Dating Violence Happens on College Campuses Too

**Power and Control**

**Academic Abuse**
- Transferring into partner's classes to monitor them
- Causing academics to suffer by controlling class attendance
- Keeping partner home from class to isolate them from friends and teachers
- Undermining academic status, grades, or intelligence
- Telling them they aren't smart enough to be in college
- Checking on grades/assignments without permission
- Deliberately starting fights the night before an exam to affect academic success
- Preventing partner from applying for jobs/internships

**Emotional Abuse & Humiliation**
- Making fun of clothes, weight, hair, major, classes, extracurricular activities, religion, grades, friends, or family
- Guilt tripping for causing relationship problems, blaming for poor academic performance
- Spreading rumors, lies about partner
- Downplaying/normalizing abuse
- Minimizing, denying abuse, blaming partner for abusive actions
- Telling partner they deserve abuse
- Constant criticism of everyday decisions
- Pressuring partner into sex by humiliating them about sexual experience/inexperience
- Insisting their extracurricular activities are more important
- Following partner or showing up uninvited where partner is
- Stalking
- Constantly calling, sexting, messaging when apart
- Extreme jealousy
- Framing jealousy as a sign of love
- Monitoring/hacking into phone, email, Facebook, etc., to control communication
- Accusations of cheating
- Continuing contact after relationship has ended
- Posting or distributing revealing photos without permission
- Saying things like "no one will ever love you as much as I do"
- Acting entitled to partner's body or time
- Sees partner as property or "less than"

**Possessiveness & Harassment**
- Using anger or the silent treatment as punishment for not obeying
- Controlling finances
- Using financial power as blackmail: "You owe me, I paid for your trip to the Rose Bowl; how can you leave me? I paid for x, y, and z"
- Requirement for permission for activities or spending money
- Determining what clothes or activities partner can wear or do
- Monitoring alcohol/drug intake; limiting or forcing partner to consume more than they want to
- Treating partner like a child; Making all the decisions in the relationship
- Hitting, punching, slapping, kicking, pushing, pulling hair, biting, tripping, or grabbing partner
- Putting hands around throat or cutting off air supply
- Throwing objects
- Punching in doors or walls
- Destroying valuable or sentimental items
- Hurting partner's pets
- Holding partner down
- Collecting weapons
- Using or threatening to use weapons
- Prohibiting partner from leaving a room to go to school or out with friends
- Using alcohol or other drugs to justify violent behavior

**Threats & Intimidation**
- Threatening partner they will physically harm them
- Warning that they will commit suicide if relationship is ended
- Threatening to destroy personal belongings
- Threatening to abandon partner
- Making partner afraid
- Threatening to tell parents/information partner doesn't want them to know, whether it is true or not
- Using ultimatums
- Threatening to spread rumors or damage partner's reputation

**Isolation**
- Controlling who partner can spend time with
- Pressuring partner to choose between them and family or friends
- Preventing partner from going home to see family or friends
- Pressuring partner to quit job or activities
- Getting in between partner and their parents
- Creating a wedge between partner and friends
- Forcing partner to live with them by sabotaging attempts to find housing by ruining partner's relationships with current roommates, or forcing partner to violate residence hall policies or lease

**Manipulation & Limiting Independence**
- Deliberately causing pregnancy
- Using drugs or alcohol to get sex
- Making comparisons to past partners
- Flirting with others to make partner feel inadequate in sexual relationship
- Pressuring or forcing partner to engage in sexual activity, including make-up sex
- Controlling choices about abortion, birth control, or STI screening
- Rape and sexual assault
- Using coercion and guilt to get sex
- Transmitting an STI or HIV without disclosing status to partner

**Physical Abuse**
- Following partner or showing up uninvited where partner is
- Stalking
- Constantly calling, sexting, messaging when apart
- Extreme jealousy
- Framing jealousy as a sign of love
- Monitoring/hacking into phone, email, Facebook, etc., to control communication
- Accusations of cheating
- Continuing contact after relationship has ended
- Posting or distributing revealing photos without permission
- Saying things like "no one will ever love you as much as I do"
- Acting entitled to partner's body or time
- Sees partner as property or "less than"

**Sexual Abuse**
- Using anger or the silent treatment as punishment for not obeying
- Controlling finances
- Using financial power as blackmail: "You owe me, I paid for your trip to the Rose Bowl; how can you leave me? I paid for x, y, and z"
- Requirement for permission for activities or spending money
- Determining what clothes or activities partner can wear or do
- Monitoring alcohol/drug intake; limiting or forcing partner to consume more than they want to
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Help is available.

University Health Services
End Violence on Campus (UHS EVOC)
608-265-5600 (option 3)
evoc@/uhs.wisc.edu
evoc.wisc.edu

Domestic Abuse Intervention Services (DAIS)
24-hour helpline: 608-251-4445
abuseintervention.org
24-hour texting helpline:
Text “HOPE” to 20121

Twitter: @uwevoc | Facebook: facebook.com/UW.EVOC

This Power and Control Wheel was made by UW–Madison students based on their experiences.