"The Crisis Line truly helped me in one of my darkest moments, and I am forever grateful for the person that listened to me that night." -Anonymous Survivor

KNOW THE SIGNS

CONTROL

Teen Power & Control Wheel Abuse is a pattern of behaviors used to gain or maintain power and control. The complexities of relationship abuse are hard to explain in a single diagram, however, the wheel presents a clear lens through which to

examine domestic

violence.

Peer Pressure

threatening to expose someone's weakness or secrets * spreading rumors and telling lies about someone to their peer group * pressuring another how to look, dress and act * pressuring someone to partake in illegal activities

Anger or **Emotional Abuse**

Putting another person down * Name calling, yelling and physical violence * Playing mind games, making someone think they are crazy * Humiliating someone, causina embarrassment and shame

Using Social Status

treating someone like a servant * acting like the "Master of the Castle" * making all the decisions in the relationship defining men's and women's roles in the relationship * stating the victim would be nothing without them

Isolation

Controlling what someone does, who they see, where they go, or who they talk to * demonstrates overly jealous behavior * tries to limit outside involvement with friends, family or activities * does not respect someone's choice of personal privacy * monitors someone's cell phone use, text messages and social media

Sexual Persuasion manipulating or making threats to get sex * making someone feel quilty for not wanting a sexual relationship * planned pregnancy to keep the other from leaving the relationship * getting someone drunk or drugged to get sex * being overly sexual to keep the other from leaving * using "love" to justify bad behavior.

Threats

making and/or carrying out threats to do something to hurt another * threatening to leave, to commit suicide, or to report someone to the police * trying to force another to drop charges by using fear tactics

Intimidation

making someone afraid by using aggressive looks, actions or gestures * smashing things or destroying property * using fear tactics such as displaying weapons * abusing animals to demonstrate control * bullying someone to make them feel powerless in the relationship

Denying, Minimizing & Blaming

makina light of the abuse and not taking concerns about it seriously * saving the abuse didn't happen * shifting responsibility for abusive behavior * stating the victim in the relationship caused the abuse to happen

PHYSICAL SEXUAL

UNTIL

racism

24/7 HELP Line 810.238.SAFE (7233)