### Dating Violence Wheel

# Do you recognize any of these warning signs in your relationships?

#### **Peer Pressure**

Threatening to expose your weaknesses or spreading rumors · Telling malicious lies about an individual to their peer group

#### **Emotional Abuse**

Controlling you with their anger

Putting you down
Making you feel
badly about yourself
Name calling
Name calling
Making you think
you are crazy
Playing mind games
Humiliating you
Making you feel guilty

POWER

CONTROL

#### **Isolation/Exclusion**

Preventing you from spending time with your friends or family · Controlling what you do, who you spend time with and talk to · Controlling what you read and where you go · Limiting outside involvement

#### Threats

Making and/or carrying out threats to hurt you, your friends, or your family Threatening to leave the relationship or to commit suicide · Making you drop police charges · Threatening you with punitive ctions · Making you do illegal things

#### Intimidation

Bullying you to get their way · Making someone afraid by using looks, actions, gestures · Smashing things · Destroying your property · Abusing your pets · Displaying weapons

#### **Social Status**

Treating you like a servant · Making all the decisions · Acting like the "master of the castle" · Being the one to define gender (men & women's) roles in a relationship · Using popularity to control the relationship

#### Possessiveness

Isolating you from friends outside of their own · Using jealousy to justify actions · Using jealousy as a sign of love/affection · Accusing you of cheating · Telling you how to dress or act

#### **Sexual Coercion**

Manipulating or making threats to get sex · Getting someone drunk or drugged to have sex · Hiding or throwing away someone's birth

#### Minimizing or Blaming

Blaming you for their anger · Making light of the abuse and not taking concerns about it seriously · Saying the

control · Taking off a condom without consent · Threatening to take your children away

abuse did not happen · Shifting responsibility for their abusive behavior · Saying you caused the abuse

#### **Physical Violence**

Hitting, scratching, shaking, choking, pinching, pushing, biting, or grabbing · Using one's body size or strength against another person







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## Healthy Relationship Wheel

# Do you recognize any of these qualities in your relationships?



Listening to each other non-judgmentally. Being emotionally affirming and understanding. Valuing each others opinions. Respecting boundaries. Asking for consent before any physical or sexual affection.

#### SHARED POWER

Taking mutual responsibility for recognizing influence on the relationship. Making decisions



Accepting each other's word. Giving the benefit of the doubt.

#### SUPPORT

Supporting each others choices. Offering encouragement. Respecting your right to your own feelings, friends, activities, and opinions.

### SELF-CONFIDENCE & PERSONAL GROWTH

Respecting each other's personal identity and encouraging individual growth and freedom. Affirming each person's worth separate from the relationship.

ACCOUNTABILITY

Accepting responsibility for self.

together. Asking, not expecting.

EQUALITY

RESPECT

Respecting each other's privacy. Being okay with your partner having other friends.

#### HONESTY

Communicating openly and truthfully. Not making excuses for you or your partners actions.

#### COMMUNICATION

Willingness to have open and spontaneous dialogue. Having a balance of giving and receiving. Problem solving to mutual benefit. Learning to compromise without overshadowing the other.

#### NEGOTIATION & FAIRNESS

Seeking mutually satisfying resolutions to conflict. Accepting changes. Being willing to compromise. Asking, not expecting.

Acknowledging past use of violence. Admitting to being wrong.

Talking and acting so that each person feels safe and comfortable expressing themselves and doing things. Refusing to intimidate or manipulate. Respecting physical space.

The Power of ODDE





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