TEEN POWER AND CONTROL WHEEL

MOTENCE

PEER PRESSURE:

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

ANGER/EMOTIONAL ABUSE:

Putting her/him down.
Making her/him feel bad
about her or himself.
Name calling. Making
her/him think she/he's
crazy. Playing mind
games. Humiliating one
another. Making
her/him feel guilty.

ISOLATION/EXCLUSION:

Controlling what another does, who she/he sees and talks to, what she/he reads, where she/he goes. Limiting outside involvement. Using jealousy to justify actions

SEXUAL COERCION:

Manipulating or making threats to get sex. Getting her pregnant. Threatening to take the children away. Getting someone drunk or drugged to get sex.

TEEN
POWER
AND

USING SOCIAL STATUS:

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Treating her like a servant.

Making all the decisions.

Acting like the "master of the castle." Being the one to define men's and women's roles.

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, to commit suicide, to report her/him to the police. Making her/him drop charges. Making her/him 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 she/he caused it.

VIOLENCE

CONTROL

Produced and distributed by:

Developed from:
Domestic Abuse Intervention Project
202 East Superior Street
Duluth, MN 55802
218.722.4134



NATIONAL CENTER on Domestic and Sexual Violence

training - consulting - advocacy
4612 Shoal Creek Blvd. - Austin, Texas 78756
512.407.9020 (phone and fax) - www.ncdsv.org

EQUALITY WHEEL FOR TEENS

ESTEPONTON

TEEN

EQUALITY

NEGOTIATION AND FAIRNESS:

Seeking mutually satisfying resolutions to conflict. Accepting changes. Being willing to compromise.

NON-THREATENING BEHAVIOR:

Talking and acting so that she feels safe and comfortable expressing herself and doing things.

COMMUNICATION:

Willingness to have open and spontaneous dialogue. Having a balance of giving and receiving. Problem solving to mutual benefit. Learning to compromise without one overshadowing the other.

RESPECT:

Listening to her non-judgmentally. Being emotionally affirming and understanding. Valuing her opinions.

SHARED POWER:

Taking mutual responsibility for recognizing influence on the relationship. Making decisions together.

TRUST AND SUPPORT:

Supporting her goals in life. Respecting her right to her own feelings, friends, activities, and opinions.

SELF-CONFIDENCE AND PERSONAL GROWTH:

Respecting her personal identity and encouraging her individual growth and freedom. Supporting her security in her own worth.

HONESTY AND ACCOUNTABILITY:

Accepting responsibility for self. Acknowledging past use of violence. Admitting being wrong. Communicating openly and truthfully.

MONVIOLENCE

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PHYSICAL VIOLENCE SEXUAL

1001 Texas Avenue, Suite 600 Houston, Texas 77002

Phone: (713) 224-9911 Fax: (713) 429-4363 www.avda-tx.org

USING COERCION AND THREATS

Making and/or carrying out threats to do something to hurt her · threatening to leave her, to commit suicide, to report her to welfare . making her drop charges . making her do illegal things.

USING INTIMIDATION

Making her afraid by using looks, actions, destures smashing things • destroying her property . abusing pets · displaying weapons.

USING **EMOTIONAL ABUSE**

Putting her down • making her feel bad about herself . calling her names · making her think she's crazy · playing mind games · humiliating her · making her feel guilty.

USING **ECONOMIC ABUSE**

the castle" . being the one to

define men's and women's roles

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Preventing her from getting or keeping a job . making her ask for money . giving her an allowance • taking her money • not letting her know about or have access to family income.

AND

POWER

USING MALE PRIVILEGE Treating her like a servant • making all the big decisions • acting like the "master of.

USING ISOLATION

Controlling what she does, who she sees and talks to, what she reads, where she goes . limiting her outside involvement • using jealousy to justify actions.

USING **CHILDREN**

Making her feel guilty about the children . using the children to relay messages using visitation to harass her threatening to take the children away.

MINIMIZING. DENYING AND BLAMING

Making light of the abuse and not taking her concerns about it seriously . saying the abuse didn't happen . shifting responsibility for abusive behavior • saying she caused it.

PHYSICAL VIOLENCE SEXUAL



NONVIOLENCE

1001 Texas Avenue, Suite 600 Houston, Texas 77002

Phone: (713) 224-9911 Fax: (713) 429-4363 www.avda-tx.org

NEGOTIATION AND FAIRNESS

Seeking mutually satisfying resolutions to conflict
• accepting change
• being willing to compromise.

NON-THREATENING BEHAVIOR

Talking and acting so that she feels safe and comfortable expressing herself and doing things.

ECONOMIC PARTNERSHIP

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Making money decisions together • making sure both partners benefit from financial arrangements.

RESPECT

Listening to her nonjudgmentally • being emotionally affirming and understanding • valuing opinions.

SHARED RESPONSIBILITY

Mutually agreeing on a fair distribution of work • making family decisions together.

TRUST AND SUPPORT

Supporting her goals in life • respecting her right to her own feelings, friends, activities and opinions.

RESPONSIBLE PARENTING

Sharing parental responsibilities • being a positive non-violent role model for the children.

HONESTY AND ACCOUNTABILITY

Accepting responsibility for self • acknowledging past use of violence • admitting being wrong • communicating openly and truthfully.

NONVIOLENCE



PHYSICAL VIOLENCE SEXUAL

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USING COERCION AND THREATS

Making and/or carrying out threats to do something to hurt her · threatening to leave her, to commit suicide, to report her to welfare . making her drop charges . making her do illegal things.

USING INTIMIDATION

Making her afraid by using looks, actions, gestures · smashing things · destroying her property abusing pets · displaying weapons.

USING **EMOTIONAL ABUSE**

Putting her down • making her feel bad about herself . calling her names . making her think she's crazy playing mind games • humiliating her · making her feel quilty.

USING ECONOMIC ABUSE

Preventing her from getting or keeping a job . making her ask for money . giving her an allowance • taking her money • not letting her know about or have access to family income.

POWER

USING MALE PRIVILEGE

Treating her like a servant • making all the big decisions . acting like the "master of. the castle" . being the one to define men's and women's roles

USING ISOLATION

Controlling what she does, who she sees and talks to, what she reads, where she goes . limiting her outside involvement • using jealousy to justify actions.

USING **CHILDREN**

Making her feel guilty about the children . using the children to relay messages using visitation to harass her threatening to take the children away.

MINIMIZING. DENYING AND BLAMING

Making light of the abuse and not taking her concerns about it seriously . saying the abuse didn't happen . shifting responsibility for abusive behavior . saying she caused it.

PAYYSICAL VIOLENCE SEXUAL



NONVIOLENCE

1001 Texas Avenue, Suite 600 Houston, Texas 77002

Phone: (713) 224-9911 Fax: (713) 429-4363 www.avda-tx.org

NEGOTIATION AND FAIRNESS

Seeking mutually satisfying resolutions to conflict
• accepting change
• being willing to compromise.

NON-THREATENING BEHAVIOR

Talking and acting so that she feels safe and comfortable expressing herself and doing things.

ECONOMIC PARTNERSHIP

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Making money decisions together • making sure both partners benefit from financial arrangements.

RESPECT

Listening to her nonjudgmentally • being emotionally affirming and understanding • valuing opinions.

SHARED RESPONSIBILITY

Mutually agreeing on a fair distribution of work • making family decisions together.

TRUST AND SUPPORT

Supporting her goals in life • respecting her right to her own feelings, friends, activities and opinions.

RESPONSIBLE PARENTING

Sharing parental responsibilities • being a positive non-violent role model for the children.

HONESTY AND ACCOUNTABILITY

Accepting responsibility for self • acknowledging past use of violence • admitting being wrong • communicating openly and truthfully.

NONVIOLENCE