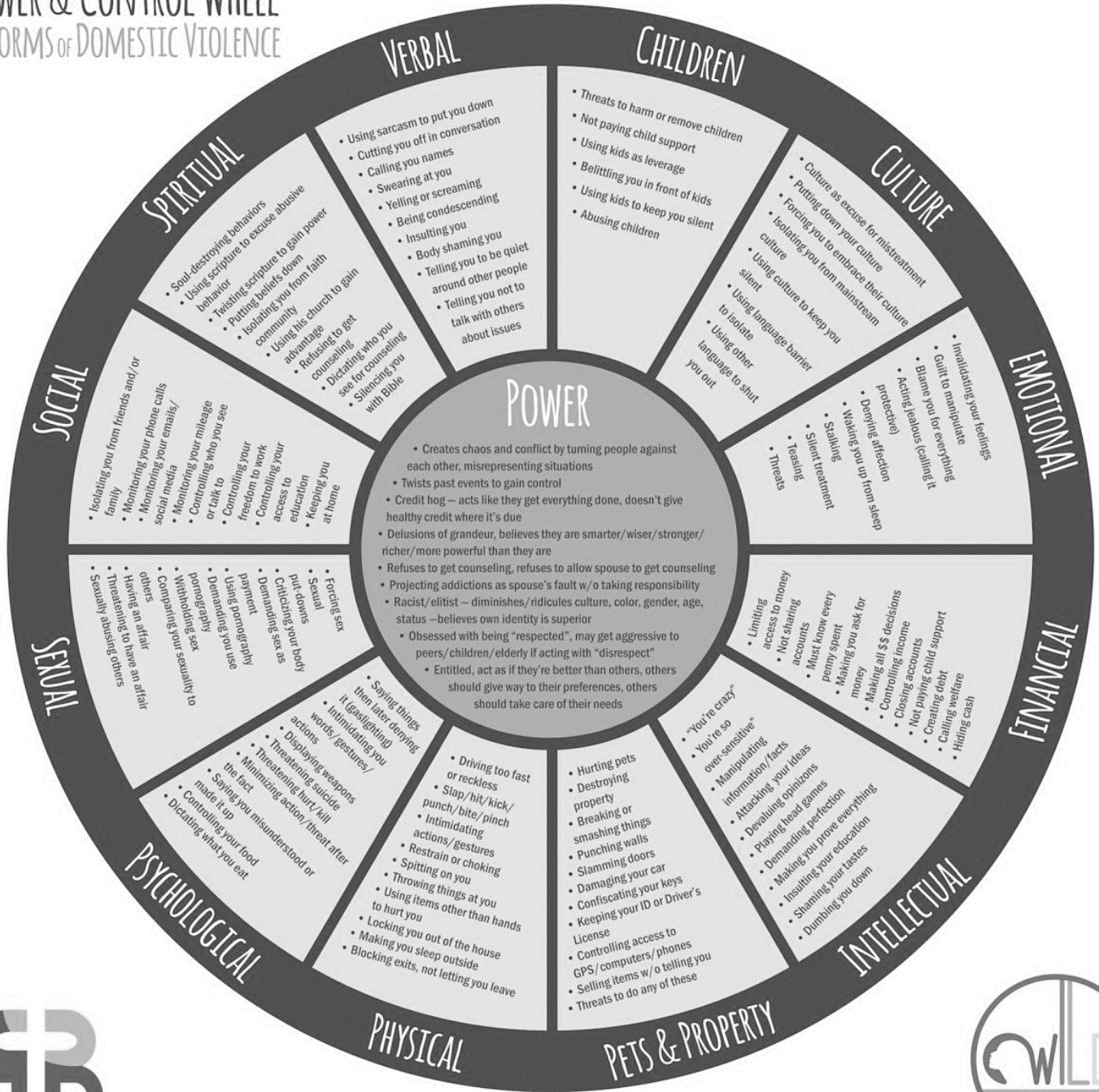


POWER AND CONTROL WHEEL

(Sarah McDugal, the Bucket Brigade Against Abuse, and Women in Leadership Development)

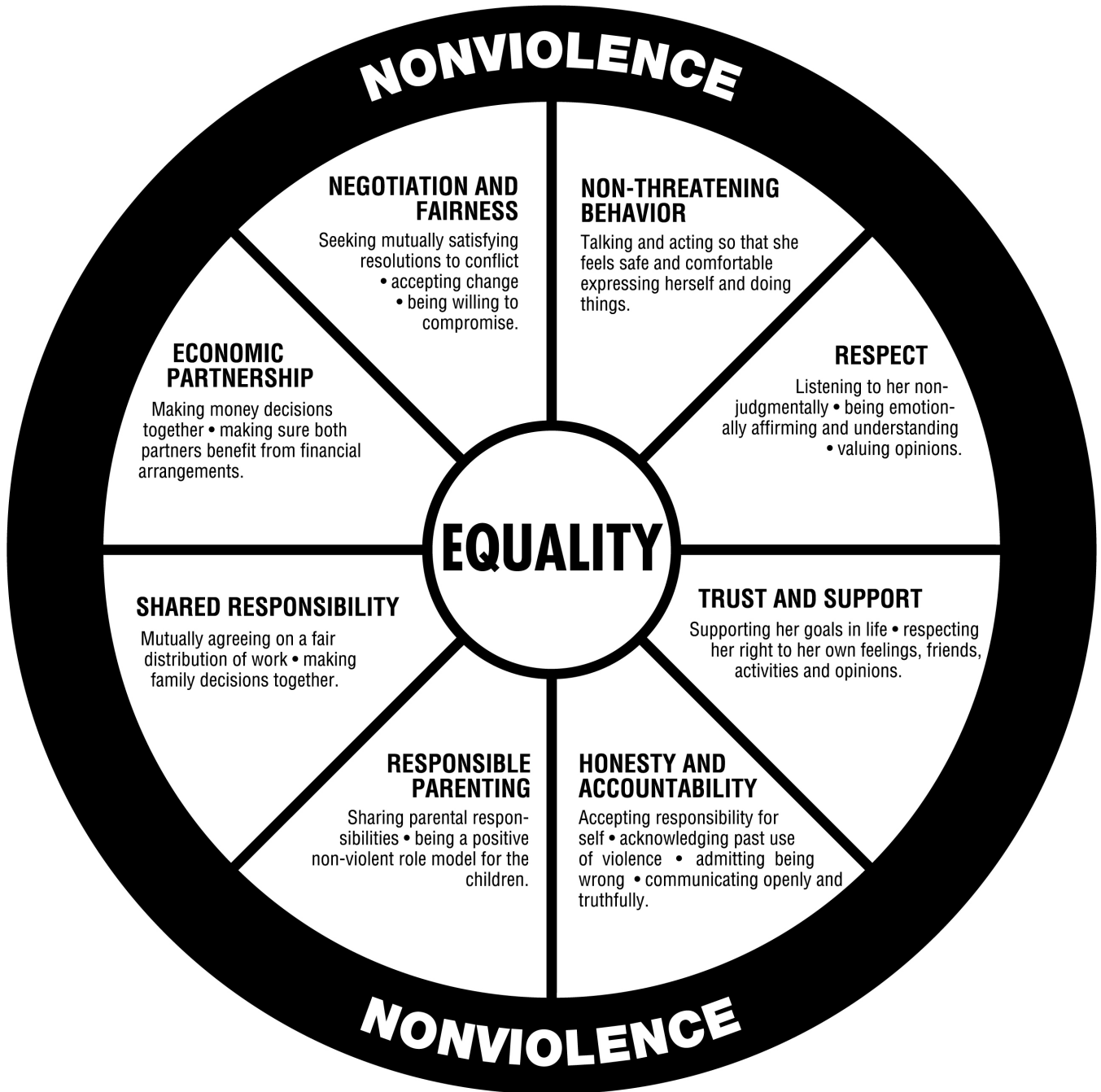
POWER & CONTROL WHEEL
13 FORMS OF DOMESTIC VIOLENCE



Created by Sarah McDugal in collaboration with Bucket Brigade against Abuse, and WILD | Women In Leadership Development.
More here: www.sarahmcdugal.com • www.bucketbrigadeagainstabuse.com • Designed by: www.EmmaleeDesignsArt.com

EQUALITY WHEEL

(Domestic Abuse Intervention Programs)



DOMESTIC ABUSE INTERVENTION PROGRAMS

202 East Superior Street
Duluth, Minnesota 55802
218-722-2781
www.theduluthmodel.org

SIGNS AND SYMPTOMS OF DOMESTIC VIOLENCE

The more of the following questions to which you answer "Yes," the more likely you are in an abusive relationship. These are only some of the signs of an abusive relationship. There may be others unique to your situation. None of these behaviors are acceptable.

Are you fearful of your partner a large percentage of the time?

Do you avoid certain topics or spend a lot of time figuring out how to talk about certain topics so that you do not arouse their negative reaction or anger?

Do you ever feel that you can't do anything right for them?

Are you afraid that they may try to kill you?

Do you feel that there is nowhere to turn for help?

Are you feeling emotionally numb?

Do they have low self-esteem? Do they appear to feel powerless, ineffective, or inadequate in the world, although they might be outwardly successful?

Do they blame the abuse on stress, alcohol, or a "bad day"?

Are they unpredictable?

Are they pleasant between bouts of violence?

Do they have a bad temper?

Have they ever threatened to hurt you or kill you?

Have they ever physically hurt you?

Do they destroy your belongings or household objects?

Do they try to keep you from seeing your friends or other family?

Are you embarrassed to invite friends or other family over to your house because of their behavior?

Have they limited your access to money, the telephone, or transportation?

Have they taken or improperly used any of your funds or assets?

Have they interfered with your ability to attend to or treat your health problems?

Have they tried to stop you from going where you want to go outside of the house, or from doing what you want to do?

Do they verbally abuse you?

Do they humiliate or criticize you in front of others?

Do they often ignore you or put down your opinions or contributions?

Do they always insist that they are right, even when they are clearly wrong?

Do they blame you for their own abusive behavior, saying that your behavior or attitudes causes them to be that way?

Are they often outwardly angry with you?

Do they try to convince others that you are incompetent or crazy?

SAFETY PLAN

REMEMBER: Whether you leave or stay, you will be safer if you have a safety plan. Abusers try to control their victims' lives. When abusers feel a loss of control (like when victims try to leave) the abuse gets worse. Take special care when you leave. Call 911 if you need immediate help or are in danger.

SAFETY DURING A VIOLENT INCIDENT

- If an argument seems unavoidable, try to have it in a room that has access to an exit.
- Carry your cell phone in your pocket or on you at all times.
- Have a code word to use with your children, family, friends, and neighbors when you need the police.
- Avoid a room with weapons or things that could be used as weapons, such a garage, kitchen, or basement.
- Practice how to get out of your home quickly.

SAFETY WHEN PREPARING TO LEAVE AN ABUSIVE RELATIONSHIP

- If you are preparing to leave, determine the safest time to do so.
- Try to keep some money tucked away or, if you can, open your own bank account.
- Rehearse an escape plan until you know it by heart.
- Memorize our hotline phone number.
- Prepare an emergency kit that you can get to quickly, or that you keep at a trusted friend/neighbor's house.

SAFETY AFTER LEAVING AN ABUSIVE RELATIONSHIP

- Change locks on doors and windows.
- If you have a cell phone, keep it with you at all times. Have it preprogrammed to dial the police.
- If you can, install a motion-sensitive lighting system outside your home.
- If you have a restraining order, keep a copy with you at all times. Give a copy to the police, to the people who take care of your children, to your children's school, and to your employer.
- Notify all childcare providers about who has permission to pick up your children.
- Inform neighbors, landlord, and others that your partner no longer lives with you and that they should call the police if they see him/her near your home.

CHECKLIST FOR ITEMS YOU NEED WHEN YOU LEAVE

- | | | |
|-----------------------------------|----------------------------|--------------------------|
| • Identification/Driver's License | • Checkbook, pay stubs | • Social Security card |
| • Car & house keys | • Medications/prescription | • Green card/Work Permit |
| • Money, food stamps | • Court papers/orders | • Computer/cell phone |
| | • Birth Certificates | • Address book |

DO NOT RISK your safety to gather these items – we recommend that you gather these items in advance and leave them in a safe place or with a trusted individual. But if you need to – LEAVE WITHOUT THEM.