

POWER AND CONTROL IN DATING RELATIONSHIPS

When one person in a relationship repeatedly scares, hurts or puts down the other person, it is abuse. The power and control wheel lists examples of each form of abuse. Remember, abuse is much more than slapping or grabbing someone.

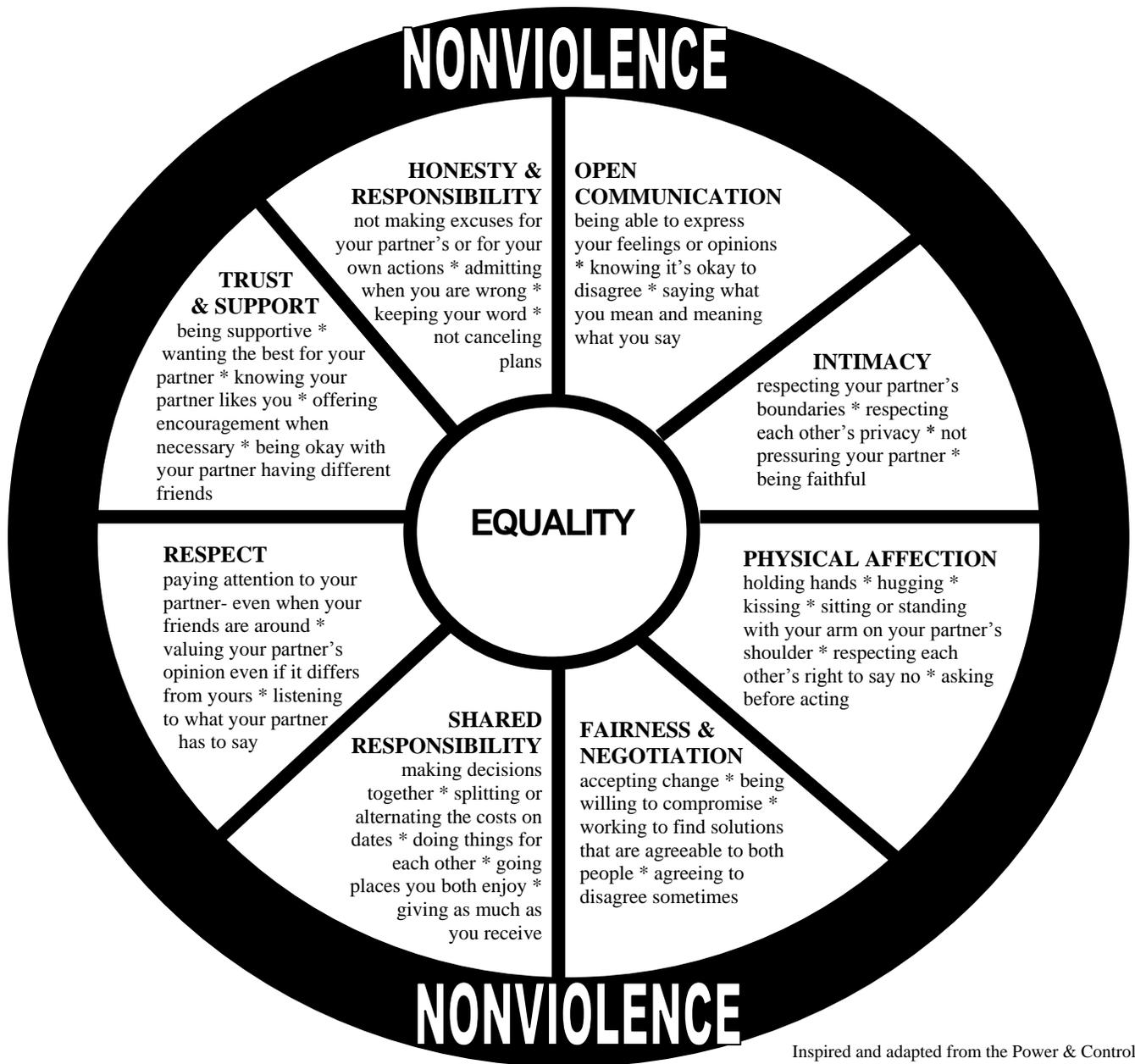


Inspired and adapted from the Power & Control Wheel developed by the DOMESTIC ABUSE INTERVENTION PROJECT Duluth, Minnesota.

From *Reaching & Teaching Teens to Stop Violence*, a publication of:
Nebraska Domestic Violence Sexual Assault Coalition
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EQUALITY IN DATING RELATIONSHIPS

A strong dating relationship is based on **EQUALITY** and **RESPECT**, not power & control. Think about how you treat- and want to be treated by- someone you care about. Compare the examples of an equality based relationship listed below with those on the power and control wheel.



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