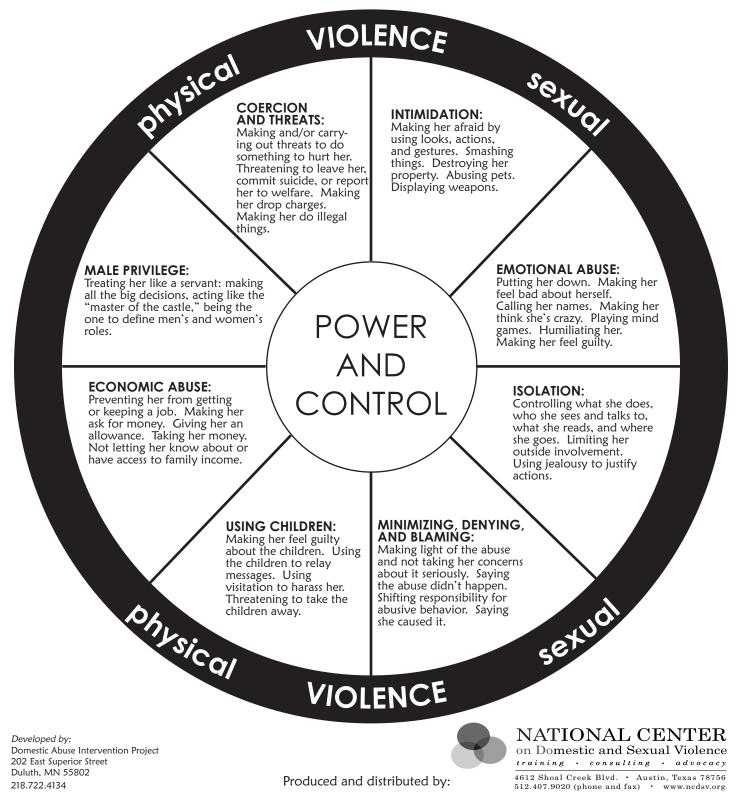
## POWER AND CONTROL WHEEL

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