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!

Adapted from: Reaching & Teaching Teens
Nebraska Domestic Violence & Sexual Assault Coalition 1995
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!

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