

Abusive Relationships Happen on College Campuses Too

This Power and Control Wheel was made by **UW-Madison Students based on their experiences**

Academic Abuse ·Transferring into partner's classes/discussions to monitor them · Causing academics to suffer by controlling class attendance: keeping partner home from class to isolate from friends and teachers · Undermining academic status, grades, or intelligence; telling them they aren't smart enough to be in college · Checking on grades/assignments without permission · Deliberately starting fights the night before an exam to affect academic success · Preventing partner from applying for jobs/ internships

Emotional Abuse/Humiliation Making fun of clothes, weight, hair, major, classes, extracurricular activities, religion, grades, friends, family, etc · Guilt tripping for causing relationship problems, blaming for poor academic performance · Spreading rumors, lies about partner Downplaying/normalizing abuse · Minimizing, denying abuse, blaming partner for abusive actions. Telling partner they deserve it · Constant criticism of everyday decisions · Pressuring partner into sex by

humiliating them about sexual experience/inexperience Insisting their extracurricular activities are more important

uninvited where partner is · Stalking · Constantly called, sexting, or IMing when apart · Jealousy, framing jealousy as a sign of love · Monitoring/hacking into phone, email, Facebook, etc., to control communication · Accusations of cheating · Continuing contact after relationship has ended · Posting or distributing revealing photos without permission

· Using anger or the silent treatment as punishment for

not obeying · Controlling finances · Using financial power

Requiring permission for activities or spending money

Determining what clothes or activities partner can

wear or do · Monitoring alcohol/drug intake;

limiting or forcing partner to intake more

than they want to · Treating partner

relationship

like a child · Making all

as blackmail; "You owe me, I paid for your trip to the

Rose Bowl," "How can you leave me? I paid for x, y, and z."

· Following partner or showing up

·Threatening physical harm ·Threatening to commit suicide if relationship is ended ·Threatening to destroy things, hurt pets, family, etc · Blackmailing partner with illegal activities or getting in trouble about school, alcohol/drugs, etc · Threatening to leave · Making partner afraid · Threatening to tell parents information partner doesn't want them to

Power and Control

Controlling who partner can spend time with · Pressuring partner to choose between him/her and family or friends

know, whether it is true or not · Using ultimatums

- · Preventing partner from going home to see family/ friends · Pressuring partner to quit job or activities · Getting in between partner and their parents
 - · Creating a wedge between partner and friends
 - · Forcing partner to live with him or her by sabotaging attempts to find housing, ruining partner's relationships with current roommates. or forcing partner to violate residence hall policies,

· Deliberately · Using drugs or alcohol to get sex · Making comparisons to past partners, flirting with others to make partner feel inadequate in sexual relationship · Rape · Pressuring or forcing partner to engage in sexual activity, including make-up sex · Controlling choices about abortion,

birth control, or STI screening

causing pregnancy Hitting, punching, slapping, kicking, pushing, pulling hair, biting,

tripping, or grabbing partner · Putting hands around throat or cutting off air supply ·Throwing objects · Punching in doors or walls Destroying valuables or sentimental items

· Hurting partner's pets

the decisions in the

Sexual Abuses

Send Abuse

It's Dating Violence. Help is available.

Domestic Abuse Intervention Services Helpline:

608-251-4445

