

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 woman's life and circumstances.

The Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his 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.



Intimate Partner Violence Resources

National Resources	
Organization	Contact Info
National Domestic Violence Hotline 24-hour hotline support and their website is an excellent source of info; click "Get Help" link for info on safety planning .	www.thehotline.org (800) 799-SAFE
National Network to End Domestic Violence Social change organization dedicated to creating a social, political, and economic environment in which violence against women no longer exists. Runs Women's Law program, which provides legal info to victims.	www.nnedv.org www.womenslaw.org
National Coalition Against Domestic Violence Leads, mobilizes and advocates to support efforts that demand a change of conditions that lead to domestic violence such as patriarchy, privilege, racism, sexism, and classism. Supports survivors and holds offenders accountable.	www.ncadv.org
Futures without Violence Programs, policies, and campaigns empowering individuals/organizations working to end violence against women and children around the world.	www.futureswithoutviolence.org
Veto Violence Educates and empowers communities to prevent violence. Provides violence education resources as well as training, tips, and tools designed specifically for prevention practitioners.	www.vetoviolence.cdc.gov
NO MORE Public awareness and engagement campaign focused on ending DV and sexual assault by breaking social stigmas, normalizing the conversation, and increasing resources to address these issues on the local/state/national levels.	www.nomore.org
Teen Resources	
Organization	Contact Info
National Teen Dating Abuse Hotline The website provides excellent materials and resources on teen dating abuse, including the 24-hour hotline for teens.	www.loveisrespect.org (866) 331-9474; Text LOVEIS to 22422
Break the Cycle Provides dating abuse and violence prevention programs, hosts public campaigns, and champions effecting laws and policies.	www.breakthecycle.org
That's Not Cool National public education campaign of teen dating abuse that uses digital examples of controlling, pressuring, and threatening behavior.	www.thatsnotcool.com
Lauren Dunne Astley Memorial Fund Contains teen dating abuse resources, including the <i>Loved to Death</i> workshop, (40-minute video about Lauren's abusive relationship and discussion).	www.laurendunneastleymemorialfund.org
LGBTQ Resources	
Organization	Contact Info
Anti-Violence Project Supports LGBTQ victims through counseling & advocacy; based in NYC.	www.avp.org 24-hour hotline: (212) 714-1141
The NW Network Founded by and for LGBT survivors. Works to end abuse in the diverse lesbian, gay, bisexual and trans communities and empower survivors.	www.nwnetwork.org
LGBT National Help Center 24-hour hotlines and weekly moderated chat rooms for LGBT youth and teens. Provides vital peer-support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity.	www.glbthotline.org National (all ages): (888) 843-4564 Youth-25 years: (800) 246-PRIDE Senior: (888) 234-7243
The Trevor Project Leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people under 25.	www.thetrevorproject.org