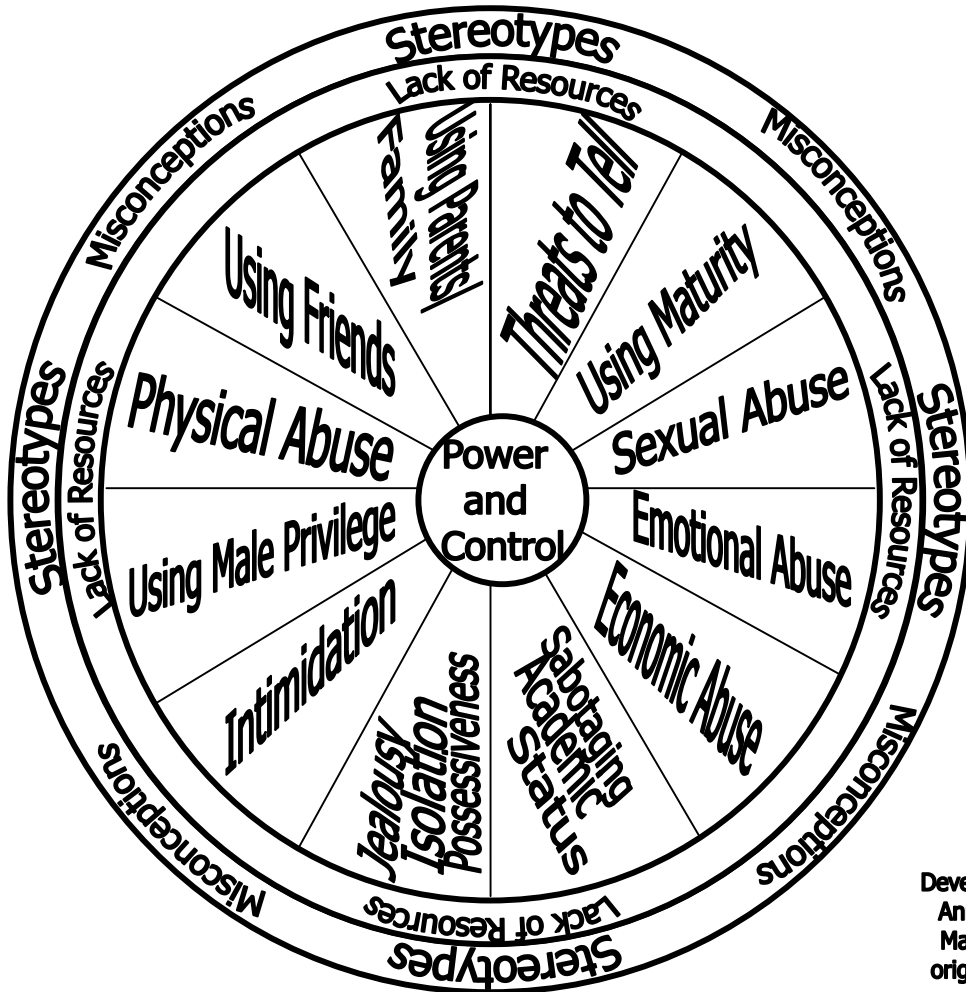




# Dating Violence Power and Control Wheel

## Teen Voice

Dating Violence is the intentional use of abusive tactics and physical force in order to obtain and maintain power and control over an intimate partner.



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## HOLDING THE WHEEL TOGETHER

### Lack of Resources for Teens:

Teens do not hold, or have access to, the same rights in society as adults. This limits a dating violence survivor's choices because she must decide whether her need for resources outweighs the risk of telling her parents. Consequently, dating violence survivor's actions and safety are limited by: parental consent laws, lack of transportation, lack of money, lack of confidential health care and mental health resources, lack of programming specific to teens' needs, etc. All of these examples demonstrate how the lack of resources for teens severely limits dating violence survivor's access to resources.

### Stereotypes & Misconceptions about Teens:

Teens are commonly seen as immature, irrational, hormonal, and overly sensitive. Often their feelings are discounted and their concerns are not taken seriously. Often their relationships are viewed trivial. Because "young love" is seen as turbulent, the severity, or even existence of, violence is often minimized or trivialized. These views of teens create barriers in societal understanding of dating violence as a severe problem for teens.



Created 8/2006  
Teen Voice

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## Threats to Tell

- Threats to tell parents that she has had sex, used drugs, gone places she was not supposed to (whether she truly has or not).
- Threats to tell school/friends about her sexual experience or inexperience to damage her reputation.
- Threats to spread rumors about her to tell others she has revealed secrets they confided in her.
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## Using Maturity

- Telling survivor, "If you can't deal with this (abusive behavior) than maybe you aren't mature enough for me/this relationship."
- Pressuring her to do things she is not comfortable with/ready to do yet.
- Telling survivor "This is how 'mature' relationships are."
- Telling her she needs to "grow up", "not be such a baby", "not to be so sensitive" about his behavior.

## Sexual Abuse

- ANY unwanted, uncomfortable and/or forced sexual activity.
- Continued sexual advances or touching after being told "no."
- Touching her/making her do sexual things in public.
- Criticizing her for her sexual experiences or lack-of.
- Trying to get her pregnant.
- Demeaning her for having an abortion.

## Emotional Abuse

- Criticizing her physical appearance/body/weight/clothes.
- Telling her now no one else will date her.
- Telling her she's too stupid to go to college.
- Telling her she is a slut or is frigid.
- Telling others at school bad things about her.

## Economic Abuse

- Saying they need to spend more time together so she should quit her job.
- Buying her lots of gifts but expecting things from her in return.
- Harassing her at her job by calling a lot or watching her under the "guise" of

jealousy and/or infatuation until she gets fired.

- Borrowing money from her and not paying her back.
- Making her pay for all their dates. Expecting her to buy him lots of fights or he'll break up with her.

## Sabotaging Academic Status

- Keeping her from getting to classes on time or making her attendance inconsistent because of fights and the time she must spend proving her loyalty to him.
- Threatening to tell teachers she has cheated on tests or has let him cheat off her.
- Keeping her from doing homework or studying for tests.
- Using jealousy as an excuse to keep her from completing group projects.

## Jealousy/Isolation/ Possessiveness

- Telling the survivor, "No one else understand me, I'll kill myself if you break up with me."
- Telling the survivor, "You're so beautiful, I get jealous when you talk to other guys-I'd feel better if you quit theater club, your co-ed study groups, etc."
- Telling the survivor, "I've never loved anyone as much as you, let's not go out with our friends, we should spend more time just the two of us."
- Getting parents/family to like him so they don't believe the survivor when she tries to tell them about the abuse, and instead, they encourage her to stay in and work on the relationship.
- Assailant does things to interfere with and ruin her relationship with her parents so she can't/won't confide in them.
- Tells the survivor, "No one understands us, it's us against them (the adults, etc)."

## Intimidation

- Intimidating with looks, action and gestures.
- Using ultimatums: "Do this or I'll break up with you."
- Driving erratically.
- Drinking or using drugs.
- Threatening to leave/abandon her in dangerous/unfamiliar situations.

## Using Male Privilege

- Being the one who controls the status of the relationship-saying "now we're

not going out anymore, now we are again"-IT'S ALWAYS HIS CALL.

- Telling the survivor, "My previous girlfriends did this so you should too or I'll go back to her."
- Making all of the decisions about where they go/what they do/who they hang out with.

## Physical Abuse

- Tickling, pinching, restraining, slapping, pushing, kicking, hitting, strangling, biting, pulling hair.

## Using Friends

- Telling her that her friends are no good for her as a way to isolate her from support systems.
- He may say your friends talk about you behind your back.
- He may say her friends are losers, sluts, too immature, etc.
- Getting in good with her friends so it is harder to break up with him because he is part of the social circle and they will tell her to stay with him.

## Using Parents/Family

- Taking her to places she is not allowed to go, making her do things she is not allowed to do so she fears he will tell her family or she can not tell her parents about an abusive incident because it occurred while she was doing something else she fears her parents will disapprove.
- Threatening to mess up/destroy parents belongings (car, furniture, home) in order to get her to do what he wants.
- Calling and/or coming to her parents' home at all hours of the night until she talks to him or does what he wants.
- Threatening to hurt family and/or pets.

This handout is gender specific because that is the reality of dating violence. According to the Department of Justice, 85% of dating and domestic violence survivors are women (2000). Safe House provides services to all survivors of domestic violence and sexual assault regardless of gender or sexual orientation.

