This book walks you through the Power & Control and Equality Wheels. Each page compares and describes the individual spokes within the wheels.

This book does not only apply to romantic relationships. All of your relationships, including friends, family, and co-workers, should be healthy and include aspects within the equality wheel.

For resources and support, see page 17.
The Power & Control wheel is characterized by the pattern of actions that an individual uses to intentionally control or dominate their intimate partner. An abuser systematically uses threats, intimidation, and coercion to instill fear in their partner. These abusive behaviors are the spokes of the wheel.
The Equality wheel is characterized by the pattern of actions that an individual uses to support their partner. A supportive partner demonstrates trust, respect, independence, and honesty in their relationship. These behaviors are the spokes of the wheel.
Emotional Abuse

Always puts you down

Plays mind games

Makes you feel guilty

Humiliates you

Makes you feel bad about yourself

Makes you think you’re “crazy”

Calls you names
Trust & Support

Supports your passions
Supports your goals

Is emotionally affirming and understanding
Respects your right to your own feelings, friends, activities, and opinions
Controls who you talk to

Controls what you read

Controls where you go

Limits your involvement with others

Uses jealousy to justify their actions

Isolation
Ensures you are able to express yourself

Ensures you are able to do the things you want to do

Safety & Comfort

Intentionally creates an environment where you feel safe
Prevents you from getting or keeping a job

Economic Abuse

Controls your access to money

Takes your money
Accepts change  
Is willing to compromise

Seeks mutually satisfying resolutions to conflict  
Is able to agree to disagree

Negotiation & Fairness
Coercion and Threats

- Makes or carries out threats to hurt you
- Threatens to leave you
- Threatens to commit suicide
- Threatens to embarrass you
- Pressures you to commit illegal actions
You both accept responsibility for yourself

You are both able to admit when you are wrong

You are able to communicate openly and truthfully

Honesty & Accountability
If abuse is happening:

Minimize, Deny, Blame

Says the abuse didn’t happen
Makes light of the abuse

Says you caused the abuse to happen
Shifts responsibility of abusive behavior
Is emotionally affirming and understanding

Respect

Listens non-judgementally

Values your opinions
Makes you feel afraid by using looks, actions, or gestures

Destroys your property including your phone

Smashes things when angry

Displays weapons

Abuses pets

Intimidation

Destroys your property including your phone
Taking time alone when you need it

Gives each other room to breathe

Not expecting one another to solve all of your problems

Not expecting one another to give you everything you need

Independence
Office of Title IX

If you are experiencing relationship violence, contact the Office of Title IX.

865-974-9600
titleix@utk.edu
titleix.utk.edu

<table>
<thead>
<tr>
<th>Service</th>
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<tbody>
<tr>
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<td>Interim Measures</td>
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<td>Information &amp; Support</td>
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<td>Report to the University</td>
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<td>Confidentiality Level of Conversations and Records</td>
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College can be fun and exciting experience, but it can also be challenging, overwhelming, and stressful.

If you are
- In a crisis and are not sure what to do
- Concerned for a fellow VOL
- Observing a behavior that makes you feel uncomfortable
- Concerned that a fellow VOL may harm themselves or others

Call 865-974-HELP (4357)

WE ARE ALL VOLUNTEERS. WE LOOK OUT FOR EACH OTHER.

National Suicide Prevention Hotline
1-800-273-8255 or 1-800-SUICIDE

Crisis Text Line
Text CONNECT or HOME to 74741
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