

Appendix A

Accessible form of the Power and Control and Equality Wheels referenced on pages 6 and 7

Power and Control

A relationship full of control is really out of control

The following sections contain indicators of domestic abuse relationships which may ultimately escalate to physical and sexual violence

Intimidation

- Instilling fear through looks, threats and actions
- Destroying property
- Abusing pets
- Displaying weapons

Emotional abuse

- Constantly criticising them and putting them down
- Humiliating them and calling them names
- Making them feel guilty
- Making them feel like they're crazy
- Ridiculing their appearance or comparing them to past partners
- Flirting with others to make them jealous

Isolation

- Controlling what they say or do
- who they see and talk to
- what they read and where they go
- Not letting them have other friends
- Limiting their outside activities
- Using jealousy to justify actions

Using gender privilege

- Treating them like a baby or a servant
- Making all of the decisions
- Setting all of the rules of the relationship
- Having unrealistic expectations of them

Denial, minimisation and blame

- Making light of the abuse and not taking their concerns seriously
- Saying that the abuse didn't happen
- Shifting responsibility for the abusive behaviour
- Saying that the abused partner caused it

Using children

- Making them feel guilty about the children
- Criticising them in front of the children
- Telling the children that the partner doesn't love them
- Interfering with visitation
- Threatening to take the children away

Economic abuse

Preventing them from getting a job
or demanding that they work longer hours or get a second job
Making them ask for money
Giving them an allowance
Not letting them have access to family income

Using coercion and threats

Making and/or carrying out threats to hurt them
Threatening to leave them, commit suicide or report them to social services
Threatening to make a false accusation
Making them drop charges

Wheel originally designed by Duluth, Minnesota - adapted by Cheshire West and Chester Council

Equality

In the strongest relationships, respect can't be beat

The following sections contain indicators of equal, non-violent and happy relationships

Open communication

Being able to express your feelings or opinions
Knowing it's okay to disagree
Saying what you mean and meaning what you say

Intimacy

Respecting their boundaries
Respecting each other's privacy
Not pressuring them
Being faithful

Physical affection

Holding hands
Hugging
Kissing
Sitting or standing with your arm on their shoulder
Respecting each other's right to say no
Asking before acting

Fairness and negotiation

Accepting change
Being willing to compromise
Working to find solutions that are agreeable to both people
Agreeing to disagree sometimes

Shared responsibility

Making decisions together
Splitting or alternating the costs on dates
Doing things for each other
Going to places you both enjoy
Giving as much as you receive

Respect

Paying attention to them - even when your friends are around
Valuing their opinion even if it differs from yours
Listening to what they have to say

Trust and support

Being supportive
Wanting the best for them
Knowing they like you
Offering encouragement when necessary
Being okay with them having different friends

Honesty and responsibility

Not making excuses for them or for your own actions
Admitting when you are wrong
Keeping your word
Not cancelling plans

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