Understanding Relationship Violence

A deliberate pattern of assaultive and manipulative behaviors done by a partner (or ex partner) to gain power and control.

Partners may be married, dating, seeing each other, hooking up, or broken up.

Name calling. Manipulates 1 partner into sex, including using guilt and put downs, constant criticism • Plays mind games · Embarrasses or humiliates threats • Unwanted touching Pressures partner for sex
 Treats partner like a sex partner • Tries to make partner Solationand feel guilty • Gives the "silent treatment" • Spreads object • Sexual harassment Doesn't rumors or tells secrets Takes advantage of Prevents allow or • Insults partner's race/ partner sexually while partner from discourages they are drunk or heritage/religion/ getting/keeping a friends or activities appearance/abilities job • Keeps partner on an high · Sabotages Keeps track of partner. including through cell phone. or refuses to Damages allowance · Makes partner give email, social networking sites, or partner's money or takes money away from use other forms of technology . Doesn't let personal protection partner • Expects partner to always pay for partner work, worship how they want, or do property dates or buy things • Uses partner for their their own activities • Accuses partner of money • Expects sexual acts in return cheating • Uses jealousy to justify for spending money on partner **Using Social Status/Privilege** Intimidation and Threats
Uses
looks/actions/gestures/voice to controlling scare partner • Throws/smashes things • Shows Treats partner like a servant • Makes all the decisions • Defines roles for the relationship and weapons • Destroys property • Punches walls or and Blaming other objects · "Play fights" to show strength over "rules" that are not the same for both partners partner • Threatens to hurt partner or Discriminates partner based on **Pressures** someone the partner cares about gender, culture, religion, disability, partner to get · Abuses or threatens to abuse age, or sexual orientation abuse didn't pregnant • Uses pets • Stalks • Threaten; · Makes partner get Using Children Physical children to create to commit permission happen or acts like contact dependency suicide it's not that bad meant to Threatens to take away Doesn't take abuse hurt, scare, or threaten partner or not allow contact with the seriously • Says partner children • Hurts or threatens to "brought on" abuse by something Hits. punches. hurt the children • Tells children they did or didn't do, or they kicks, cuts, burns, negative things about partner deserve the abuse • Doesn't pushes, slaps, or Threatens to report partner take responsibility for own chokes/strangles partner to child welfare • Uses behavior • Says · Throws objects at · Spits at or Adapted from visitation to abuse is normal The Power and near partner • Grabs partner harass Control Wheel · Holds partner against their will partner developed by the Domestic Abuse Denies partner medical care or other Intervention physical needs Project, Duluth, Minnesota.

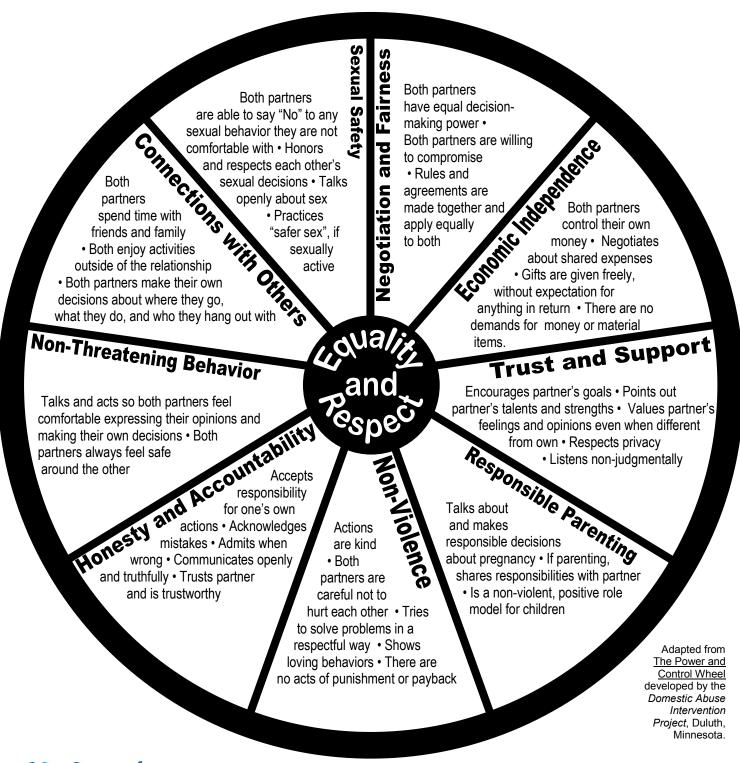


 24hr Toll Free Crisisline | 1-888-385-4657
 Web | www.ccssd.org

 Locations | Coastal: (858) 272-5777
 East County: (619) 697-7477
 North County: (760) 747-6282

Understanding Healthy Relationships

A healthy relationship can be based on respect and equality, where both people in a relationship believe they are equally deserving of respect, and neither tries to gain power or control over the other. Inside the "Equality and Respect Wheel" are examples of equal and respectful behaviors.





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