#### Using Harmful Language

- Name calling.
- Playing mind games.
- Humiliating someone.
- Making someone feel insecure.
- Making someone feel guilty.
- Telling lies or private information about someone to others.

#### Using Social Standing

- · Using popularity, class, race or disability to manipulate someone else.
- · Making all the decisions for someone.
- · Being the only one to define roles in the relationship.

## Power and Control

#### Using Technology

- Sending unwanted text messages.
- · Breaking into someone's social networking profile, email, or cell phone.
- · Pressuring someone to take, send or look at sexual photos or pictures.

#### Sexual Coercion, Harassment, or Assault

Using Physical Violence

· Hitting, scratching, shaking,

choking, pinching, pushing,

strength against another

Using one's body size or

person.

biting, or grabbing.

· Manipulating to get sex or other sexual activity.

**Exclusion** 

she/he goes.

or family.

· Controlling what

someone does or where

· Deciding who someone sees,

talks to, or what she/he wears. · Limiting outside involvement.

· Isolating someone from their friends

· Pressuring someone to be part of a group.

- Getting someone drunk or drugged to get sex.
- · Destroying or refusing to use birth control or STD protection during sex.
  - Making sexual comments, giving inappropriate looks, or telling sexual jokes.
    - Sexually touching, grabbing, rubbing, or pinching someone without their consent.

#### Using Threats

- · Making threats to use physical or sexual violence.
- · Threatening to leave, to commit suicide, or report someone to the police.
- · Making someone do illegal things.
- Threatening to expose someone's HIV status, immigration status, or other private information.

#### **Using Intimidation**

- · Making someone afraid by using looks, actions, or gestures.
- · Smashing, destroying, or stealing property.
  - Abusing pets or loved ones.
    - Displaying weapons.

### Minimizing, Denying, or Blaming

- · Minimizing the impact of abuse.
- · Not taking concerns about abuse seriously.
- · Saying the abuse didn't happen.
- · Blaming abusive behavior on stress, alcohol, drugs, or jealousy.
- · Saying the victim caused the abuse.

# Wheel