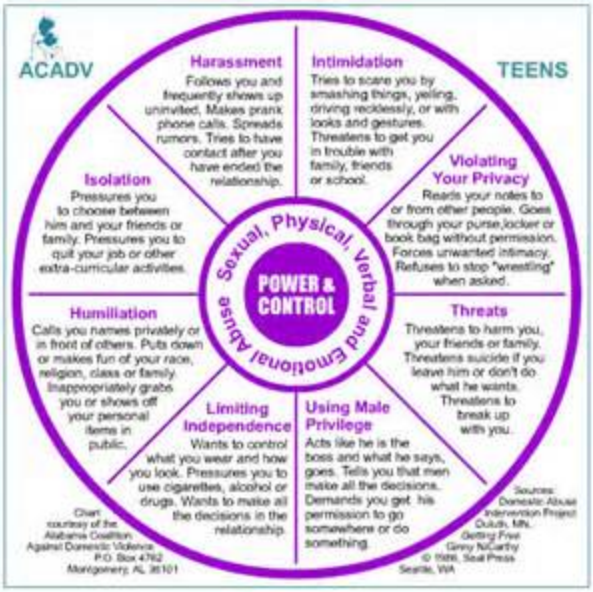
ACADV
TEENS
POWER & CONTROL
Sexual, Physical, Verbal and Emotional Abuse
Harassment
Follows you and frequently shows up uninvited. Makes prank phone calls. Spreads rumors. Tries to have contact after you have ended the relationship.
Intimidation
Tries to scare you by smashing things, yelling, driving recklessly, or with looks and gestures. Threatens to get you in trouble with family, friends or school.
Violating Your Privacy
Reads your notes to or from other people. Goes through your purse,locker or book bag without permission. Forces unwanted intimacy. Refuses to stop "wrestling" when asked.
Threats
Threatens to harm you, your friends or family. Threatens suicide if you leave him or don't do what he wants. Threatens to break up with you.
Using Male Privilege
Acts like he is the boss and what he says, goes. Tells you that men make all the decisions. Demands you get his permission to go somewhere or do something.
Limiting Independence
Wants to control what you wear and how you look. Pressures you to use cigarettes, alcohol or drugs. Wants to make all the decisions in the relationship.
Isolation
Pressures you to choose between him and your friends or family. Pressures you to quit your job or other extra-curricular activities.
Humiliation
Calls you names privately or in front of others. Puts down or makes fun of your race, religion, class or family. Inappropriately grabs you or shows off your personal items in public.
Chart courtesy of the Alabama Coalition Against Domestic Violence P.O. Box 4762 Montgomery, AL 36101
Sources: Domestic Abuse Intervention Project Duluth, MN. Getting Free Ginny NiCarthy © 1984, Seal Press Seattle, WA