



Teen Dating Power and Control Wheel

Power

and

Control

Threats

cetual Violence

Minimize/

Deny/Blame

Intimidation

Putting someone in fear by using looks, threats, actions, gestures, loud voice, or destroying property. Following him/her and often Acting like the abuse showing up isn't a big deal and not uninvited.

taking it seriously. Saying the abuse didn't happen. Telling the victim that he/she caused it. Saying that something or someone else is responsible for it.

Using Privilege

roles.

Treating someone like a servant. Making all the decisions. Violating privacy. Being the one to define and/or control relationship

Making and/or carrying out threats to hurt the victim. Threatening to kill the victim, victim's family or pets, or commit suicide. Threatening to leave.

Emotional Abuse

Putting someone down or making him/her feel bad. Calling someone names or embarrassing them. Making someone feel like he/she is crazy Making him/her feel guilty.

Physical Violence **Pressure** Threatening to spread rumors or expose secrets. Telling lies about an individual to peers. Sending embarrassing or private pictures of an individual to others.

Sexual Coercion

Making someone do sexual things against his/her will, before he/she is ready, or for money/

goods. Treating someone Isolation like a sex object. Getting Controlling someone drunk or what someone drugged to does, who he/she Sylalol Violence have sex. sees and talks to, where he/she goes, and

extracurricular activities.

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ANSIGN VIOLENCE







This grant project is funded by the State General Fund as administered by the Kansas Governor's Grants Program. The opinions, findings and conclusions, or recommendations expressed in this publication, program, or exhibition are those of the author(s) and do not necessarily reflect the views of the Office of the Kansas Governor.

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