# Handout | Power and Control Wheel/PCW

**Using Physical Violence** 

Hitting, scratching, shaking.

choking, pinching, pushing,

strength against another

Using one's body size or

person.

biting, or grabbing.

In an abusive or violent relationship, power and control are repeatedly misused against a girlfriend, boyfriend, family member, or peer. Here are some examples of physical, verbal, and sexual abuse and violence.

#### **Using Harmful Language**

- · Name calling.
- · Playing mind games.
- Humiliating someone.
- Making someone feel insecure.
- · Making someone feel guilty.
- Telling lies or private information about someone to others.

#### **Using Social Standing**

- Using popularity, class, race or disability to manipulate someone else.
- Making all the decisions for someone.
- Being the only one to define roles in the relationship.

### Exclusion

- Controlling what someone does or where she/he goes.
- Deciding who someone sees, talks to, or what she/he wears.
- Limiting outside involvement.
- Pressuring someone to be part of a group.
- Isolating someone from their friends or family.

# Power \*and Control Wheel

#### **Using Technology**

- · Sending unwanted text messages.
- Breaking into someone's social networking profile, email, or cell phone.
- Pressuring someone to take, send or look at sexual photos or pictures.

## Sexual Coercion, Harassment, or Assault

- Manipulating to get sex or other sexual activity.
- Getting someone drunk or drugged to get sex.
- Destroying or refusing to use birth control or STD protection during sex.
  - Making sexual comments, giving inappropriate looks, or telling sexual jokes.
    - Sexually touching, grabbing, rubbing, or pinching someone without their consent.

#### **Using Threats**

- Making threats to use physical or sexual violence.
- Threatening to leave, to commit suicide, or report someone to the police.
- · Making someone do illegal things.
- Threatening to expose someone's HIV status, immigration status, or other private information.

#### **Using Intimidation**

- Making someone afraid by using looks, actions, or gestures.
- Smashing, destroying, or stealing property.
  - Abusing pets or loved ones.
    - Displaying weapons.

## Minimizing, Denying, or Blaming

- Minimizing the impact of abuse.
- Not taking concerns about abuse seriously.
- · Saying the abuse didn't happen.
- Blaming abusive behavior on stress, alcohol, drugs, or jealousy.
- Saying the victim caused the abuse.

