Power & Control Wheel for Teen Dating Violence

This tool explains some of the ways an abusive partner may use power and control to manipulate a relationship.

- **Intimidation**: Scares you by smashing things, abusing pets, hurting people close to you or displaying weapons.
- **Using your gender against you**: Says that because of your gender they get to make all the decisions and/or treat you like a servant.
- **Threats**: Makes and/or carries out threats to hurt you or others. Threatens to hurt themselves. Threatens to spread rumors about you.
- **Controlling your money**: Expects you to spend your money on them, prevents you from getting a job and/or takes your money.
- **Emotional abuse**: Humiliates you, puts you down, plays mind games and/or makes fun of your appearance.
- **Pressure**: Pressures you to do things you don’t want to do including drugs and having sex.
- **Blaming**: Says the abuse didn’t happen or that it isn’t a big deal. Says it’s your fault.
- **Isolation**: Controls what you do, who you see, talk to, where you go. Keeps you from seeing your family & friends.

If you would like to speak to a counselor about your relationship or someone you know please call our confidential hotline at 1-800-664-5880.