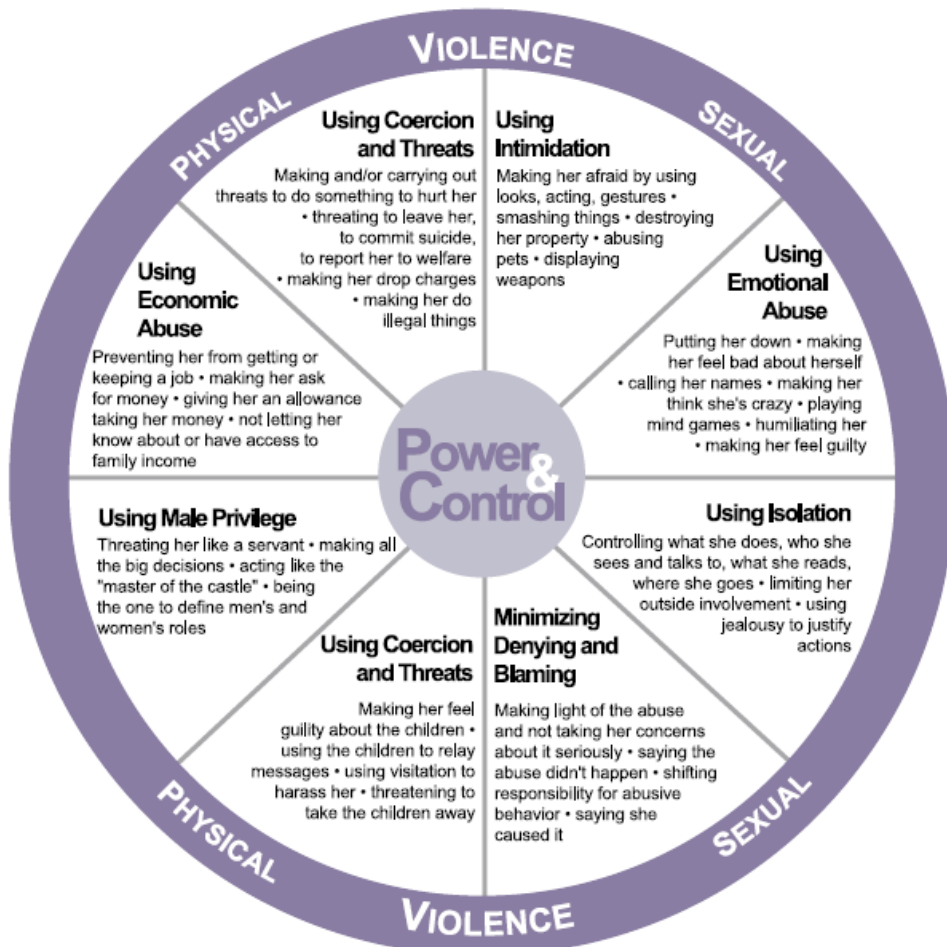


The Domestic Violence Power and Control Wheel

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of the partner's life.

The Power & Control wheel is a helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over the partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.



Contact the Greensboro Police Department Family Victims Unit for assistance, 336-373-2331.



INDICATORS THAT YOU MAY BE IN AN ABUSIVE REALTIONSHIP

- Are you frightened by your partner's temper?
- Are you afraid to disagree?
- Do you constantly apologize for your partner's behavior?
- Does your partner blame his or her behavior on you, drugs, alcohol, or stress?
- Does your partner put you down then tell you that he/she loves you?
- Can you not see friends of family because of your partner's jealousy?
- Has your partner ever threatened shoved, hit, kicked, or thrown things at you?

TOP FIVE RISK FACTORS TO ESCALATING VIOLENCE

- Has the abuser ever used, or threatened to use, a gun, knife, or other weapon against you?
- Has the abuser ever threatened to kill or injure you? Document all quotes if possible.
- Has the abuser ever tried to strangle or choke you?
- Is the abuser violent or constantly jealous?
- Has the abuser ever forced you to have sex?

RESOURCES

- Family Service of the Piedmont, 315 East Washington Street
 - 24-Hour Crisis Hotline - (336) 273-7273
 - <http://www.familyservice-piedmont.org/>
 - They provide free and confidential crisis counseling, shelter, information and referrals, court and police advocacy, and information on relocating.
- [National Domestic Violence Hotline](#)
 - 1-800-799-7233
 - <http://www.thehotline.org/>
- National Coalition Against Domestic Violence
 - (888) 232-9124
 - <http://www.ncadv.org/>
- For Teens
 - <http://www.thesafespace.org/pdf/handout-safety-plan-workbook-teens.pdf>
- LGBT and Bilingual Domestic Violence Hotline
 - 1-866-SAFE.014



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