

TEEN DATING POWER AND CONTROL WHEEL

What the Power and Control Wheel Shows Us: Abuse isn't just about hitting or physical violence. A lot of the time, it starts with things like insults, jealousy, or controlling behavior. But when those things are backed up with actual violence - or the threat of it - they become even more powerful. Even one act of violence can make someone feel scared and trapped, and it can give the abuser more control moving forward. The wheel shows how these behaviors build on each other to create a bigger pattern of abuse.

