

# Harmful Power & Control Wheel

Dating violence is a **PATTERN** of behaviors used to exert **POWER and CONTROL** over a dating partner



Help is available for anyone in an abusive relationship. Regardless of your sexual orientation, immigration status, etc. there are services that can help you.



**NYC**  
 Mayor's Office to Combat Domestic Violence  
 Healthy Relationship Training Academy

**AVON**  
 Foundation for Women

Call 1-800-621-HOPE or 311 for help.  
 Adapted for teens who are runaway and homeless, lesbian/gay/bisexual/transgender/questioning (LGBTQ), immigrants, pregnant/parenting, or exploited through forced sexual acts with permission from the Domestic Abuse Intervention Project, 202 East Superior St, Duluth, MI 55802; Phone: (218) 722-2781; www.duluth-model.org.