

PEER PRESSURE:

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

ANGER / EMOTIONAL ABUSE:

Putting them down, making them feel bad about themselves. Name calling. Making them think that they're crazy. Playing mind games. Humiliating one another. Making them feel guilty.

ISOLATION/ EXCLUSION:

Controlling what another does, who they see and talk to, what they read, where they go. Limiting outside involvement. Using jealousy to justify actions.

SEXUAL COERCION:

Manipulating or making threats to get sex. Getting them pregnant. Threatening to take the children away. Getting someone drunk or drugged to get sex.

USING SOCIAL STATUS:

Treating them like a servant. Making all the decisions. Being the one to define gender roles.

INTIMIDATION: Making

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

MINIMIZE/DENY/

BLAME: Making light of the abuse and not taking concerns about it seriously. Saying that the abuse didn't happen. Shifting responsibility for abusive behavior. Saying they caused it.

THREATS:

TEEN

POWER

8

CONTROL

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

For information on Domestic Violence Services,

or to speak with an advocate,

Call 1-800-636-6738

Image adapted from: Domestic Abuse Intervention Project – 202 East Superior Street, Duluth, MN 55802 – (218) 722.4134 *Further adapted by:* Interface Children & Family Services – 4001 Mission Oaks Blvd., Camarillo, CA, 93012 – (805) 485.6114



RESPECT: Listening to them non-judgmentally. Being emotionally affirming and understanding. Valuing their opinions

SHARED POWER:

Taking mutual responsibility for recognizing influence on the relationship.

NON-THREATENING

BEHAVIOR: Talking and acting so that they feel safe and comfortable expressing themselves and doing things

NEGOTIATION AND FAIRNESS:

Seeking mutually satisfying resolutions to conflict. Accepting changes. Being willing to compromise.

TEEN EQUALITY

HONESTY AND ACCOUNTABILITY:

TRUST AND SUPPORT:

and opinions.

Supporting their goals in life. Respecting their right to their

own feelings, friends. activities,

Accepting responsibility for self. Acknowledging past use of violence. Admitting being wrong. Communicating openly and truthfully.

COMMUNICATION:

Willingness to have open and spontaneous dialogue. Having a balance of giving and receiving. Problem solving to mutual benefit. Learning to compromise without one overshadowing the other.

SELF CONFIDENCE AND PERSONAL GROWTH:

Respecting their personal identity and encouraging their individual growth and freedom. Supporting their security in their own worth.

For information on Domestic Violence Services,

or to speak with an advocate,

Call 1-800-636-6738

Image adapted from: Domestic Abuse Intervention Project – 202 East Superior Street, Duluth, MN 55802 – (218) 722.4134 *Further adapted by:* Interface Children & Family Services – 4001 Mission Oaks Blvd., Camarillo, CA, 93012 – (805) 485.6114