TEEN POWER AND CONTROL WHEEL

physical — VIOLENCE

EMOTIONAL ABUSE

Putting them down. Making

them feel bad about themselves.

Name calling. Making them

think they are crazy. Playing **PEER PRESSURE** mind games. Humiliating one Threatening to expose another. Making them feel someone's weakness or spread rumors. Telling malicious lies about an individual to peer group.

sexual ANGER/

USING SOCIAL STATUS

Treating them like a servant. Making all the decisions. Acting like the "master of the castle." Being the one to define gender roles, especially for men and women.

ISOLATION/EXCLUSION

Controlling what another does, who they see and talk to, what they read, where they go. Limiting outside involvement. Using jealousy to justify actions.

POWER AND **CONTROL**

INTIMIDATION

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

SEXUAL **COERCION**

Manipulating or making threats to get sex. Getting them 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 them to the police. Making them drop charges. Making them do illegal things.

DENY/BLAME

Making light of the abuse and not taking concerns about it seriously. Saying the abuse didn't happen. Shifting responsibility for abusive behaviour. Saying they

of beams

EQUALITY WHEEL

NEGOTIATION AND

FAIRNESS

Seeking mutually satisfying

resolutions to conflict. Accepting

changes. Being willing to

compromise.

NON-VIOLENCE

NON-THREATENING BEHAVIOUR

Talking and acting so that they feel safe and comfortable expressing themself and doing things.

RESPECT

Listening to them nonjudgmentally. Being emotionally affirming and understanding. Valuing their opinions.

ECONOMIC PARTNERSHIP

Making money decisions together. Making sure both partners benefit from financial arrangements.

Purple Ribbon

Violence

EQUALITY

TRUST AND SUPPORT

Supporting their goals in life Respecting their right to their own feelings, friends, activities, and opinions.

SHARED RESPONSIBILITY

Mutually agreeing on a fair distribution of work. Making decisions together.

RESPONSIBLE PARENTING

Sharing parental responsibilities. Being a positive, nonviolent role model for children.

HONESTY & ACCOUNTABILITY

Accepting responsibility for self. Acknowledging past use of violence. Admitting being wrong. Communicating openly and truthfully.

Developed from:

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Duluth, MN 55802, USA

Domestic Abuse Intervention Project

Campaign Against

PRINCE EDWARD ISLAND ADVISORY COUNCIL ON THE STATUS OF WOMEN CONSEIL CONSULTATIF SUR LA SITUATION DE LA FEMME DE L'ÎLE-DU-PRINCE-ÉDOUARD