

Healthy Relationships



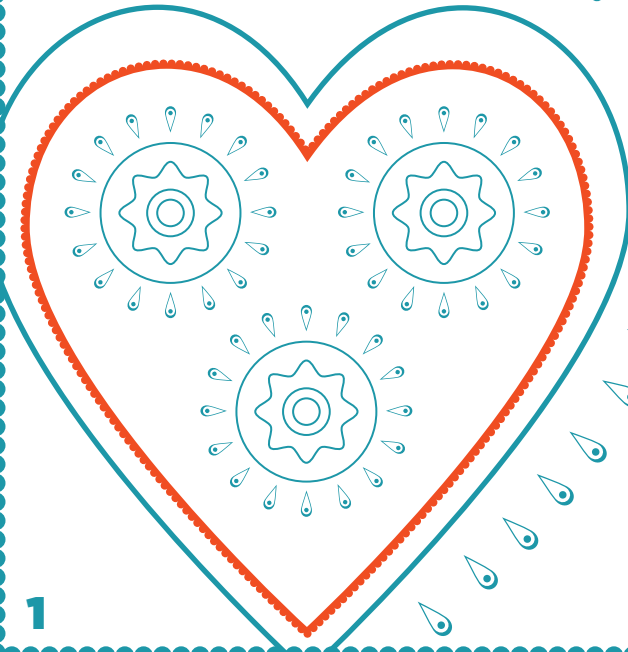
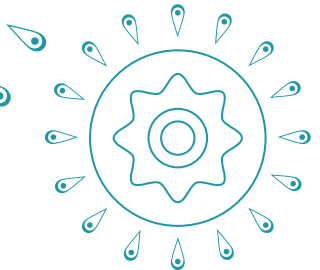
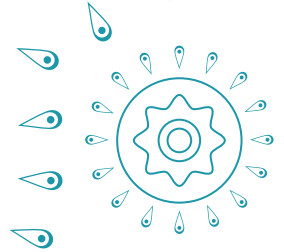
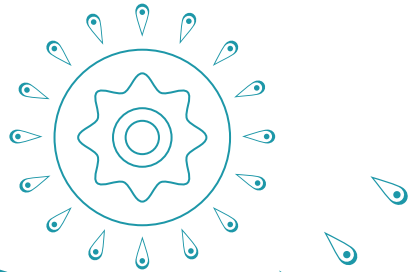
A guided
coloring
book

INTRODUCTION

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.





POWER & CONTROL WHEEL

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.



EQUALITY 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.





Always puts you
down

Plays mind
games

Makes you feel
bad about
yourself

Emotional Abuse

Makes you
feel guilty

Makes you think
you're "crazy"

Humiliates
you

Calls you
names

Supports your
passions

Supports
your goals

Trust & Support

Is emotionally
affirming and
understanding

Respects your right
to your own feelings,
friends, activities,
and opinions



Controls what
you do

Controls who
you see

Limits your
involvement
with others

Isolation

Controls where
you go

Uses jealousy to
justify their actions

Controls who
you talk to

Controls what
you read

Intentionally creates
an environment where
you feel safe

Safety & Comfort

Ensures you are
able to express
yourself

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



Prevents you
from getting or
keeping a job

Economic Abuse

Controls your
access to money

Takes your
money

Accepts
change

Is willing to
compromise

Negotiation & Fairness

Seeks mutually
satisfying resolutions
to conflict

Is able to agree
to disagree



Makes or carries out
threats to hurt you

Threatens to
leave you

Threatens to
commit suicide

Coercion and Threats

Threatens to
embarrass
you

Pressures you to
commit illegal
actions

You both accept
responsibility for
yourself

Honesty & Accountability

You are both able
to admit when you
are wrong

You are able to
communicate
openly and
truthfully



Makes light
of the
abuse

Says the
abuse didn't
happen

Minimize, Deny, Blame

If abuse is happening:

Says you
caused the
abuse to
happen

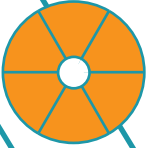
Shifts
responsibility
of abusive
behavior

Is emotionally affirming and understanding

Respect

Listens non-judgementally

Values your opinions



Makes you feel
afraid by using
looks, actions, or
gestures


Displays
weapons

Intimidation

Smashes things
when angry

Abuses
pets

Destroys your
property including
your phone



Gives each
other room
to breathe

Taking time
alone when
you need it

Independence

Not expecting one
another to solve all of
your problems

Not expecting one
another to give you
everything you need



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

Referral to Counseling	Yes
Interim Measures	Yes
Information & Support	Yes
Report to the University	Yes
Confidentiality Level of Conversations and Records	As private as possible, within policy and process.



OFFICE OF TITLE IX



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.



DEAN OF
STUDENTS

dos.utk.edu

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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