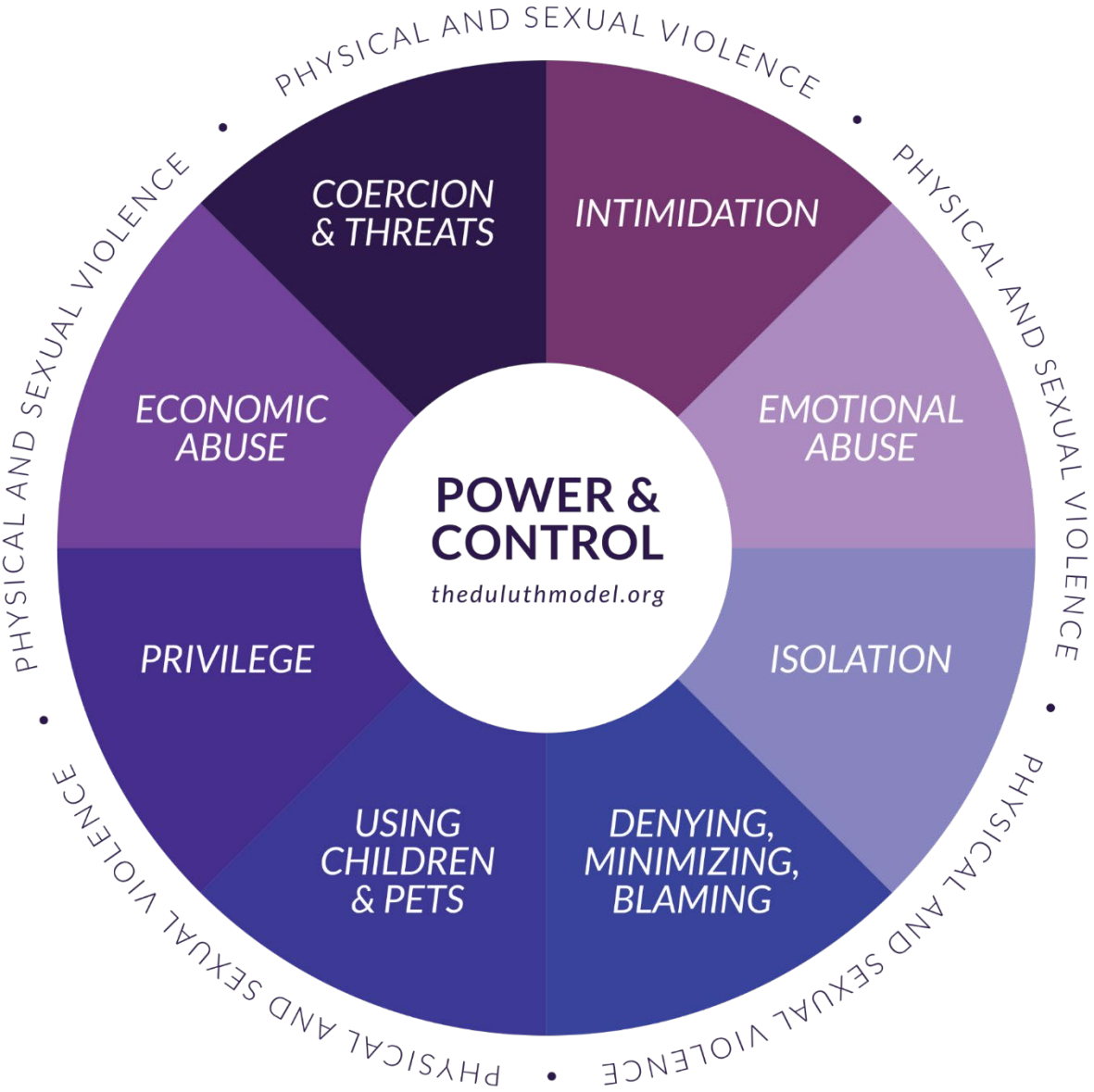
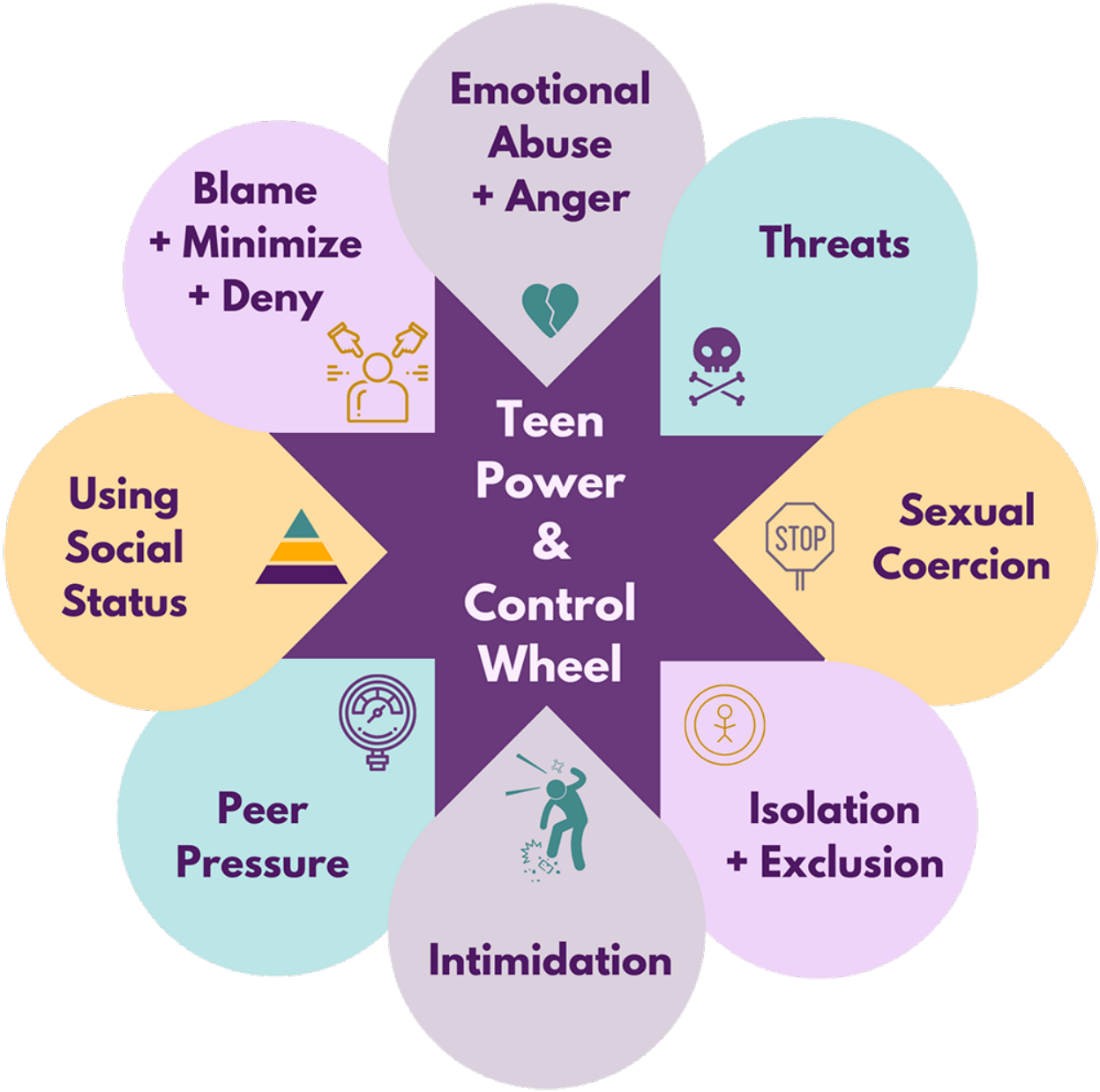
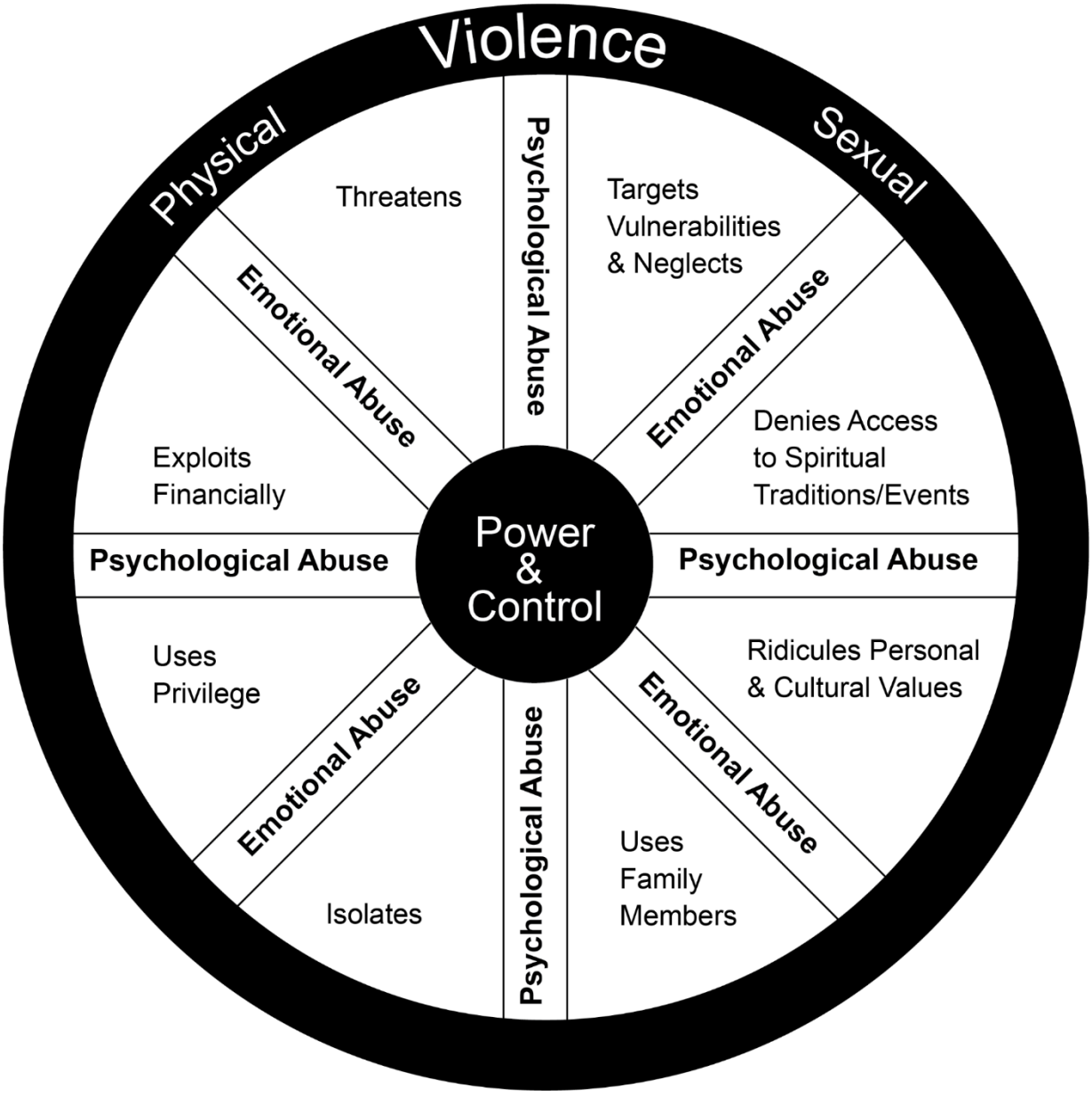
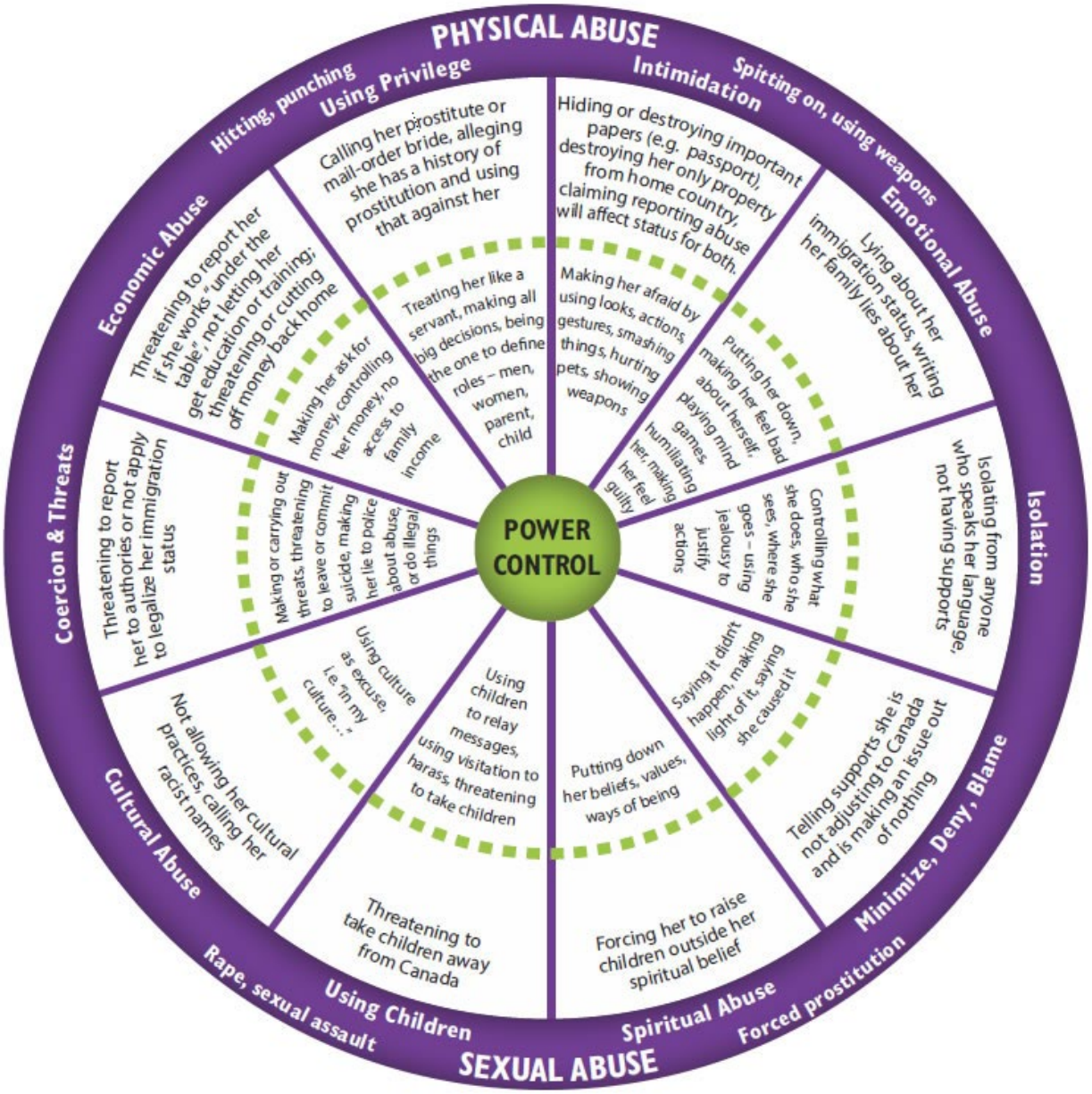

PHYSICAL AND SEXUAL VIOLENCE
COERCION & THREATS
INTIMIDATION
EMOTIONAL ABUSE
ISOLATION
DENYING, MINIMIZING, BLAMING
USING CHILDREN & PETS
PRIVILEGE
ECONOMIC ABUSE
POWER & CONTROL
theduluthmodel.org

HONESTY & ACCOUNTABILITY
NON-THREATENING BEHAVIOR
NEGOTIATION & FAIRNESS
ECONOMIC PARTNERSHIP
SHARED RESPONSIBILITY
RESPECT
TRUST & SUPPORT
RESPONSIBLE PARENTING
EQUALITY


Teen Power & Control Wheel
Emotional Abuse + Anger
Threats
Sexual Coercion
Isolation + Exclusion
Intimidation
Peer Pressure
Using Social Status
Blame + Minimize + Deny
STOP


Violence
Physical
Sexual
Threatens
Psychological Abuse
Targets
Vulnerabilities
& Neglects
Emotional Abuse
Emotional Abuse
Exploits
Financially
Denies Access
to Spiritual
Traditions/Events
Psychological Abuse
Power
&
Control
Psychological Abuse
Uses
Privilege
Ridicules Personal
& Cultural Values
Emotional Abuse
Emotional Abuse
Isolates
Psychological Abuse
Uses
Family
Members

Power & Control
in Lesbian, Gay, Transgender & Bisexual Relationships
Psychological & Emotional Abuse
Threats
Physical Abuse
Entitlement
Using Children
Economic Abuse
Sexual Abuse
HIV-Related Abuse
Intimidation
Isolation: Restricting Freedom
Heterosexism
Homo / Biphobia
Transphobia


PHYSICAL ABUSE
Hitting, punching
Spitting on, using weapons
Using Privilege
Intimidation
Calling her prostitute or mail-order bride, alleging she has a history of prostitution and using that against her
Treating her like a servant, making all big decisions, being the one to define roles – men, women, parent, child
Hiding or destroying important papers (e.g. passport), destroying her only property from home country, claiming reporting abuse will affect status for both.
Making her afraid by using looks, actions, gestures, smashing things, hurting pets, showing weapons
Economic Abuse
Emotional Abuse
Threatening to report her if she works "under the table", not letting her get education or training; threatening or cutting off money back home
Making her ask for money, controlling her money, no access to family income
Lying about her immigration status, writing her family lies about her
Putting her down, making her feel bad about herself, playing mind games, humiliating her, making her feel guilty
Coercion & Threats
Isolation
Threatening to report her to authories or not apply to legalize her immigration status
Making or carrying out threats, threatening to leave or commit suicide, making her lie to police about abuse, or do illegal things
Isolating from anyone who speaks her language, not having supports
Controlling what she does, who she sees, where she goes – using jelousy to justify actions
POWER CONTROL
Cultural Abuse
Minimize, Deny, Blame
Not allowing her cultural practices, calling her racist names
Using culture as excuse, i.e. "in my culture…"
Using children to relay messages, using visitation to harass, threatening to take children
Putting down her beliefs, values, ways of being
Saying it didn't happen, making light of it, saying she caused it
Telling supports she is not adjusting to Canada and is making an issue out of nothing
Rape, sexual assault
Using Children
Spiritual Abuse
Forced prostitution
Threatening to take children away from Canada
Forcing her to raise children outside her spiritual belief
SEXUAL ABUSE

POST SEPARATION ABUSE
COUNTER PARENTING
Undermines the safe parent's parenting abilities and decisions
Denies or withholds consent/care for child's medical or therapeutic needs
Seeks to impose opposing values in the child to spite the safe parent
ALIENATION ALLEGATIONS
Child favors the safe parent and rejects the abusive parent leading to false allegations of alienation
Parental alienation claims lodged against the safe parent as a legal strategy to cast doubt on their credibility
Valid claims of abuse labeled as alienation by the abusive parent as a defensive tactic
NEGLECTFUL OR ABUSIVE PARENTING
Exposes children to unsafe content, situations, or people, which creates concern and fear in the safe parent
Uses violence, intimidation, threats, manipulation, and ridicule to gain compliance from the children
Abusive parent places their own needs above the needs of the child
COERCIVE CONTROL
Creates a sense of fear that pervades all elements of the safe parent's life
Consistently belittles, undermines, shames, and criticizes the safe parent to abuse emotionally
Strategically manipulates family, friends, or community into conflict with the safe parent to remain in control and gain an advantage (triangulation)
Imposes a false narrative to make the safe parent doubt their reality, memory, and perceptions (gaslighting)
ISOLATION
Spreads lies and rumors to family, friends, teachers, and community relationships to discredit the safe parent and destroy their support system and reputation
Paints a false narrative, projecting their own issues to discredit the safe parent
Withholds child's social interaction to maintain abusive parents' sphere of control
HARASSMENT & STALKING
Bombards the healthy parent with an overwhelming number of emails, phone calls, and manipulative, threatening, and abusive messages
Monitors whereabouts, social interactions, social media, etc. via devices, online communications tools, or spyware
Terrorizes and intimidates safe parent with threats without rising to the level of involving law enforcement
LEGAL ABUSE
Misuse of court proceedings to control, harass, intimidate, coerce, and exhaust the financial and emotional resources of the safe parent
Disregards court orders, makes false reports, deliberately causes delays in court proceedings, and makes legal threats to assert power and control over the safe parent
Seeks a change in custody only as a means of revenge, punishment, and continued control over the safe parent
FINANCIAL ABUSE
Blocks access to bank accounts and other financial resources
Interferes or jeopardizes job interviews, employment, or career advancement of the safe parent
Misuse of litigation to disadvantage the safe parent financially
Withholds, mismanages, or delays support payments and court-ordered reimbursements