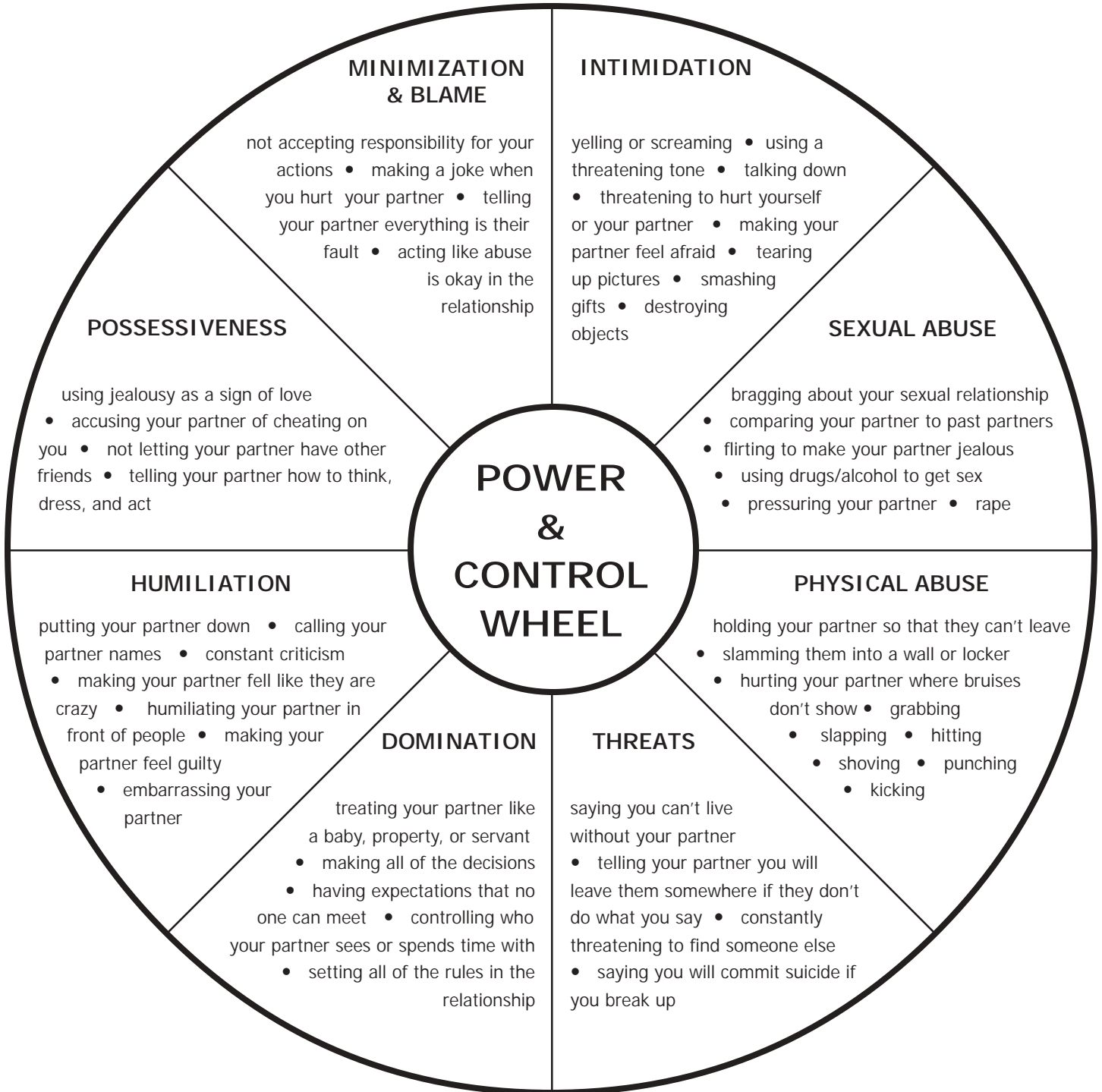


POWER & CONTROL in Dating Relationships

When one person in a relationship repeatedly scares, hurts or puts down the other person, it is abuse. The Power & Control Wheel lists examples of each form of abuse. Remember, abuse is much more than slapping or grabbing someone.

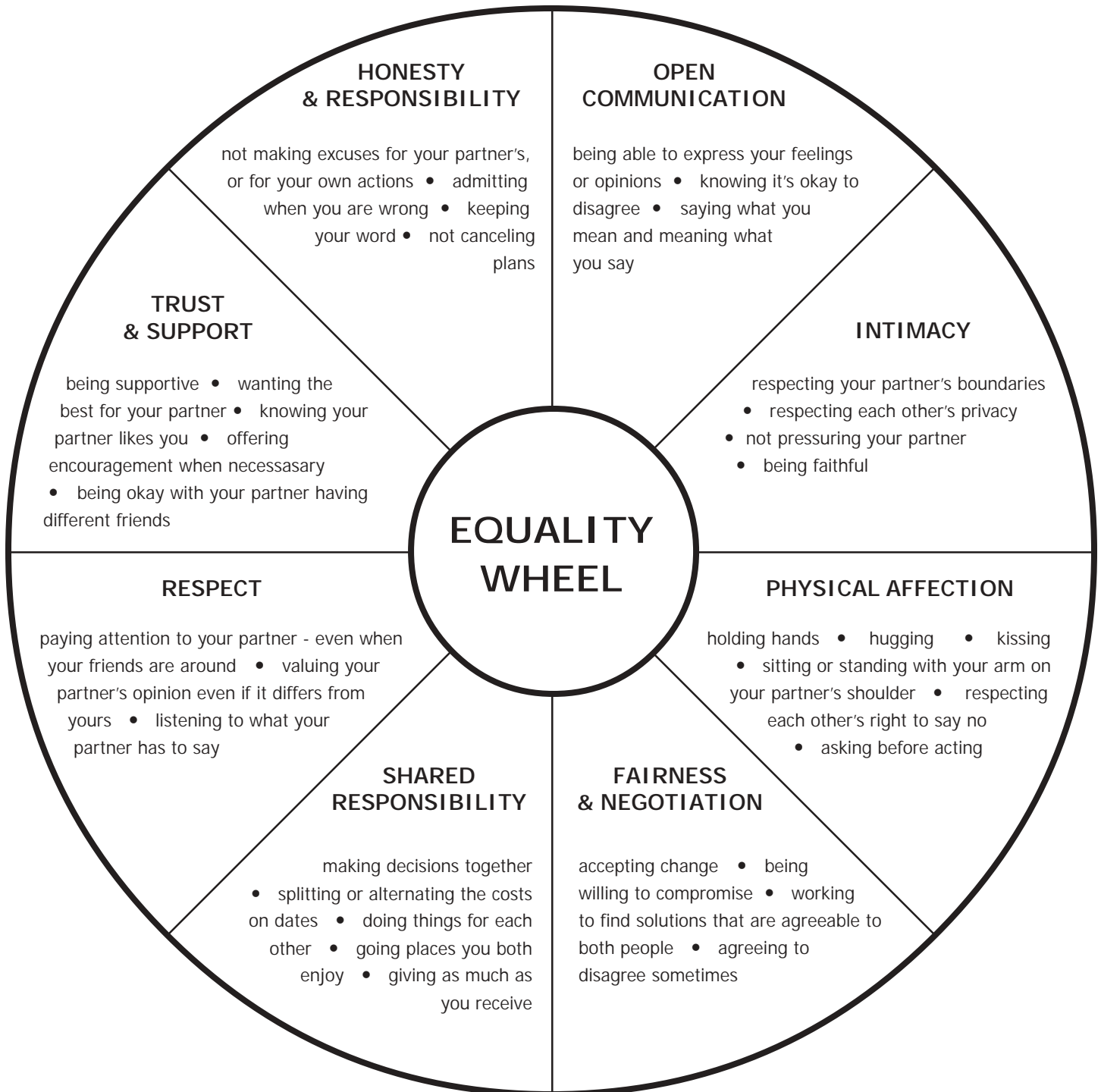


**A relationship full of control
is really out of control!**

EQUALITY

in Dating Relationships

A strong dating relationship is based on EQUALITY and RESPECT, not power and control. Think about how you treat - and want to be treated by - someone you care about. Compare the examples of an equality based relationship listed below with those on the Power & Control Wheel.



**In the strongest relationships,
respect can't be beat!**