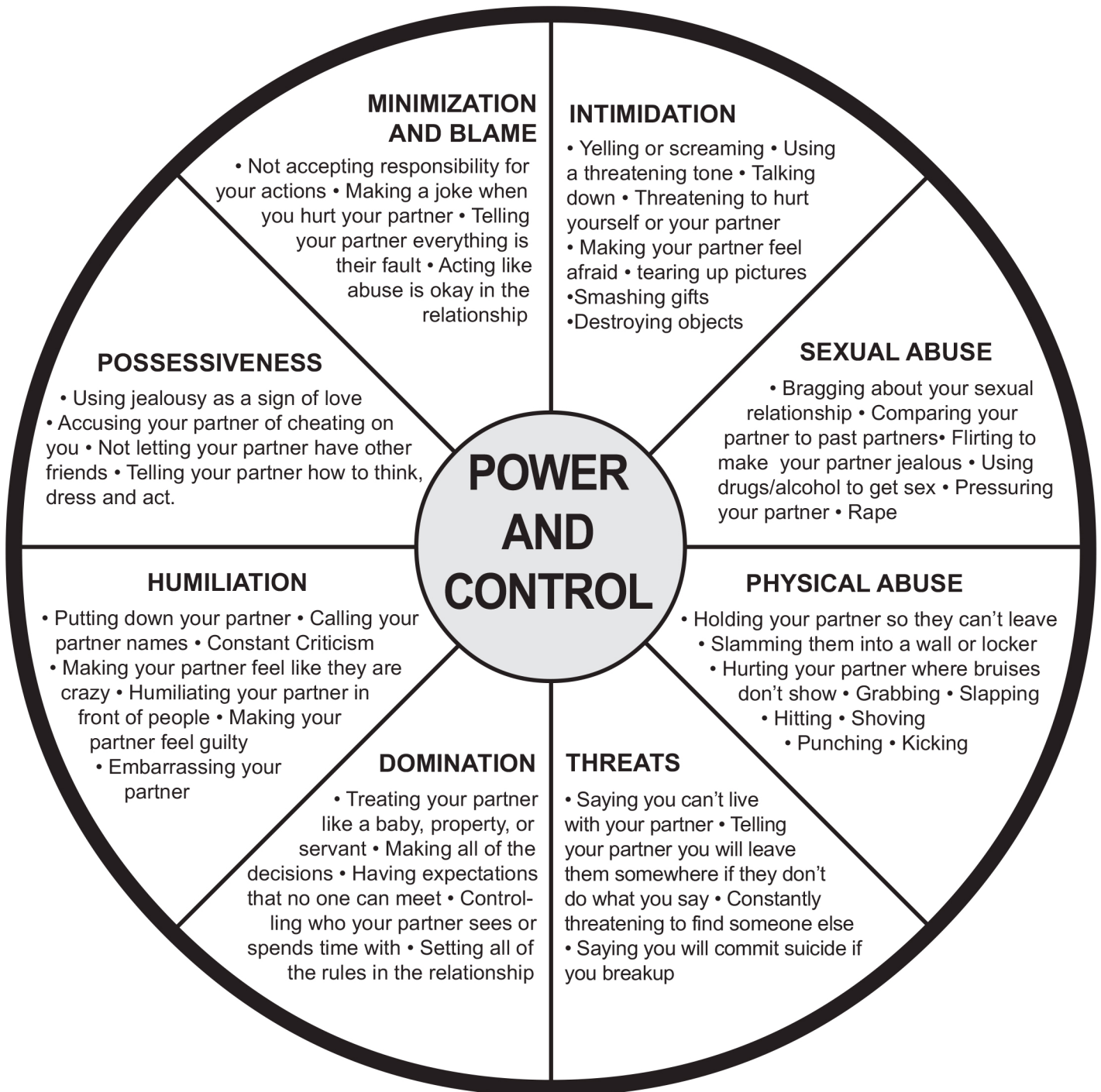


# POWER & CONTROL in Dating Relationships

When one person in a relationship repeatedly scares, hurts or puts down the other person, it is abuse. The Power & Control Wheel lists examples of each form of abuse. Remember, abuse is much more than slapping or grabbing someone.



A relationship full of control is really out of control.

Adapted with permission from the "Power & Control and Equality Wheels," developed by Domestic Abuse Intervention Project, Duluth, MN.

Provided by:



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