Teen Power & Control Wheel

VIOLENCE

physical

sexual

PEER PRESSURE:
Threatening to expose someone's weakness or spread rumors. Telling malicious lies about an individual to peer group.

ANGER/ EMOTIONAL ABUSE:
Putting them down. Making them feel bad about themselves. Name calling. Making them think they're crazy. Playing mind games. Humiliating one another. Making them feel guilty.

ISOLATION/ EXCLUSION:
Controlling what another does, who they see and talk to, what they read, where they go. Limiting outside involvement. Using jealousy to justify actions.

USING SOCIAL STATUS:
Treating them like a servant. Making all the decisions. Acting like the "master of the castle." Being the one to define gender roles.

SEXUAL COERCION:
Manipulating or making threats to get sex. Getting them pregnant. Threatening to take the children away. Getting someone drunk or drugged to get sex.

INTIMIDATION:
Making someone afraid by using looks, actions, gestures. Smashing things. Destroying property. Abusing pets. Displaying weapons.

THREATS:
Making and/or carrying out threats to do something to hurt another. Threatening to leave, commit suicide, or report them to the police. Making them drop charges. Making them do illegal things.

MINIMIZE/DENY/ BLAME:
Making light of the abuse and not taking concerns about it seriously. Saying the abuse didn't happen. Shifting responsibility for abusive behavior. Saying they caused it.

physical

sexual

VIOLENCE

Palomar