## Power & Control Dynamics

### COERCION & THREALS

against your will.

Making and/or carrying out threats to hurt you; Threatening to transfer or leave school; Threatening to commit suicide; Making you do illegal activities; Forcing you to drink GENDER alcohol or use illicit drugs PRIVILEGE

Treating you like you are interior or his/her subordinate; Making all the big decisions; Defining and requiring rigid gender roles.

Controlling how you spend your

money; Having you pay his/her

tuition, rent, etc.; Controlling your financial old, personal

income, flex, meal plan'

CrimsonCash, etc.

**ECONOMIC ABUSE** 

### **EMOLIONAL** ABUSE

Pulting you down; Not letting you study or do assignments; Keeping you up all night before an exam; Calling you names; Making you feel guilty for things that are not your fault.

## ISOLATION

Deleting contacts from your phone/email: Keeping you from roommates, family, and friends, Stopping you from joining organizations or clubs; Encouraging you stay with him/her over breaks; Using jealousy to Justify his/her actions.

COLLEGE POWER & CONTROL

## INTIMIDATION

Making you afraid by using looks, actions, and gestures; Destroying your books, work, computer, etc; Displaying weapons; Sharing plans to harm you/others, threatening pets/children.

#### **MINIMIZING** USING DENYING, & TECHNOLOGY BLAMING

emanding passwords to online accounts; Texting/calling you constantly; Monitoring your social network sites; Using tracking systems, GPS, and/or spyware to monitor your activity.

Blames you for the abuse ("If you wouldn't \_\_\_ I wouldn'I hit you"); Denies abuse is taking place; Minimizes extent of abuse ("I don't hit you, that's real abuse, not yelling")

## Cycle of Abuse

# Calm

Incident is "forgotten", no abuse is taking place. The "honeymoon" phase

## Tensions Building

Tensions increase, breakdown of communication, victim becomes fearful and feels the need to placate the abuser

## Incident Verbal, emotional & physical abuse. Anger, blaming, arguing. Threats. Intimidation.

## Reconciliation

Abuser apologizes, gives excuses, blames the victim, denies the abuse occured, or says that it wasn't as bad as the victim claims