TEEN POWER AND CONTROL WHEEL

VIOLENCE physical se tuol ANGER/EMOTIONAL ABUSE: **PEER PRESSURE:** Putting her/him down. Threatening to expose Making her/him feel bad someone's weakness or about her or himself. Name calling. Making her/him think she/he's spread rumors. Telling malicious lies about an individual to peer group. crazy. Playing mind games. Humiliating one another. Making her/him feel guilty. ISOLATION/EXCLUSION: **USING SOCIAL STATUS:** Controlling what another does, Treating her like a servant. who she/he sees and talks to, Making all the decisions. Acting like the "master of the castle." Being the one to what she/he reads, where she/he goes. Limiting outside involvement. Using jealousy **TEEN** define men's and women's to justify actions **POWER AND INTIMIDATION: SEXUAL COERCION:** CONTROL Making someone afraid Manipulating or making threats to get sex. Getting her pregnant. Threatening to take by using looks, actions, gestures. Smashing things. Destroying property. the children away. Getting Abusing pets. Displaying someone drunk or drugged weapons. to get sex. MINIMIZE/DENY/ THREATS: **BLAME**: Making and/or carrying out threats to do some-Making light of the abuse thing to hurt another. and not taking concerns about it seriously. Saying Threatening to leave, to commit suicide, to report the abuse didn't happen. Shifting responsibility for abusive behavior. Saying her/him to the police. Physical Making her/him drop charges. Making her/him do illegal things. she/he caused it. VIOLENCE

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