, and consists in exerting some form of financial control, primarily over women. The banking sector is acutely aware of this phenomenon and strives to keep it in check by putting in place targeted financial-literacy initiatives, amongst other things. This is why ABI, together with the Foundation for Financial Literacy & Savings and the Department for Equal Opportunities of the Presidency of the Council of Ministers in partnership with banks and consumer associations, has developed a guide on the subject. Available on the ABI ([www.abi.it](http://www.abi.it)) and FEduF ([www.feduf.it](http://www.feduf.it)) websites, this guide provides simple, clear and practical information to help you identify and prevent this phenomenon, exploring it from various points of view: what it is, how it manifests itself, how to prevent it and how to combat it.

## How can I prevent Economic Violence?



Male violence against women can occur in a variety of ways: **it can take the form of psychological, verbal, physical and economic abuse all at the same time.**

Economic violence occurs when a set of behaviours are put in place (usually at home) to prevent or hinder economic independence and financial decision-making in order to control and interfere with someone else's daily life. Used in a certain way, money and work can



also be instruments of control and be used to restrict another person's choices. The first way to protect your independence is to acquire a degree of financial knowledge that will help you manage your resources, no matter how meagre or great they may be. Specific expert advice can help you build up the knowledge you need. You should also nurture relationships outside the family environment because other people could give you a different perspective on issues or even provide support in times of trouble.

I matter too.  
Do I manage my  
finances  
independently?



**Have you ever asked yourself the following questions?**

**"Do I have income to support myself or am I restricted in my search for work and financial independence?", "Do I manage my money independently?"**

**Financial independence is a fundamental step towards economic self-reliance and security.**

Financial independence is also reliant on having banking services available to you. So, the first step is to set up a bank account in your name, or get a card which provides all account features so that you can act autonomously and manage your money as you see fit.

You must weigh up charges and conditions and pick the solution that suits your lifestyle best. If you have any doubts, the bank practitioners will be pleased to provide you with information. They will lend you a listening ear and advise you on the most appropriate solution for your circumstances. A first-time solution for anyone who doesn't have a bank account could be the Basic Account designed especially for citizens legally residing in the European Union: it will provide you with essential services. You can have your salary or pension paid into it and make payments or withdrawals without incurring high costs because it was created with low-income brackets in mind. If you have additional financial requirements (if you need to take out a loan or make an



investment), get in touch with your bank to find a solution that meets your needs.

# I matter too. Are amounts paid out on my behalf without my authorisation?



**Have you ever asked yourself the following questions? “Am I aware of financial decisions affecting me and my family, such as the purchase of a car or other items (including any paid for by instalments), or kept informed about investment or savings choices?”, “Are amounts being paid in my name without my knowledge and authorisation?”.**

You should always be aware of your own financial situation and deal with your finances personally, checking incoming and outgoing payments made by yourself and your family; you should also plan expenses and take part in financial decisions relating to yourself. Never delegate to someone else. Before signing any documents, read through all the details and think about the commitments you are taking on, carefully weighing up the consequences. And if you have any doubts, take your time and talk to

someone who is knowledgeable, like a member of the bank staff.

Make a habit of keeping your financial and legal documents in a safe place and always make an extra copy. This will help you to keep your financial situation under control, in the future too. Ensure that your identity is never stolen for banking operations or online payments and never share your passwords. Keep them in a safe place and also carefully store all your codes for current accounts and access to computer/mobile services, payment cards, SPID (Public Digital-Identity Code) and identity cards.

# I matter too. Can I make decisions about training courses and my career path by myself?



**Have you ever asked yourself the following question? “Am I able to make my own independent choices about opportunities for training and professional growth?”.**



Economic violence can also take the form of control over your education and work.

It can even reach a point where limits are

imposed on access to one or the other, or both. It is crucial to put safeguards in place against this too. When you have ownership of your work situation, you are able to protect your family too and deal more easily with unexpected events. Ongoing education and staying up to date are crucial. Snap up all opportunities and keep on learning, boost your knowledge, hone your skills and specialise. This will put you in a better position when handling complicated situations and allow you to make wise decisions, as well as reinforcing your financial and overall independence.

## Financial Literacy. How can I boost my financial knowledge?



**In order to help yourself and ward off economic violence, you must be able**

**to recognise it, and that means being as financially savvy and competent as possible.**

Learning about finances raises your awareness and improves your relationship with money and all that it entails. This will help you plan your finances and make good choices, even when the unexpected happens or situations get complicated. It makes it easier for you to cope with your money, to use bank services (like a current account), to make payments, to save and to invest. Financial literacy is a prerequisite if you want to make your savings work for you, run a business, start up on your own, make an investment, manage a mortgage or another kind of loan, assess an insurance plan, or schedule and set up a supplementary pension. Your first step is to gather information and get up to date. ABI and Italian banks, in conjunction with the FEduF (the Italian Foundation for Financial Literacy and Savings), promote initiatives to raise financial-literacy awareness amongst the general public and bolster gender equality in the economic sector too.

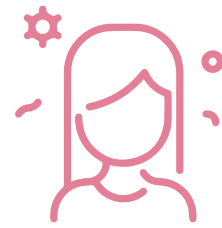




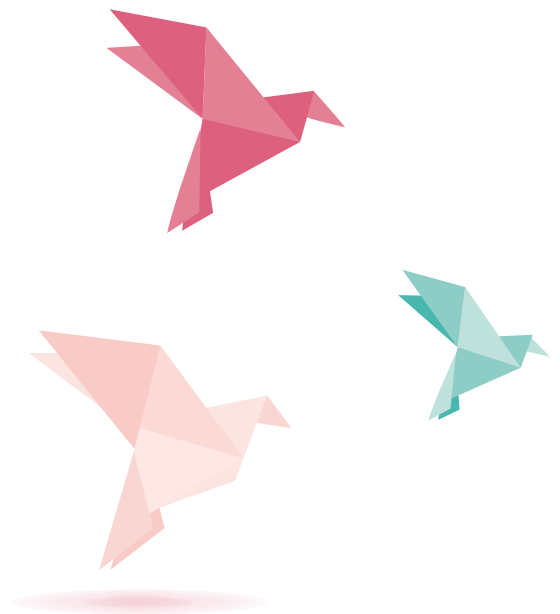
## I'M NOT ALONE. Who can I contact for help?



**If you think you are affected by violence, you must ask for help. Call 1522** now and speak to someone free-of-charge from the Italian national first-line help service for women who fall victim to violence and stalking. The helpline is a public service sponsored by the Department for Equal Opportunities of the Presidency of the Council of Ministers. It can be accessed from a landline or mobile network, and via the



**1522 app.** The service is staffed by trained female operators who will lend a listening ear, provide useful information and guide you towards the public and private social and healthcare systems closest to you. If you seek help, you could also contact a local anti-violence centre. They will give you psychological assistance, legal advice, general support and information.

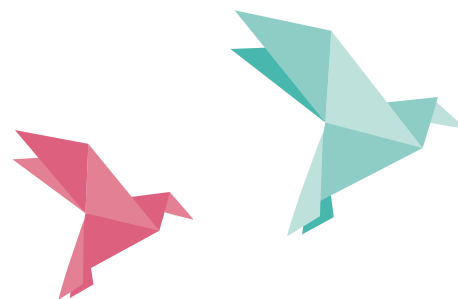


# TOGETHER

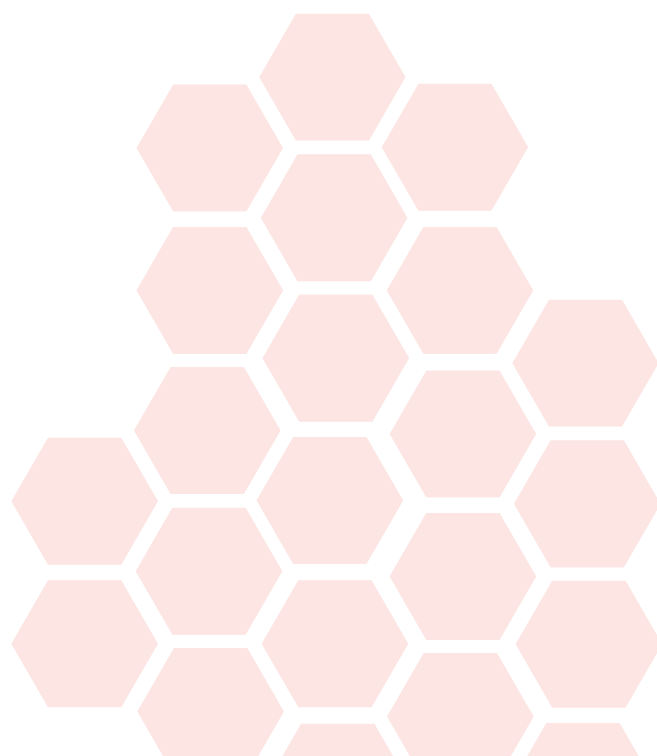
## for gender equality!

### What instruments has ABI put in place with the banks?

In addition to training and information initiatives, ABI - also in partnership with banks - has implemented a series of measures to support the financial inclusion of female victims. The Memorandum of Understanding aimed at facilitating loan repayment by female victims of gender-based violence and sponsored by ABI and the Trade-Union Organisations for the industry has been extended to the end of November 2025: it requires participating banks and financial intermediaries to suspend payment of the principal amount on mortgages and loans for a maximum period of 18 months, extending the repayment schedule accordingly. It is available to female victims of violence or women belonging to protection schemes who are in financial difficulty.



The “**Microcredito di Libertà**” (Microloans for Freedom) Memorandum of Understanding signed by the Minister for Equal Opportunities and Family, ABI, Federcasse, the National Institute for Microloans (ENM) and Caritas Italy aims to facilitate the loan-taking process (in the form of small social and business loans) for women who are victims of gender-based violence and who want to set up or develop small businesses on their own, or who are unable to cope with their own financial commitments and those of their families. The project promotes the social and financial inclusion of abused women who are particularly vulnerable in financial or social terms and who are assisted by Anti-Violence Centres or Shelters.



# WORDS OF INCLUSION

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The initiatives contribute to the implementation of the **sustainable-development** commitments promoted by the UN's **2030 Agenda**, and in particular, Goal 5 **on gender equality and empowerment for all women and girls**.

The **Consumer Associations** share and support this initiative:



We extend our thanks to the **Italian Union of the Blind and Visually Impaired ETS-APS** through the support of the Centro del Libro Parlato (Spoken Book Centre) for their collaboration and for the audio recording of the podcast series "Parole di Inclusionone" (Words of Inclusion).



[www.abi.it](http://www.abi.it)

[www.pariopportunita.gov.it](http://www.pariopportunita.gov.it)

[www.feduf.it](http://www.feduf.it)

[www.curaituoisoldi.it](http://www.curaituoisoldi.it)



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