

Understanding Power & Control Tactics

Each sentence below is an example of one of the tactics described in the “Power and Control” Wheel on the previous page. Draw a line to match the example on the left to the “Power and Control” tactic on the right.

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| 1. Keira tells David that if he can't get out of the house on the weekend to come see her, she will post an embarrassing picture of him on Facebook. |
| 2. Denise and William are playing 'Truth or Dare' with a group of friends, and she dares him to take off his shirt and flex his muscles like a wrestler. Everyone is watching to see if he will. |
| 3. Robin makes fun of Kim in front of their friends all the time. It makes Kim feel bad, but Robin tells Kim, "Lighten up, I'm just joking, it's funny!" |
| 4. Ross complains about Kristin's friends all the time. He doesn't like them and tells her to stop hanging out with them because they are immature. |
| 5. Dee is dating Dylan, who is in the grade above her. They are going to eat lunch together in the cafeteria, and Dylan refuses to sit with Dee's friends because he thinks they are too nerdy. |
| 6. Jason has never hit Pat, but when he's angry he often scares Pat by slamming doors or throwing things. |
| 7. George is yelling at Eva really loudly and she starts to cry. He tells her to stop crying and making such a big deal out of nothing, adding, "I just get so angry when you ignore my text messages, if you would just reply right away I wouldn't be yelling!" |
| 8. All of Sam's friends already have a date for the school dance. Sam really needs to find someone to go with and texts Ryan to see if he will go with her. He says he will, only if she dances all the slow songs with him. |

A. Isolation & Exclusion

B. Denying, Minimizing & Blaming

C. Peer Pressure

D. Emotional Abuse

E. Using Social Status

F. Intimidation

G. Threats

H. Sexual Coercion



WARNING SIGNS OF A HURTFUL OR UNHEALTHY RELATIONSHIP

DO YOU OR YOUR PARTNER OR FRIEND...

	YES	NOT SURE	NO
Ignore the other person's feelings and wishes?			
Use name calling, swearing or yelling often?			
Constantly break up and get back together?			
Tell the other person how to look and dress, or makes other demands?			
Not respect secrets or private information?			
Check up and want to know what the other person is doing all the time?			
Make fun of you in front of friends or family?			
Keep the other person away from friends, or put their friends down?			
Sulk, get angry or make threats when they do not get their way?			
Make unrealistic demands?			
Physically push, pinch, grab, or smack you, even as a joke?			
Refuse to accept limits or boundaries, or use double standards?			
Constantly question who the other person has been around or spoken to, or text and call all the time?			
Check the other person's phone or text messages without them knowing?			
Act jealous and accuse the other person of cheating?			
Get very serious quickly, pressuring partner for a long-term commitment?			
Blames others for own misbehavior or failures?			
Overly sensitive – acts "hurt" or takes offense when others disagree?			
Extremely moody, and switches quickly from being very nice to exploding with anger?			
Use intimidation – threatening body language or breaking things?			