# Power and Control Wheel for Teen Dating Violence

**POWER** 

AND

**CONTROL** 

#### THREATS:

Threatening to: spread rumors, leave you, commit suicide, hurt your friends/family, beat you up, or kill you. Threats with weapons to keep you in line, destroying your property, threatening phone calls, etc.

## BLAMING & DENYING:

Making light of the abuse, saying that you cause it or you like it, saying he/she loves you after hurting you, saying it's all your fault and you deserve it, etc.

Expects you to spend all your time with him/her, tells you how to dress, calls or pages you a lot to keep track of you, treats you like a servant, etc.

#### CONTROLLING:

#### SEXUAL:

Having your sexual past insulted, being called bad sexual names, having bad things said about your body, being forced to do something sexual you don't want to do, being forced to have sex without birth control or safer sex, forced into prostitution or pornography, etc.

> Not letting you go out with friends or see family, not being able to talk to others of the opposite sex, disapproving of all your friends, etc.

> > ISOLATION:

Taking your money away from you to use for him/herself, preventing you from getting or keeping a job or going to school, making you ask for money, etc.

#### ECONOMIC:

### PHYSICAL:

Pushing or shoving you, being held down, biting, kicking, slapping, punching, choking, hair pulling, being thrown against the wall or on the ground, being stabbed or shot, being tied up, having something thrown at you, being kept from food/water/sleep, etc

Yelling at you, calling you names, making you feel worthless, making you feel crazy, telling you you're stupid, embarrassing you in front of others, making you feel bad about yourself, etc.

PHYSICAL:

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