LGBT Power and Control Wheel

HETEROSEXISM

VIOLENCE

SEXUAL

HOMOPHOBIA

BIPHOBIA TRANSPHOBIA

HOMOPHOBIA

BIPHOBIA TRANSPHOBIA

PHYSICAL

VIOLENCE

SEXUAL

HETEROSEXISM

POWER AND CONTROL

USING COERCION & THREATS
- Making and/or carrying out threats to do something to harm you
- Threatening to leave or commit suicide
- Driving recklessly to frighten you
- Threatening to “out” you
- Threatening others who are important to you
- Stalking

USING INTIMIDATION
- Making you afraid by using looks, gestures, actions
- Smashing things - Abusing pets
- Displaying weapons - Using looks actions, gestures to reinforce homophobic, biophobic or transphobic control

USING ECONOMIC ABUSE
- Preventing you from getting or keeping a job - Making you ask for money - Interfering with your work or education - Using your credit card without your permission
- Not working and requiring you to provide support - Keeping your name off joint assets

USING PRIVILEGE
- Treating you like a servant - Making all the big decisions - Being the one to define each partner’s roles or duties in the relationship - Using privilege or ability to “pass” to discredit you, put you in danger, cut off your access to resources, use the system against you

USING CHILDREN
- Making you feel guilty about the children
- Using them to relay messages
- Threatening to take the children
- Threatening to tell your ex-spouse or authorities that you’re a lesbian, gay, bisexual or trans so they will take the children

USING EMOTIONAL ABUSE
- Putting you down - Making you feel bad about yourself - Calling you names
- Playing mind games - Making you feel guilty - Questioning if you are a “real” lesbian, “real” man, “real” woman, “real” femme, “real” butch, etc.
- Reinforcing internalized homophobia, biphobia or transphobia

USING ISOLATION
- Controlling what you do, who you see or talk to - Limiting your outside activities - Using jealousy to control you - Saying no one will believe you, especially if you’re lesbian, gay, bisexual or trans - Not letting you anywhere alone

DENYING, MINIMIZING & BLAMING
- Making light of the abuse
- Saying it didn’t happen
- Shifting responsibility for abusive behavior - Saying it’s your fault, you deserve it - Accusing you of “mutual abuse” - Saying women can’t abuse women/men can’t abuse men
- Saying it’s just “fighting”, not abuse

Developed by Roe & Jagodinsky

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