TEEN POWER AND CONTROL WHEEL

**VIOLENCE**

**physical**

**sexual**

**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.

**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.

**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.

**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:**

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

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