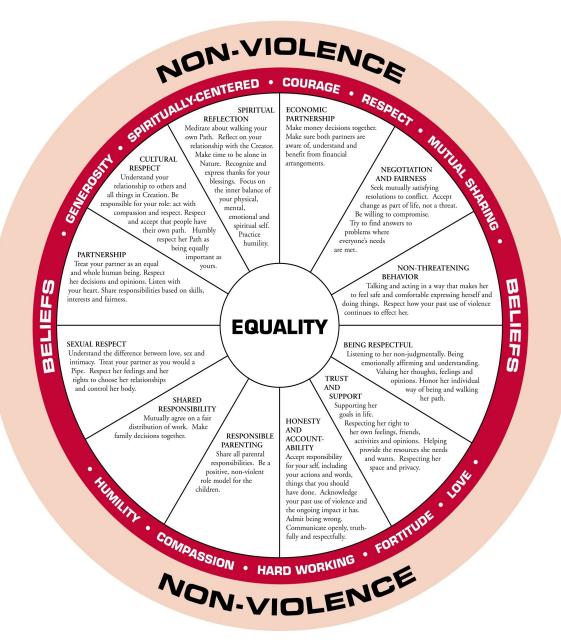
NATURAL LIFE SUPPORTING POWER



EQUALITY

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

Healthy Relationships

Acountability

Trust

- Accepting each others word
- Giving the benefit of the doubt

- Admits mistakes (or when wrong)
- Accepts responsibility for behaviors, attitudes, & values

Safety

- Refusing to intimidate or manipulate
- Respecting physical space
- Expressing self non-violently

Cooperation

- · Asking not expecting
- Accepting change
- Making decisions together
- Willing to compromise
- Win win resolutions to conflict

RESPECT

Support

- Support each others choices
- · Being understanding
- Offering encouragement
- · listening non-judgmentally
- Valuing opinions

Honesty

 Communicates openly and truthfully

HETEROSEXISM

HETERO-SEXUAL PRIVILEGE:

Assumes all people are "straight"; No threat of violence or loss due to gender orientation; Defines gender roles and relationships; Hetero relationships validated by all social and governmental institutions.

ECONOMIC ABUSE:

Loss of or restrictions on job and/or status if "o ut"; Deny economic benefits to same sex partner; Deny housing

COERCION/THREATS:

Gay-bashing; anti-homosexual laws; Threats to "out.";
"Don't ask/don't tell" policies.

INTIMIDATION:

Homophobic jokes; looks, gestures, actions causing fear; Destroying property. Displaying weapons; "Baiting."

EMOTIONAL ABUSE:

Forcing GLBT's to deny their relationships and gender orientation; Name-calling; Humiliation. Lack of or distorted images; stereotyping; Labeling homosexuality as an illness or sin.

ISOLATION:

Limits on safe places. Limits on ability to safely disclose. Shunning.

MINIMIZE, LIE AND BLAME:

Historic ignoring of GLBT's. Shifting responsibility for abusive behavior. Saying the abuse didn't happen or isn't serious.

CHILDREN:

Threats to take children away. Equating homosexuality with pedophilia.

POWER AND CONTROL (UNNATURAL)

Heterosexism is a system of individual, societal and institutional practices aimed at maintaining power and control over others and is based on the belief that in the superiority of heterosexuals evidenced in the exclusion of non-heterosexuals in policies, procedures, events and activities, as well as the stigmatization and the demeaning of nonhetersexuality in cultural institutions. A major aspect of heterosexism is homophobia which is prejudice, discrimination, harassment, or acts of violence resulting from fear or hatred of homosexuals.

TEEN POWER AND CONTROL WHEEL

VIOLENCE physical sexual ANGER/EMOTIONAL ABUSE: PEER PRESSURE: Putting her/him down. Threatening to expose Making her/him feel bad someone's weakness or about her or himself. spread rumors. Telling Name calling. Making her/him think she/he's malicious lies about an crazy. Playing mind games. Humiliating one individual to peer group. another. Making her/him feel guilty. ISOLATION/EXCLUSION: USING SOCIAL STATUS: Controlling what another does, Treating her like a servant. who she/he sees and talks to, Making all the decisions. what she/he reads, where she/he Acting like the "master of the castle." Being the one to goes. Limiting outside TEEN involvement. Using jealousy define men's and women's to justify actions **POWER** AND INTIMIDATION: SEXUAL COERCION: Making someone afraid CONTROL Manipulating or making threats by using looks, actions, gestures. Smashing things. Destroying property. Abusing pets. Displaying to get sex. Getting her pregnant. Threatening to take the children away. Getting someone drunk or drugged weapons. to get sex. MINIMIZE/DENY/ THREATS: Making and/or carrying BLAME: out threats to do some-Making light of the abuse thing to hurt another. and not taking concerns Threatening to leave, to about it seriously. Saying commit suicide, to report the abuse didn't happen. her/him to the police. Shifting responsibility for Physical Making her/him drop abusive behavior. Saying she/he caused it. charges. Making her/him do illegal things. VIOLENCE

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Gender-based institutionalized system

of over-lapping continuous

violent tactics

used to maintain

power & control

over an intimate

partner

MALE PRIVILEGE

Intimate

Partner

Violence

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."

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

UNNATURAL POWER & CONTROL