Teen Dating Power and Control Wheel

**Intimidation**
Putting someone in fear by using looks, threats, actions, gestures, loud voice, or destroying property. Following him/her and often showing up uninvited.

**Emotional Abuse**
Putting someone down or making him/her feel bad. Calling someone names or embarrassing them. Making someone feel like he/she is crazy. Making him/her feel guilty.

**Minimize/Deny/Blame**
Acting like the abuse isn’t a big deal and not taking it seriously. Saying the abuse didn’t happen. Telling the victim that he/she caused it. Saying that something or someone else is responsible for it.

**Peer Pressure**
Threatening to spread rumors or expose secrets. Telling lies about an individual to peers. Sending embarrassing or private pictures of an individual to others.

**Using Privilege**
Treating someone like a servant. Making all the decisions. Violating privacy. Being the one to define and/or control relationship roles.

**Threats**
Making and/or carrying out threats to hurt the victim. Threatening to kill the victim, victim’s family or pets, or commit suicide. Threatening to leave.

**Isolation**
Controlling what someone does, who he/she sees and talks to, where he/she goes, and extracurricular activities.

**Sexual Coercion**
Making someone do sexual things against his/her will, before he/she is ready, or for money/goods. Treating someone like a sex object. Getting someone drunk or drugged to have sex.

**Sexual Violence**

**Physical Violence**

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