TEEN POWER AND CONTROL WHEEL

Physical Violence  Sexual Violence

Peer Pressure:
Threatening to expose someone's weakness or spread rumors. Telling malicious lies about an individual to peer group.

Anger/Emotional Abuse:

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.

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.

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.

Intimidation:

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.

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.

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