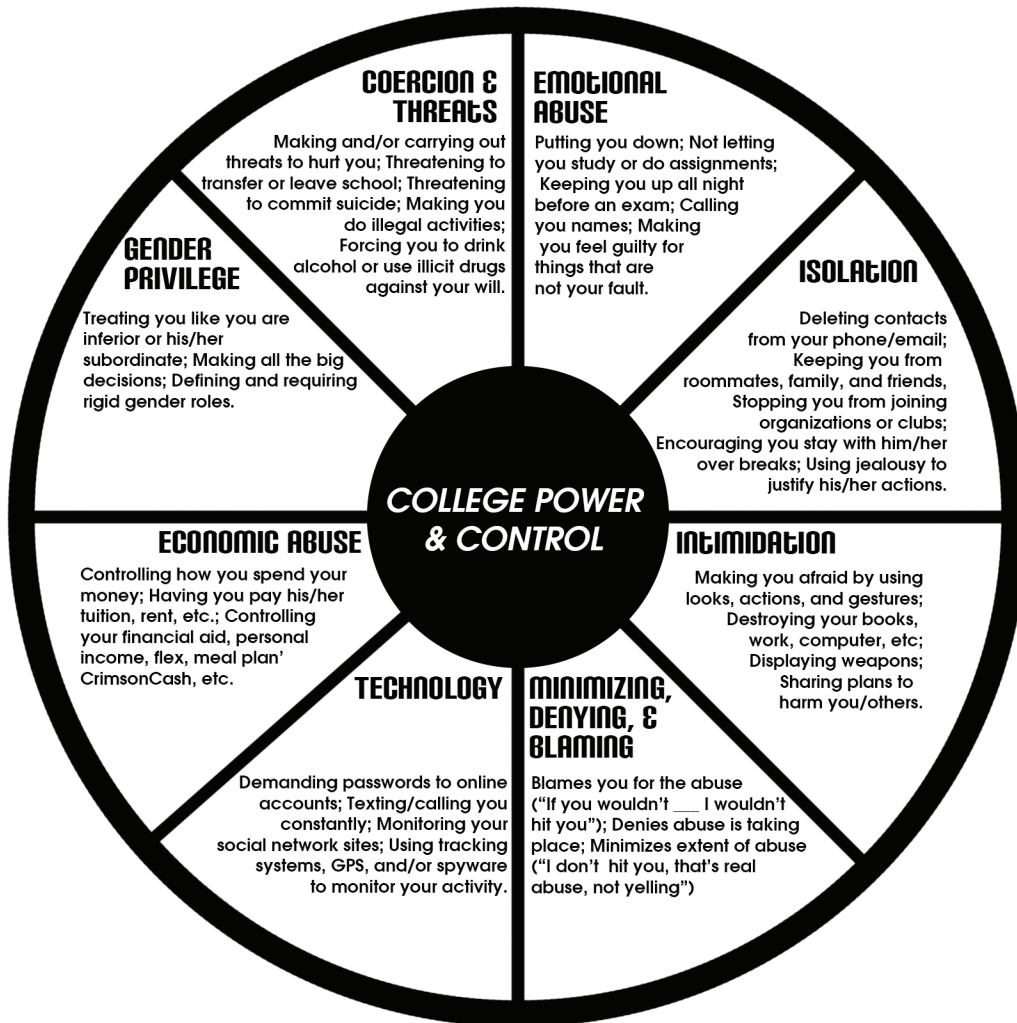


The College Power and Control Wheel

The Haven Project
 Center for Health and Well-Being
 Indiana University of Pennsylvania

SU EVERSFAE PROJECT
Supporting Survivors
 topping Violence
 tanding up...to keep
 our community safe.



Created by The Haven Project —(724) 357-4799, <http://iup.edu/haven>

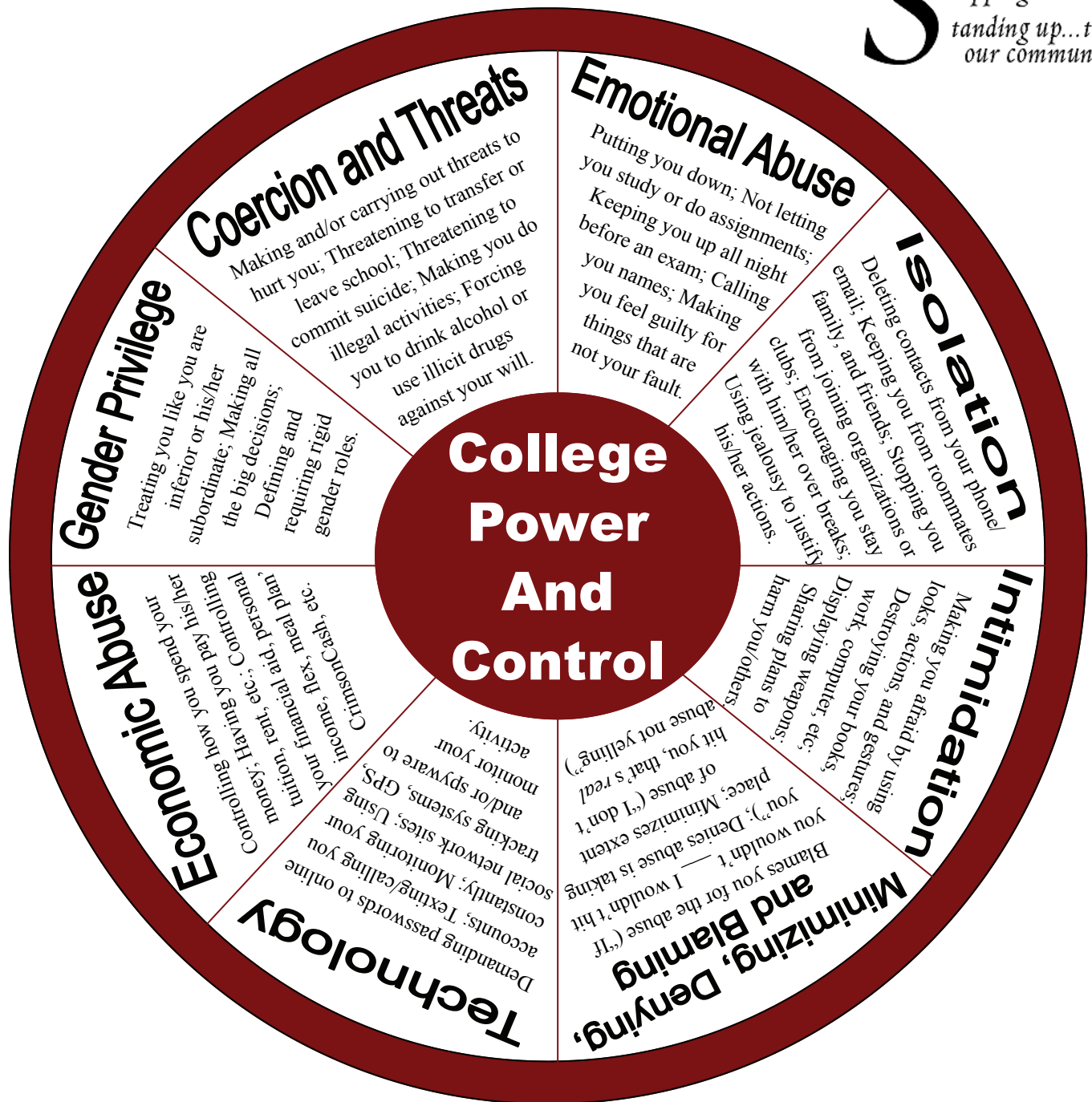
Adapted from the Domestic Abuse Intervention Project Power and Control Wheel
 Created by: Alisia Drew, Graduate Assistant; Morgan Chase, Peer Educator;
 Melissa King, Peer Educator

The College Power and Control Wheel

The EverSafe Project
Simpson University
Wellness Center

SU EVERS SAFE PROJECT

Supporting Survivors
stopping Violence
standing up...to keep
our community safe.



Adapted from the Domestic Abuse Intervention Project Power and Control Wheel
Created by: Alisia Drew, Graduate Assistant; Morgan Chase, Peer Educator

Emotional Abuse:

- Putting you down
- Not letting you study/do assignments
- Keeping you up all night before an exam
- Calling you names
- Making you feel guilty for things that are not your fault

Technology:

- Monitoring your social network sites
- Demanding passwords to online accounts
- Texting/calling you constantly
- Using tracking systems, GPS, and/or spyware to monitor you

Economic Abuse:

- Controlling income (Paychecks, financial aid, etc.)
- Having you pay for their books, tuition, rent, etc.
- Controlling your flex, CrimsonCash, meal plan, etc.
- Controlling how you spend your money

Coercion and Threats:

- Making and/or carrying out threats to hurt you
- Threatening to transfer/leave school
- Threatening to commit suicide
- Making you do illegal behaviors
- Forcing you to drink alcohol or use illicit drugs

Intimidation

- Making you afraid by using looks, actions and gestures
- Destroying your books, computer, etc.
- Displaying weapons

Isolation

- Making you stay in your residence hall/apartment
- Deleting contacts from your phone
- Deactivating/limiting social network usage
- Not letting you go home for breaks
- Keeping you from friends, roommates, classmates, etc.
- Not letting you to join organizations or clubs

Minimizing, denying and blaming

- Partner denies abuse is taking place
- Partner blames you for the abuse (“You made me do this and now I could get kicked out of school because you get me angry and started this fight”)
- Partner minimizes extent of abuse (“I don’t hit you... that’s real abuse” or “I *only* slapped you”)

Gender Privilege

- Treating you like you are inferior or their subordinate
- Making all the big decisions
- Defining and requiring rigid gender roles