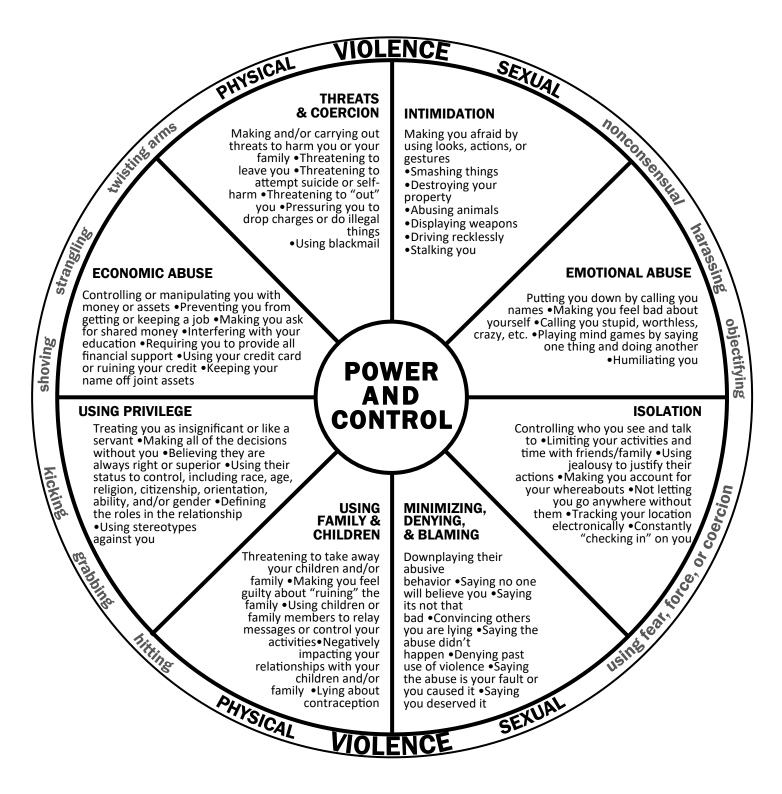
### **Power and Control Wheel**



# **SAFEHOME 24/7 Hotline: 913.262.2868**

www.safehome-ks.org
Adapted from the Duluth Power and Control Wheel Model
Developed by: Domestic Abuse Intervention Project, Duluth, MN
SAFEHOME. Inc. 2018

The Power & Control wheel is one tool used to understand the pattern of behaviors in abusive relationships. Apart from physical and sexual violence, the different forms of abuse can be difficult to identify. However, regular use of these other forms of abuse make up a larger system of abuse and are often reinforced by one or more acts of physical and/or sexual violence.

## TEEN POWER AND CONTROL WHEEL

#### VIOLENCE physical se tuol ANGER/EMOTIONAL ABUSE: **PEER PRESSURE:** Putting her/him down. Threatening to expose Making her/him feel bad someone's weakness or about her or himself. Name calling. Making her/him think she/he's spread rumors. Telling malicious lies about an individual to peer group. crazy. Playing mind games. Humiliating one another. Making her/him feel guilty. ISOLATION/EXCLUSION: **USING SOCIAL STATUS:** Controlling what another does, Treating her like a servant. who she/he sees and talks to, Making all the decisions. Acting like the "master of the castle." Being the one to what she/he reads, where she/he goes. Limiting outside involvement. Using jealousy **TEEN** define men's and women's to justify actions **POWER AND INTIMIDATION: SEXUAL COERCION:** CONTROL Making someone afraid Manipulating or making threats to get sex. Getting her pregnant. Threatening to take by using looks, actions, gestures. Smashing things. Destroying property. the children away. Getting Abusing pets. Displaying someone drunk or drugged weapons. to get sex. MINIMIZE/DENY/ THREATS: **BLAME**: Making and/or carrying out threats to do some-Making light of the abuse thing to hurt another. and not taking concerns about it seriously. Saying Threatening to leave, to commit suicide, to report the abuse didn't happen. Shifting responsibility for abusive behavior. Saying her/him to the police. Physical Making her/him drop charges. Making her/him do illegal things. she/he caused it. VIOLENCE

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### **Equality Wheel**

#### NONVIOLENCE COMMUNICATION NON-THREATENING **BEHAVIOR** Speaking directly, openly and truthfully with one Talking and acting so that both feel safe to express another feelings and take action Asking questions to avoid misunderstanding Practicing consent without pressure or manipulation, in Talking calmly, without being hurtful, blaming, both sexual and non-sexual relationships passive, or aggressive Establishing clear Being honest without boundaries that are fear of retribution RESPECT respected Being present and Being supportive and listening fully ECONOMIC PARTNERSHIP understanding Valuing each other and Making money decisions together acknowledging each other's worth •Ensuring both benefit from financial •Respecting each other's right to arrangements one's own feelings, friends, activities, opinions, etc. Acknowledging the other's contributions, monetary and non-monetary Accepting each other as you are **EQUALITY NEGOTIATION AND FAIRNESS** TRUST AND SUPPORT Seeking mutually satisfying resolutions to •Being there for the other person conflict emotionally, mentally, and physically •Being open to and accepting of change •Recognizing the importance of individuality and independence •Being willing to compromise Supporting each other's goals Giving as well as receiving Believing one another **SHARED** RESPONSIBILITY **ACCOUNTABILITY** Agreeing mutually on a fair Accepting responsibility distribution of work for one's self, both actions and emotions Making decisions together Acknowledging past use of Sharing parental violence responsibility Admitting being wrong Having consistency and continuity in the Forgiving one's self and commitment others NONVIOLENCE

Adapted from the Duluth Equality and Respect Wheel Model
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