

**Teen Power
&
Control Wheel**

**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 bad 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

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

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

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