Dating Violence Happens on College Campuses Too

Power and Control

- 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
- Using alcohol/ other drugs to justify violent behavior
- 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" - Requiring 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, slamming, 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 valuables 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

- Using coercion and guilt 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

- Following partner or showing up uninvited when partner is at work
- Constantly calling, sexting, messaging when apart
- 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

- Threatening partner they will physically harm them
- Warning that they will commit suicide if relationship is ended
- Threatening to destroy personal belongings or hurt friends, family, pets
- Blackmailing partner with knowledge of illegal activities such as alcohol or drug use
- 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

- Preventing partner from applying for jobs/internships
- Preventing partner from attending classes
- Preventing partner from going home to see family or friends
- Preventing 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

- Controlling who partner can spend time with
- Pressuring partner to choose between them and family or friends

Help is available.

University Health Services
End Violence on Campus (UHS EVOC)
608-265-5600 (option 3)
evoc@uhs.wisc.edu
evoc.wisc.edu
Twitter: @uwevoc | Facebook: facebook.com/UW.EVOC

Domestic Abuse Intervention Services (DAIS)
24-hour helpline: 608-251-4445
abuseintervention.org

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