### TEEN POWER AND CONTROL WHEEL



### VIOLENCE physical

### ANGER/ **EMOTIONAL ABUSE**

Putting them down. Making them feel bad about themselves. Name calling. Making them think they are crazy. Playing mind games. Humiliating one another. Making them feel guilty.

# sexua/

### **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.

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

PEER PRESSURE

#### 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.

### 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 behaviour. Saying they caused it.

Need help? KidsHelpPhone.ca: 1-800-668-6868 | Text CONNECT to 686868

PEI Rape and Sexual Assault Centre: 902-566-1864

Victim Services: Charlottetown 902-368-4582, Summerside 902-888-8218

### EQUALITY WHEEL



### 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

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

PARTNERSHIP

# EQUALITY

### TRUST AND SUPPORT

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

## SHARED RESPONSIBILITY

**NEGOTIATION AND** 

FAIRNESS

Seeking mutually satisfying resolutions to conflict. Accepting

changes. Being willing to compromise.

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:** 

Domestic Abuse Intervention Project 202 East Superior Street, Duluth, MN 55802, US



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