TEEN POWER AND CONTROL WHEEL

Adapted from the Domestic Abuse Intervention in Duluth, Minnesota

iolence

Teen Power And

Control Wheel

Physical

Peer Pressure

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

Anger/Emotional Abuse

Setual Putting him/her down • Making him/her feel badly about him or herself . Name calling • Making him/her think he/she's crazy · Playing mind games

- Humiliating him/her
- Making him/her feel guilty

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

Isolation/Exclusion

Controlling what another does, who he/she sees, and talks to, what he/she reads, where he/she 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 have sex

Threats

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

Intimidation

Making someone afraid by using looks, actions, gestures • Smashing things

 Destroying property • Abusing pets • Displaying weapons

Setuo

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 he/she caused it

Minimize/

Bhysical

Violence