

Physical Violence

Power and Control

Using Threats

- *to break up with you
- *to beat you up
- *to kill you
- *to hurt your family or friends
- *to commit suicide
- *to tell secrets about you
- *to spread rumors about you
- *to get you in trouble with your parents or the police
- *using threatening language like "you're gonna get it" or "you'd better watch out"

Minimizing, Denying Blaming

- *tells you the abuse is your fault
- *tells you that you like it
- *tells you that you "ask for it"
- *tells you to "lighten up" or makes a joke of the abuse
- *puts you down and then says "I love you or wants to be close"
- *tells you that you are just too emotional
- *uses jealousy as an excuse

Using Emotional Abuse

- *calls you names
- *yells at you
- *tells you how to dress and act
- *tells you no one else would want you
- *insults your looks, intelligence or abilities
- *embarrasses you in front of friends
- *makes you feel stupid, crazy or worthless

Using Economic Abuse

- *won't let you get a job
- *calls you and hangs around at your workplace
- *takes your money
- *borrows money and doesn't return it
- *buys you things and then holds it against you

- *pays when you go out but expects something in return

Using Isolation

- *tells you where you can go, who you can talk to, what you can do
- *checks up on you
- *is rude or abusive to your friends
- *won't allow you to talk to any member of the opposite sex
- *wants to drive you everywhere
- *tells you not to talk to family or friends

Sexual Abuse

- *forces you to do sexual things you don't want to do
- *constantly compares you sexually to others
- *refuses to use condoms
- *brags to friends
- *gets you drunk or drugged to get sex
- *uses you as a sexual object
- *makes sexual jokes about you

Using Privilege

- *makes all the decisions in the relationship
- *expects you to be always available, without asking
- *older men hitting on teenage girls

Using Intimidation

- *displays weapons
- *glares at you
- *follows you around
- *drives too fast or recklessly
- *talks about how fun it would be to be violent
- *emphasizes greater physical strength/size
- *breaks things, punches walls
- *"play" wrestling that hurts
- *repeated hang-up phone calls

Sexual Violence

Spruce Run Teen Power and Control Wheel
 (adapted from Domestic Abuse Intervention Project, Duluth, Minnesota)

Spruce Run's hotline is available 24 hours/day.
 Call for information, options and support: 1-800-863-9909