#### Peer Pressure

 Threatening to expose someone's weakness or spread rumors
 Telling malicious lies about an individual to peer group.

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### Anger / Emotional Abuse

Putting him/her down
 Making him/her feel badly about him or her
 Name calling
 Making him/her think he/she's crazy
 Playing mind games
 Humiliating him/her
 Making him/her feel guilty.

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#### **Isolation/Exclusion**

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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.

# TEEN POWER AND CONTROL WHEEL

#### **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.

#### **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.

#### Intimidation

VIOLENCE

Making someone afraid by using looks, actions, gestures. Smashing things • Destroying property • Abusing pets • Displaying weapons.

#### **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.

#### 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.



## VIOLENCE