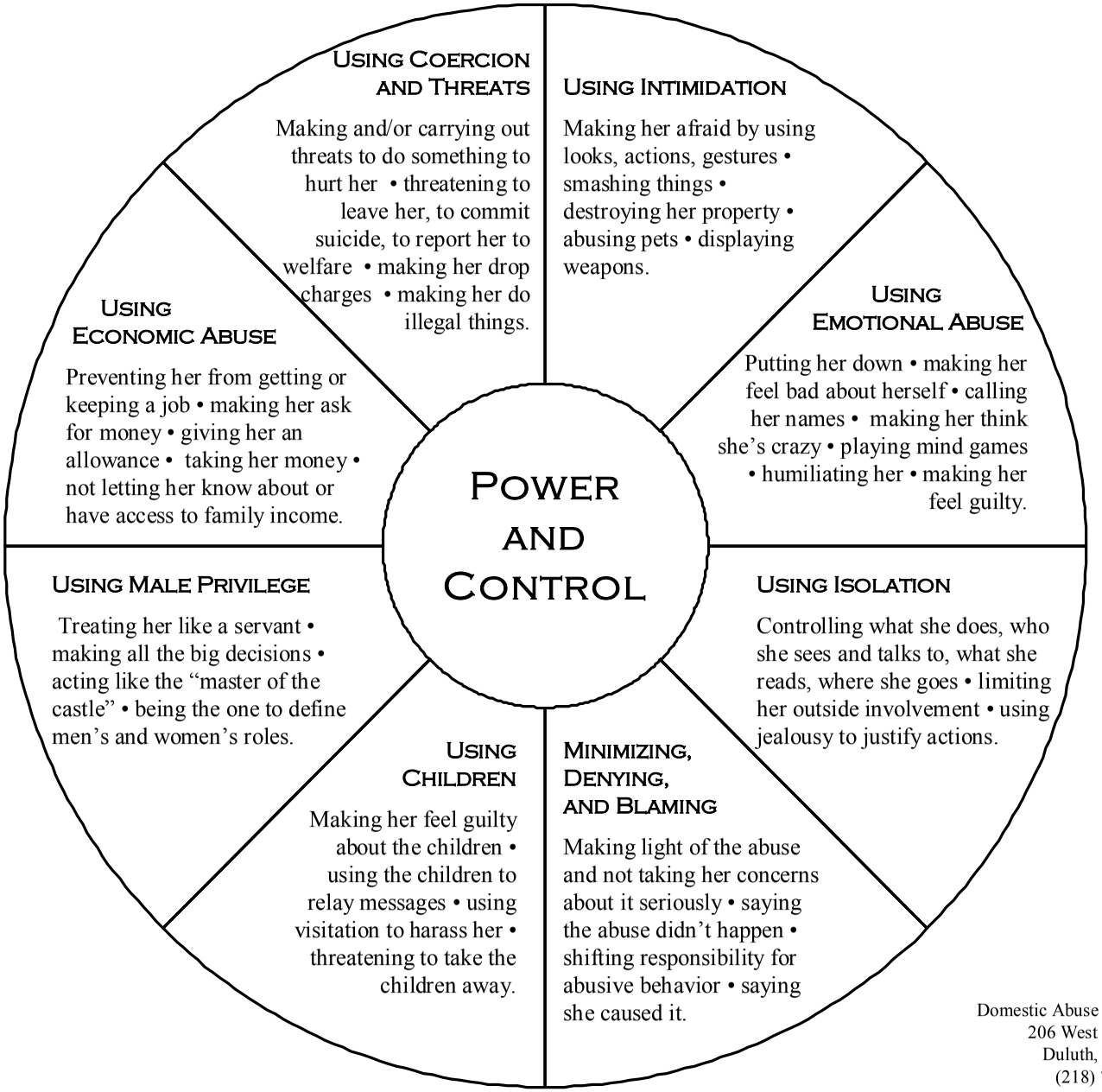

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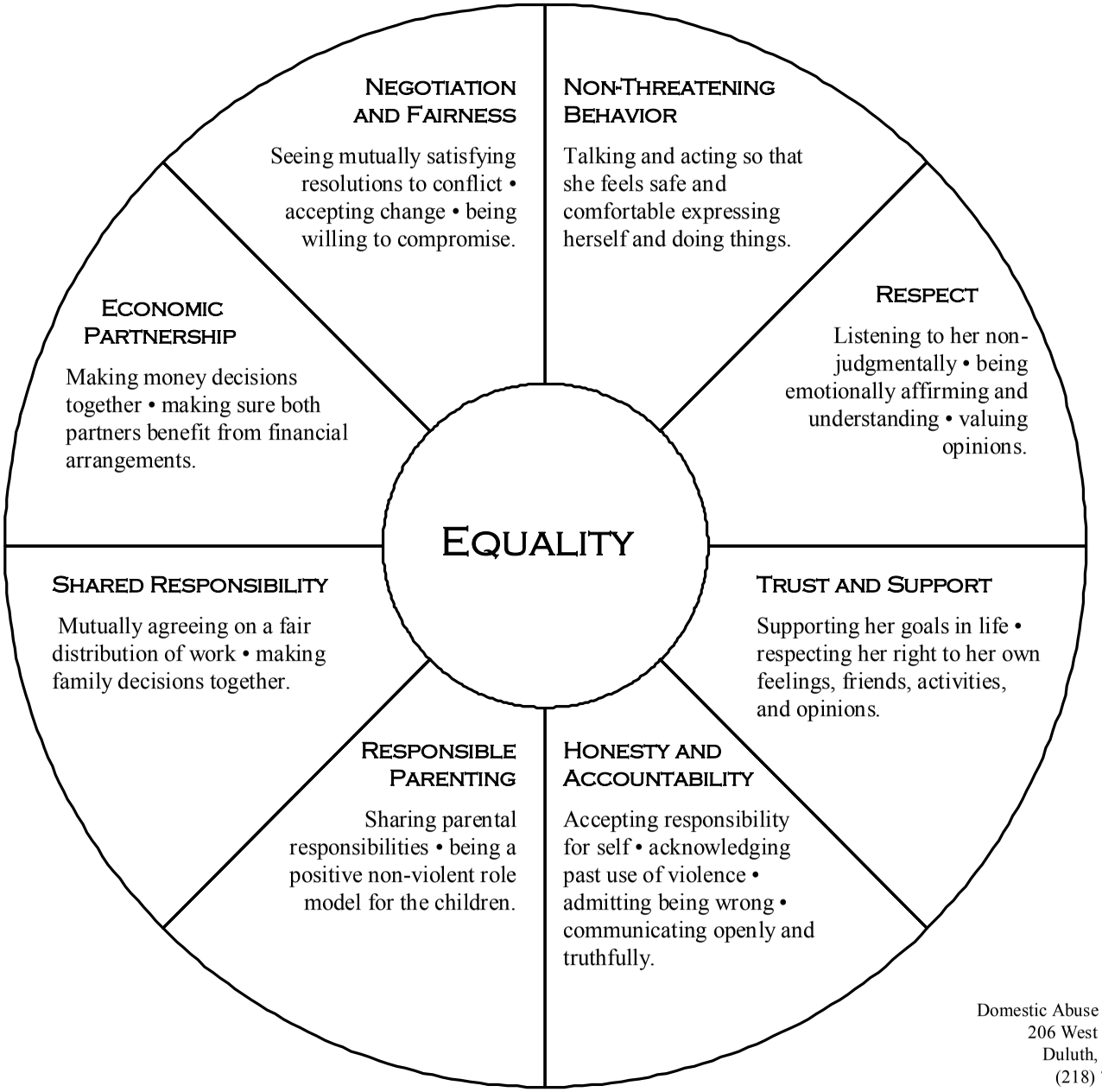

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Teen Power & Control Wheel

Peer Pressure

Threatening to expose someone's weakness or spread rumors • telling malicious lies about an individual to peer group.

Anger/ Emotional Abuse

Putting him/her down • making him/her feel bad about him or herself • name calling • making him/her think he/she's crazy • playing mind games • humiliating one another • making him/her feel guilty.

Using Social Status

Treating her like a servant • making all the decisions • acting like "master of the castle" • being the one to define men's and women's roles.

Intimidation

Making someone afraid by using looks, actions, gestures • smashing things • destroying property • abusing pets • displaying weapons.

Minimizing, Denying, and Blaming

Making light of the abuse and not taking concerns about it seriously • saying the abuse didn't happen • shifting responsibility for abusive behavior • saying he/she caused it.

Threats

Making and/or carrying out threats to do something to hurt another • threatening to leave, to commit suicide, to report him/her to the police • making him/her drop charges • making him/her do illegal things.

Sexual Coercion

Manipulating or making threats to get sex • getting her pregnant • threatening to take the children away • getting someone drunk or drugged to get sex.

Isolation/ Exclusion

Controlling what another does, who he/she sees and talks to, what he/she reads, where he/she goes • limiting outside involvement • using jealousy to justify actions.

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Teen Relationship Equality Wheel

Honesty and Accountability

Accepting responsibility for self • acknowledging if there has been past use of violence.

Non-Threatening Behavior

Talking and acting to make your partner feel safe to express him/herself • Commitment not to use threats or manipulative actions.

Negotiation and Fairness

Seeing mutually satisfying resolutions to conflict • accepting change • being willing to compromise.

Communication

Communicating openly and truthfully • being honest to oneself and to one's own feelings.

Shared Responsibility

Mutually agreeing on fair distribution of work • making family decisions together • sharing parenting responsibilities when there are children.

Respect

Listening to her non-judgmentally • being emotionally affirming and understanding • valuing opinions.

Trust and Support

Supporting her goals • respecting each other's right to individual feelings, friends, activities, and opinions • overcoming jealousy issues of envy and resentment.

Independence and Autonomy

Recognizing interdependence • awareness of dependency needs • accepting individual "separateness" as non-married persons • fostering individual identity.

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Nurturing Children

Trust and Respect

- Acknowledge children's right to have own feelings, friends, activities and opinions
- Promote independence
- Allow for privacy
- Respect feelings for other parent
- Believe your children

Provide Emotional Security

- Talk and act so that children feel safe and comfortable expressing themselves
- Be gentle
- Be dependable

Provide Physical Security

- Provide food, shelter, clothing
- Teach personal hygiene and nutrition
- Monitor saftey
- Maintain a family routine
- Attend to wounds

Provide Discipline

- Be consistent
- Ensure rules are appropriate to age and development of child
- Be clear about limits and expectations
- Use discipline to give instruction, not punish

Give Time

- Participate in your children's lives: activities, school, sports, special events and days, celebrations, friends
- Include your children in your activities
- Reveal who you are to your children

Encourage and Support

- Be affirming
- Encourage children to follow their interests
- Let children disagree with you
- Recognize improvement
- Teach new skills
- Let them make mistakes

Give Affection

- Express verbal and physical affection
- Be affectionate when your children are physically or emotionally hurt

Care for Yourself

- Give yourself personal time
- Keep yourself healthy
- Maintain friendships
- Accept love

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Abuse of Children

Intimidation

- Instilling fear through looks, actions, gestures, property destruction
- Using adult size
- Yelling
- Being violent to other parent, pets, etc.

Using Institutions

- Threatening punishment with/by God, courts, police, school, juvenile detention, foster homes, relatives, psych wards

Isolation

- Controlling access to peers/adults, siblings, other parent, grandparents

Emotional Abuse

- Put downs, name calling
- Using children as confidants
- Using children to get or give information to other parent
- Being inconsistent
- Shaming children

Economic Abuse

- Withholding basic needs, using money to control behavior
- Squandering family money
- Withholding child support
- Using children as an economic bargaining chip in divorce

Threats

- Threatening abandonment, suicide, physical harm, confinement, or harm to other loved ones

Violence

- Committing incest, sexual touching/kissing, sexualizing children's behavior
- Pinching, hitting, kicking, pushing, twisting arms, choking

Using Adult Privilege

- Treating children as servants
- Punishing, bossing, always winning
- Denying input in visitation and custody decisions
- Interrupting

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