TEEN POWER AND CONTROL WHEEL
Adapted from the Domestic Abuse Intervention in Duluth, Minnesota

Peer Pressure
- Threatening to expose someone's weakness or spread rumors • Telling malicious lies about an individual to peer group

Anger/Emotional Abuse
- Putting him/her down • Making him/her feel badly about him or herself • Name calling • Making him/her think he/she's crazy • Playing mind games • Humiliating him/her • Making him/her feel guilty

Using Social Status
- 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

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 he/she caused it

Isolation/Exclusion
- Controlling what another does, who he/she sees, and talks to, what he/she reads, where he/she 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 have sex

Threats
- Making and/or carrying out threats to do something to hurt another • Threatening to leave, to commit suicide, to report him/her to the police • Making him/her drop charges • Making him/her do illegal things