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.





Says that because of your gender they get to make all the decisions and/or treat you like a servant.

Scares you by smashing things, abusing pets, hurting people close to you or displaying weapons.

threats

Makes and/or carries out threats to hurt you or others. Threatens to hurt themselves. Threatens to spread rumors about you.



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controlling your money

Expects you to spend your money on them, prevents you from getting a job and/or takes your money.

Power

Control

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

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