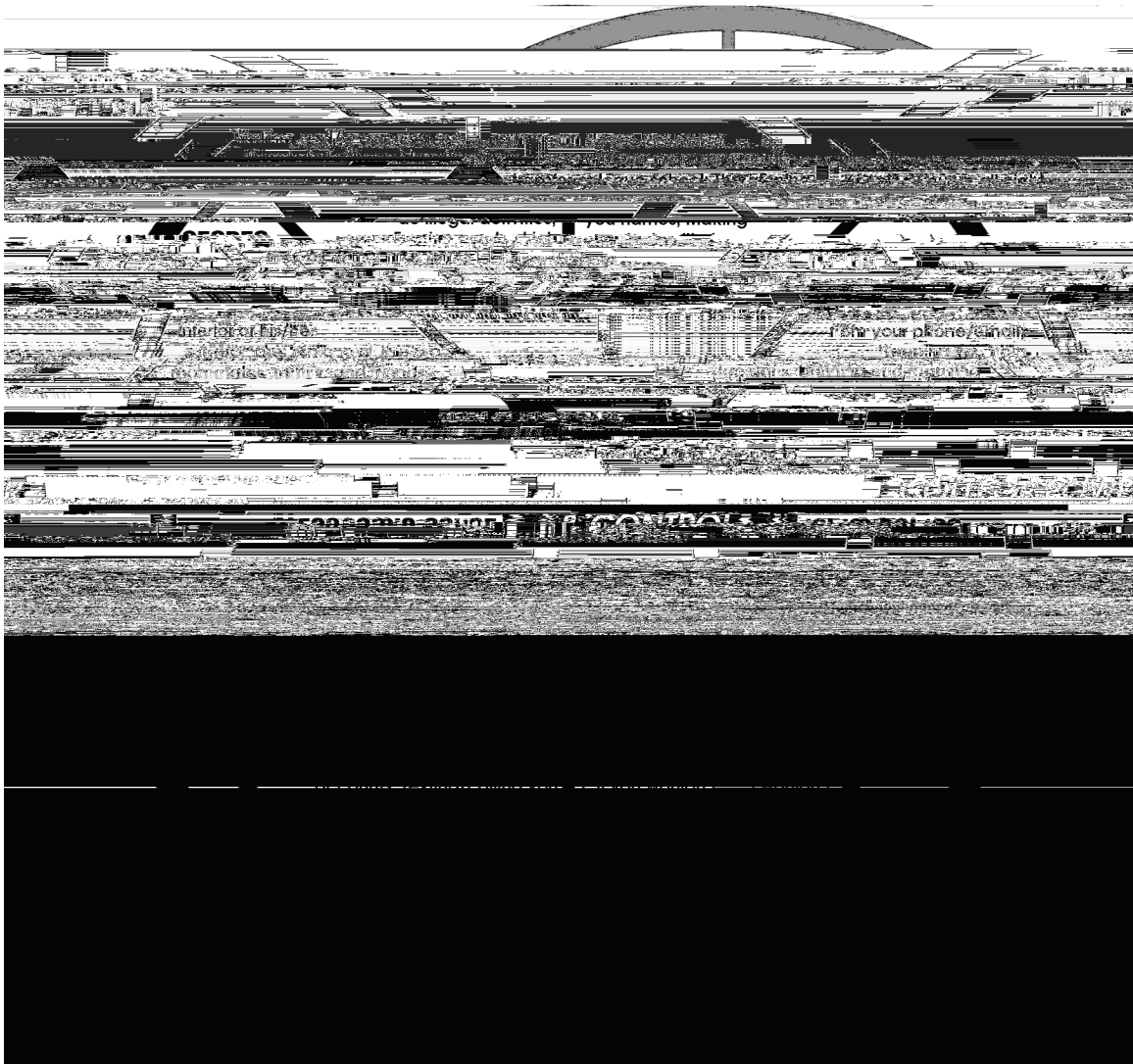


The College Power and Control Wheel

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



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

Blames you for the abuse (

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

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