

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 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

Using Privilege

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

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

Sexual Abuse

*forces you to do sexual things you don't want to do
 *constantly compares you sexually to others
 *refuses to use condoms or birth control
 *brags to friends
 *gets you drunk or drugged to get sex
 *uses you as a sexual object
 *makes sexual jokes about you
 *asks for nude pictures and threatens to make them public

Using Isolation

*tells you where you can go, who you can talk to, what you can do
 *checks up on you in person and online
 *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
 *Makes you delete or block friends on social media or wants to share a profile
 *pays when you go out but expects something in return

Sexual Violence

Spruce Run-Womancare Alliance's hotline is available 24 hours/day.
 Call for information, options and support: 1.800.863.9909

**Spruce Run-Womancare Alliance
 Teen
 Power and Control
 Wheel**

(adapted from Domestic Abuse Intervention Project, Duluth, Minnesota)