“Giving in” to sex when you don’t want to or avoid physical violence
Forced into watching/making pornography and/or prostitution
Using technology to photograph or film sexual acts (without consent) and uploading or distributing this material
Refusing to use condoms and denying birth control
Using drugs or alcohol to get sex

Expected on demand
Forced into sexual activity in front of others (including children)
Using sexually degrading language and making sexual comments

Unwanted sexual touching or being forced to touch
Worried about the consequences if any sexual activity is refused
Telling others intimate details about the sexual relationship
Constantly being compared to past sexual partners

Forced participation in sex with another person/s or animal/s
Physical assaults, including choking or strangling, before and during sexual activity
Being pressured in to any activity that is degrading, humiliating or painful, e.g: anal sex and object penetration
Constantly being accused of having affairs

Developed by Di Macleod 2011

Variations of the power and control wheel from Duluth are often used to illustrate some of the behaviours that constitute domestic violence (DV).
However, the sexual violence (SV) component, which may be experienced with or without physical violence, is often described in general terms rather than specific behaviours. The SV component needs to be “unpacked” enough for women to consider a range of sexually abusive behaviours that might be occurring and actually name these as IPSV. These are described in the spokes of the power and control wheel.
Because IPSV is largely invisible, it is useful for workers to ask a range of behavioural questions to identify and explicitly name IPSV.

Inspired by and adapted from the Power & Control Wheel, developed by Domestic Abuse Intervention Project
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