

Power & Control Wheel

Factors Contributing to Domestic Violence

Sexism **Poverty Criminal Justice System Social Services** Racism **Substance Abuse** SEXUAL **USING COERCION** USING AND THREATS INTIMIDATION Making/carrying out threats of harm • threatening to Making you afraid with leave, commit suicide, looks, actions, gestures • USING destroying or ruining report you to authorities USING property · abusing scaring you into **ECONOMIC EMOTIONAL** pets · displaying dropping charges **ABUSE** ABUSE weapons. forcing you Preventing you from into illegal Putting you down • getting/keeping a job . activities. making you feel bad about making you ask for money or yourself • insulting you • playing giving an allowance • taking your mind games • humiliating you money • taking away or controlling **POWER** guilting you. access to your own money. AND CONTROL **USING ISOLATION USING PRIVILEGE** Controlling what you do, what you Treating you like a servant • being read, who you see and talk to, the one to define gender roles • where you go • limiting your using your race, culture, faith, access to other people . or citizenship against you MINIMIZING. USING using jealousy or using mental health DENYING CHILDREN 'protection' to or physical ability AND BLAMING justify. against you. Joking about the Making you feel guilty abuse, not taking your about kids • using children concerns seriously • to relay messages • using denying it happened . visitation to harass you • PHYSICAL shifting blame onto you or threatening to hurt kids or take them away. others. Tradition **Family** Classism **Mental Health Physical Ability** Homophobia

Factors Contributing to Domestic Violence

Culture

Language