

UNDERSTANDING POWER AND CONTROL

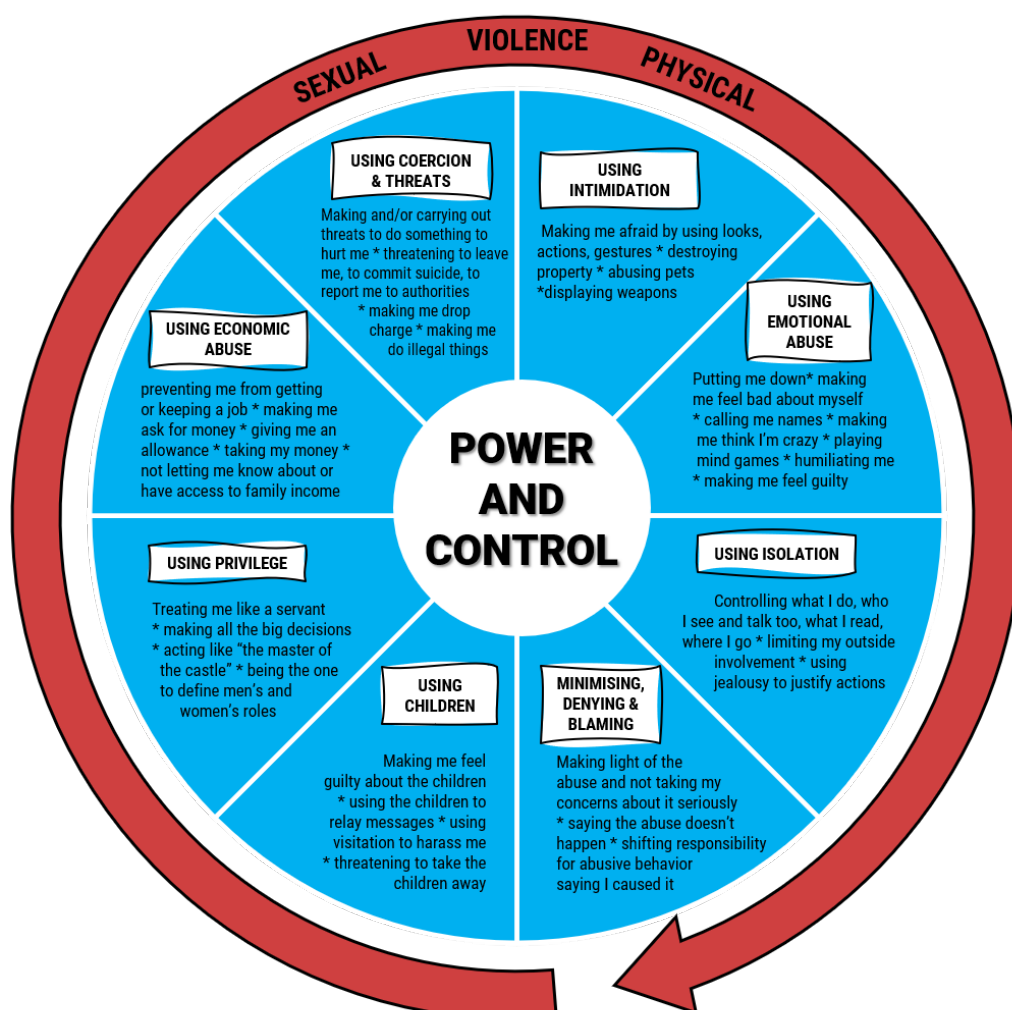
Domestic and family violence focuses on the need of a person using abuse again you to gain and retain power and control.

The Power and Control Wheel

Here is what the Power and Control wheel looks like.

It shows the most common forms of abuse are used to control intimate partners. The wheel was put together in the 1980s by women and children in Duluth, Minnesota, USA. Domestic abuse workers asked them to describe the most common ways they were being abused. The wheel is now used all around the world to help abused people understand what is happening to them, and to help people understand domestic abuse.

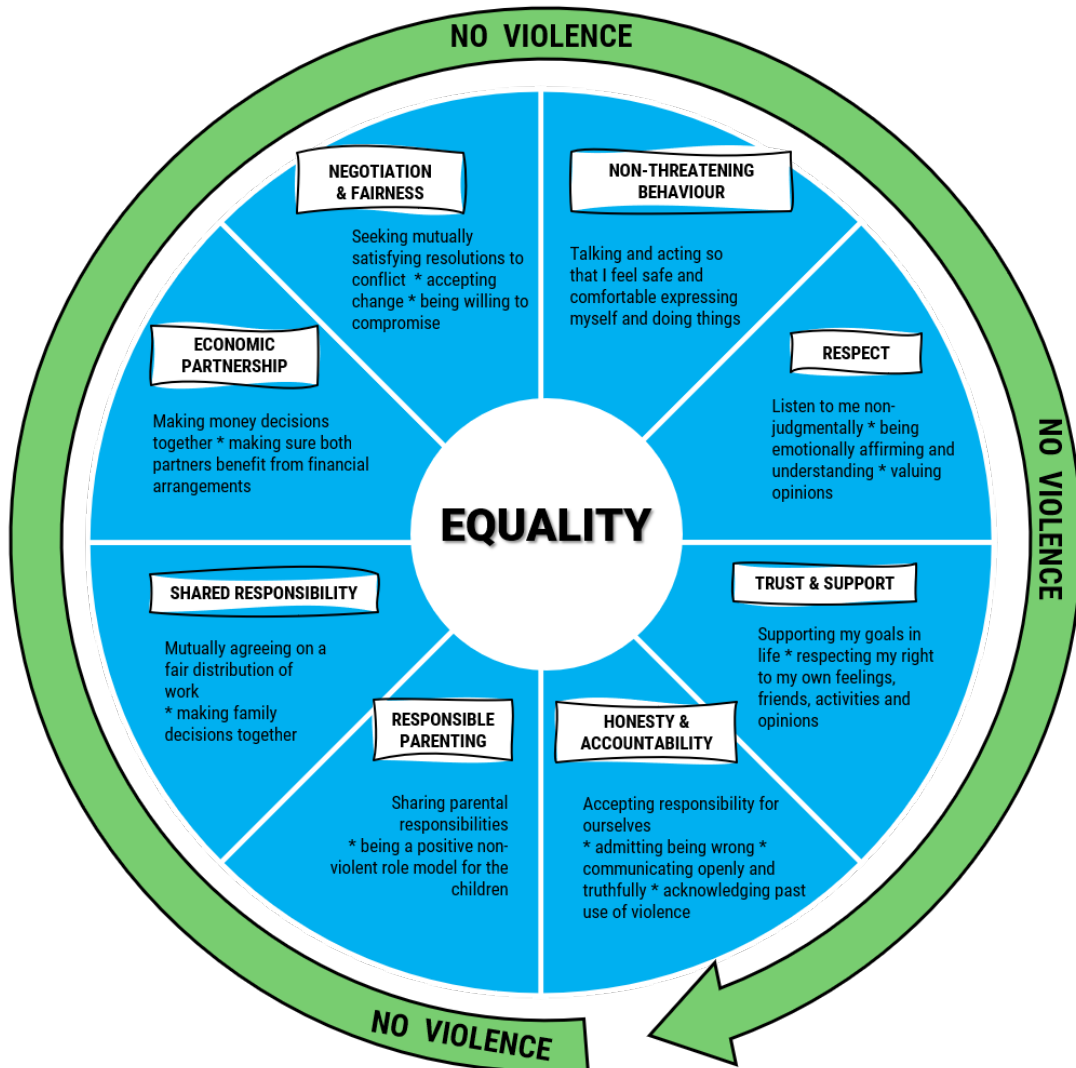
The Power and Control Wheel shows that physical violence is rarely used alone; it is often used together with **sexual violence** and **emotional, psychological** and **financial** abuse.



Adapted from Duluth Power and Control Wheel

Healthy Relationships

The Equality Wheel shows what a healthy relationship looks like.



Adapted from Duluth Power and Control Wheel