

GBG 4 Teens

Teen Power and Control Wheel



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The Power and Control Wheel is a diagram that helps visualize how domestic violence works. The wheel shows how power and control work together with physical and sexual violence and different tactics to entrap people in unsafe, abusive relationships. The one below is specific to teen dating violence which shows up a little differently than adult domestic violence. If you feel like your child is in an unhealthy relationship, please refer to our Green Bear Guide for Unhealthy Relationships.

