Harmful Power & Control Wheel

Dating violence is a

PATTERN

of behaviors used to exert POWER and CONTROL

over a dating partner

ECONOMIC ABUSE

- Pressuring partner to engage in sexual acts for abuser's financial gain
- Threatening to withdraw financial support if partner does not obey abuser
- · Not allowing partner to go to school/work, or sabotaging her/his performance
 - · Not filing necessary immigration documents

ISOLATION/

EXTREME JEALOUSY

- Isolating partner from friends, family, and those who speak her/his language
- Accusing partner of cheating
- · Keeping constant tabs on partner
- Lying topartner by saying no help is available
- · Restricting partners' use of technology

- destroying objects, or showing weapons
 - Showing up uninvited/unannounced
 - Telling partner to drop existing criminal charges

POWER

AND

CONTROL

PEER

PHYSICAL VIOLENCE

- **PRESSURE** Pressuring
- partner to do something because "everyone does it"
- · Being charming and generous with partner's family/friends so they encourage her/him to stay in the relationship

USING

CHILDREN

Using children to relay

threatening messages to partner

· Pressuring partner not to express sexual orientation, etc.

- Threatening to leave partner, commit suicide, or report partner to welfare or immigration officials
- Telling children negative things about partner · Hurting or threatening to hurt children
- sed in order to enforce power and control over a sildren over a s Threatening to report partner's children. to child welfare or immigration officials

MINIMIZING, DENYING, & BLAMING

- Not taking responsibility for one's abusive behavior
- Making light of the abuse
- · Saying the abuse did not happen
- · Saying victim caused the abuse

IISING **PRIVILEGE**

- Using perceived inequality in the relationship to assert authority
- Using gender, race, or socio-economic status as justification for abuse
- Restricting/withholding access to assistance and/or services for a disability
- Exploiting partner's immigration status

Mayor's Office to

AVON **Combat Domestic Violence** Foundation Healthy Relationship Training Academy for Women

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

Call 1-800-621-HOPE or 311 for help.

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.