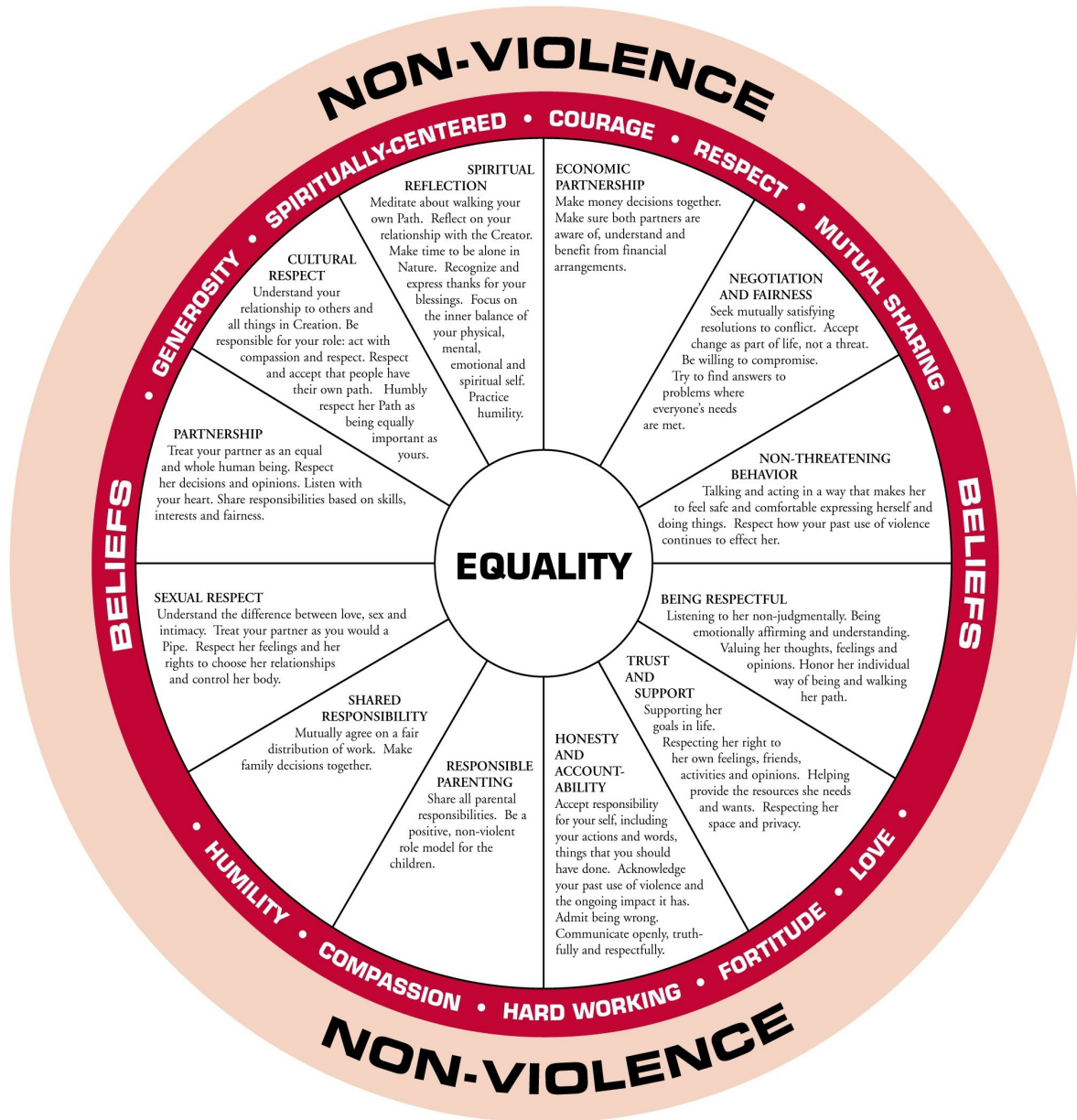


# NATURAL LIFE SUPPORTING POWER

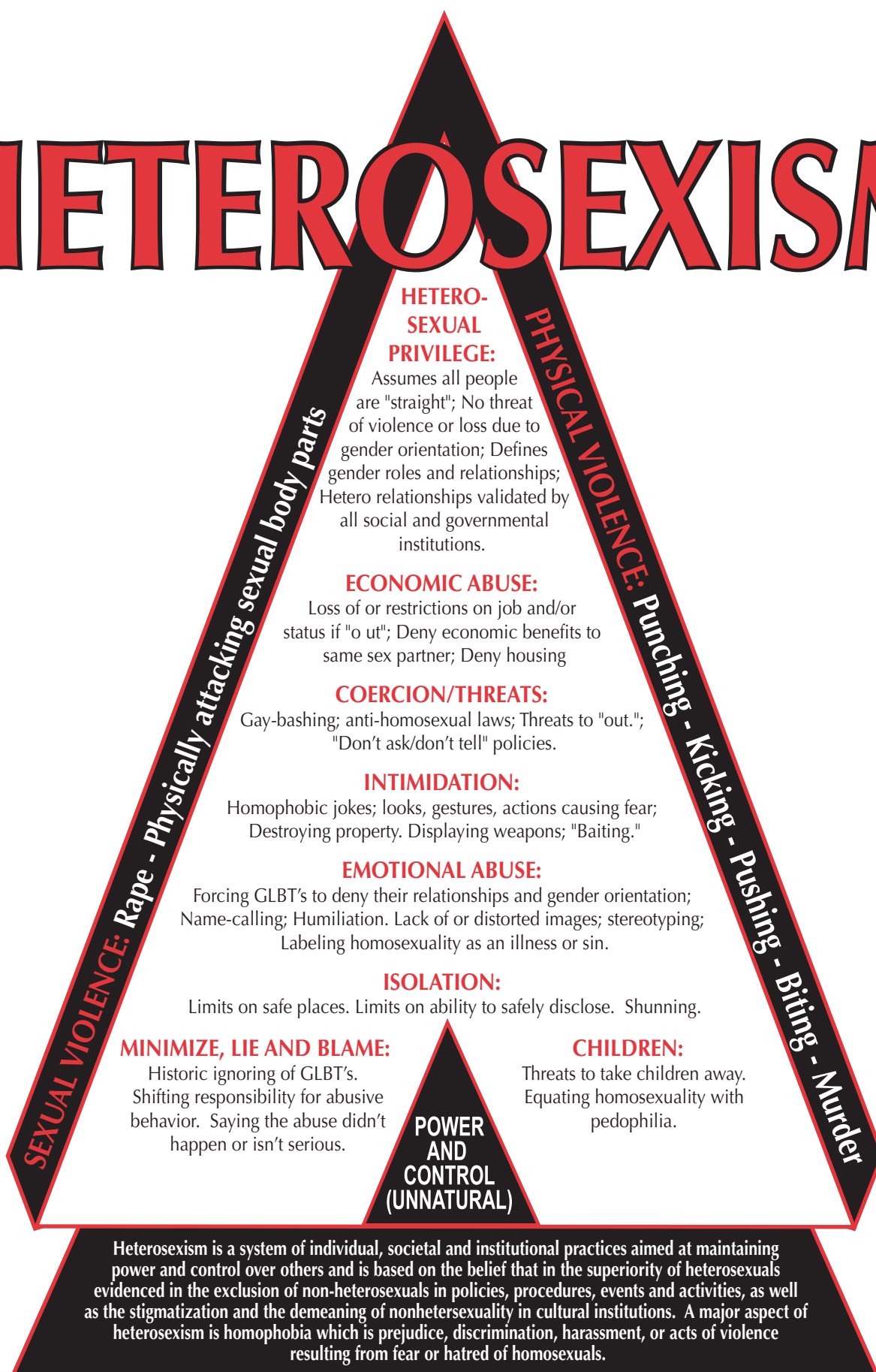


**EQUALITY**  
is natural life-supporting power  
that is grounded in spirituality, requires  
non-violence and is based on character.

# Healthy Relationships

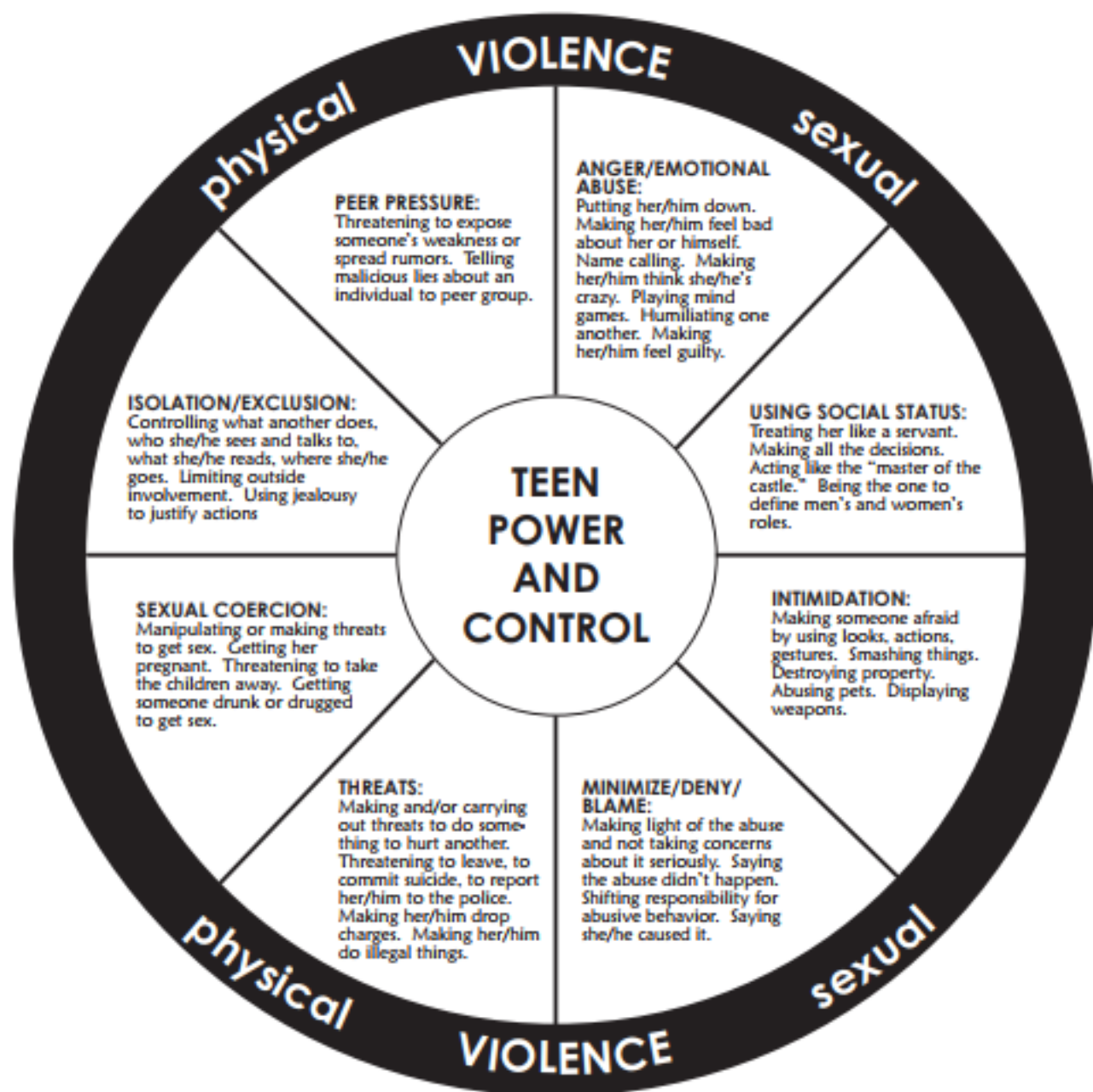


# HETEROSEXISM





# TEEN POWER AND CONTROL WHEEL



Produced and distributed by:

Developed from:  
Domestic Abuse Intervention Project  
202 East Superior Street  
Duluth, MN 55802  
218.722.4134



**NATIONAL CENTER**  
on Domestic and Sexual Violence  
training • consulting • advocacy  
2612 Shoal Creek Blvd. • Austin, Texas 78736  
512.387.9820 (phone and fax) • [www.ncdv.org](http://www.ncdv.org)

# Intimate Partner Violence

Gender-based institutionalized system of over-lapping continuous violent tactics used to maintain power & control over an intimate partner

**PHYSICAL VIOLENCE**

## MALE PRIVILEGE

Treats her like a servant.  
Makes all the big decisions. Acts like the "king of the castle."  
Defines men's and women's roles.

## ISOLATION

Controls what she does, who she sees and talks to, what she reads. Limits her outside involvement. Uses jealousy to justify actions.

## INTIMIDATION

Makes her afraid by using looks, actions, gestures. Smashes things. Destroys her property. Abuses pets. Displays weapons.

## EMOTIONAL ABUSE

Puts her down. Makes her feel bad about herself. Calls her names. Makes her think she's crazy. Plays mind games. Humiliates her. Makes her feel guilty.

## MINIMIZE, LIE AND BLAME

Makes light of the abuse and doesn't take her concerns seriously. Says the abuse didn't happen. Shifts responsibility for abusive behavior. Says she caused it.

## ABUSES CHILDREN

Makes her feel guilty about the children. Uses the children to relay messages. Uses visitation to harass her. Threatens to take away the children.

## ECONOMIC ABUSE

Prevents her from working or takes her money if she works. Makes her ask for money or allowance. Takes her money. Doesn't let her know about or access family income.

## COERCION AND THREATS

Makes and/or carries out threats to do something to hurt to her. Threatens to leave her, to commit suicide, or to report her to welfare. Threatens or persuades her to drop charges. Forces her to participate in illegal activities.

## CULTURAL ABUSE

Competes over "Indianness." Misinterprets culture to prove male superiority/female submission. Uses relatives to beat her up. Buys into "blood quantum" competitions.

## RITUAL ABUSE

Prays against her. Defines spirituality as masculine. Stops her from practicing her ways. Uses religion as a threat. "God doesn't allow divorce." Says her period makes her "dirty."

**SEXUAL VIOLENCE**

**PHYSICALLY ATTACKING THE SEXUAL PARTS OF HER BODY - TREATING HER LIKE A SEX OBJECT**

**PUNCHES - KICKS - STRANGLES - PUSHES - SLAPS - PULLS HAIR**

Except for male privilege, tactics are not listed in order of use or power.

## UNNATURAL POWER & CONTROL