

VIOLENCE

physical

sexual

PEER PRESSURE:
Threatening to expose someone's weakness or spread rumors. Telling malicious lies about an individual to peer group.

ANGER/EMOTIONAL ABUSE:
Putting her/him down. Making her/him feel bad about her or himself. Name calling. Making her/him think she/he's crazy. Playing mind games. Humiliating one another. Making her/him feel guilty.

ISOLATION/EXCLUSION:
Controlling what another does, who she/he sees and talks to, what she/he reads, where she/he goes. Limiting outside involvement. Using jealousy to justify actions

USING SOCIAL STATUS:
Treating her like a servant. Making all the decisions. Acting like the "master of the castle." Being the one to define men's and women's roles.

TEEN POWER AND CONTROL

SEXUAL COERCION:
Manipulating or making threats to get sex. Getting her pregnant. Threatening to take the children away. Getting someone drunk or drugged to get sex.

INTIMIDATION:
Making someone afraid by using looks, actions, gestures. Smashing things. Destroying property. Abusing pets. Displaying weapons.

THREATS:
Making and/or carrying out threats to do something to hurt another. Threatening to leave, to commit suicide, to report her/him to the police. Making her/him drop charges. Making her/him do illegal things.

MINIMIZE/DENY/BLAME:
Making light of the abuse and not taking concerns about it seriously. Saying the abuse didn't happen. Shifting responsibility for abusive behavior. Saying she/he caused it.

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