TEEN POWER AND CONTROL WHEEL

**Physical VIOLENCE**

**PEER PRESSURE:** Threatening to expose someone’s weakness or spread rumors. Telling malicious lies about an individual to peer group.

**ANGER/EMOTIONAL ABUSE:** Putting her/him down. Making her/him feel bad about her or himself. Name calling. Making her/him think she/he’s crazy. Playing mind games. Humiliating one another. Making her/him feel guilty.

**ISOLATION/EXCLUSION:** Controlling what another does, who she/he sees and talks to, what she/he reads, where she/he goes. Limiting outside involvement. Using jealousy to justify actions.

**SEXUAL COERCION:** Manipulating or making threats to get sex. Getting her pregnant. Threatening to take the children away. Getting someone drunk or drugged to get sex.

**THREATS:** Making and/or carrying out threats to do something to hurt another. Threatening to leave, to commit suicide, to report her/him to the police. Making her/him drop charges. Making her/him do illegal things.

**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 she/he caused it.

**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.


**Nonviolent EQUALITY WHEEL FOR TEENS**

**TEEN EQUALITY**

**NEGOTIATION AND FAIRNESS:** Seeking mutually satisfying resolutions to conflict. Accepting changes. Being willing to compromise.

**NON-THREATENING BEHAVIOR:** Talking and acting so that she feels safe and comfortable expressing herself and doing things.

**COMMUNICATION:** Willingness to have open and spontaneous dialogue. Having a balance of giving and receiving. Problem solving to mutual benefit. Learning to compromise without one overshadowing the other.

**SHARED POWER:** Taking mutual responsibility for recognizing influence on the relationship. Making decisions together.

**SELF-CONFIDENCE AND PERSONAL GROWTH:** Respecting her personal identity and encouraging her individual growth and freedom. Supporting her security in her own worth.

**HONESTY AND ACCOUNTABILITY:** Accepting responsibility for self. Acknowledging past use of violence. Admitting being wrong. Communicating openly and truthfully.

**TRUST AND SUPPORT:** Supporting her goals in life. Respecting her right to her own feelings, friends, activities, and opinions.

**RESPECT:** Listening to her non-judgmentally. Being emotionally affirming and understanding. Valuing her opinions.