TEEN POWER AND CONTROL WHEEL

VIOLENCE

physical sexual

PEER PRESSURE
Threatening to expose someone’s weakness or spread rumors - Telling malicious lies about an individual to peer group

ANGER/EMOTIONAL ABUSE
Putting her/him down - Making her/him feel bad about her or himself - Name calling - Making her/him think she/he's crazy - Playing mind games - Humiliating one another - Making her/him feel guilty

ISOLATION/EXCLUSION
Controlling what another does, who she/he sees and talks to, what she/he reads, where she/he goes - Limiting outside involvement - Using jealousy to justify actions

SEXUAL COERCION
Manipulating or making threats to get sex - Getting her pregnant. Threatening to take the children away, Getting someone drunk or drugged to get sex

USING SOCIAL STATUS
Treating her like a servant - Making all the decisions - Acting like the "master of the castle" - Being the one to define men's and women's roles

INTIMIDATION
Making someone afraid by using looks, actions, gestures - Smashing things - Destroying property - Abusing pets - Displaying weapons

MINIMIZE/DENY/BLAME
Making light of the abuse and not taking concerns about it seriously - Saying the abuse didn’t happen - Shifting responsibility for abusive behavior - Saying she/he caused it

THREATS
Making and/or carrying out threats to do something to hurt another - Threatening to leave, to commit suicide, to report her/him to the police - Making her/him drop charges - Making her/him do illegal things

Produced by the National Center on Domestic and Sexual Violence

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