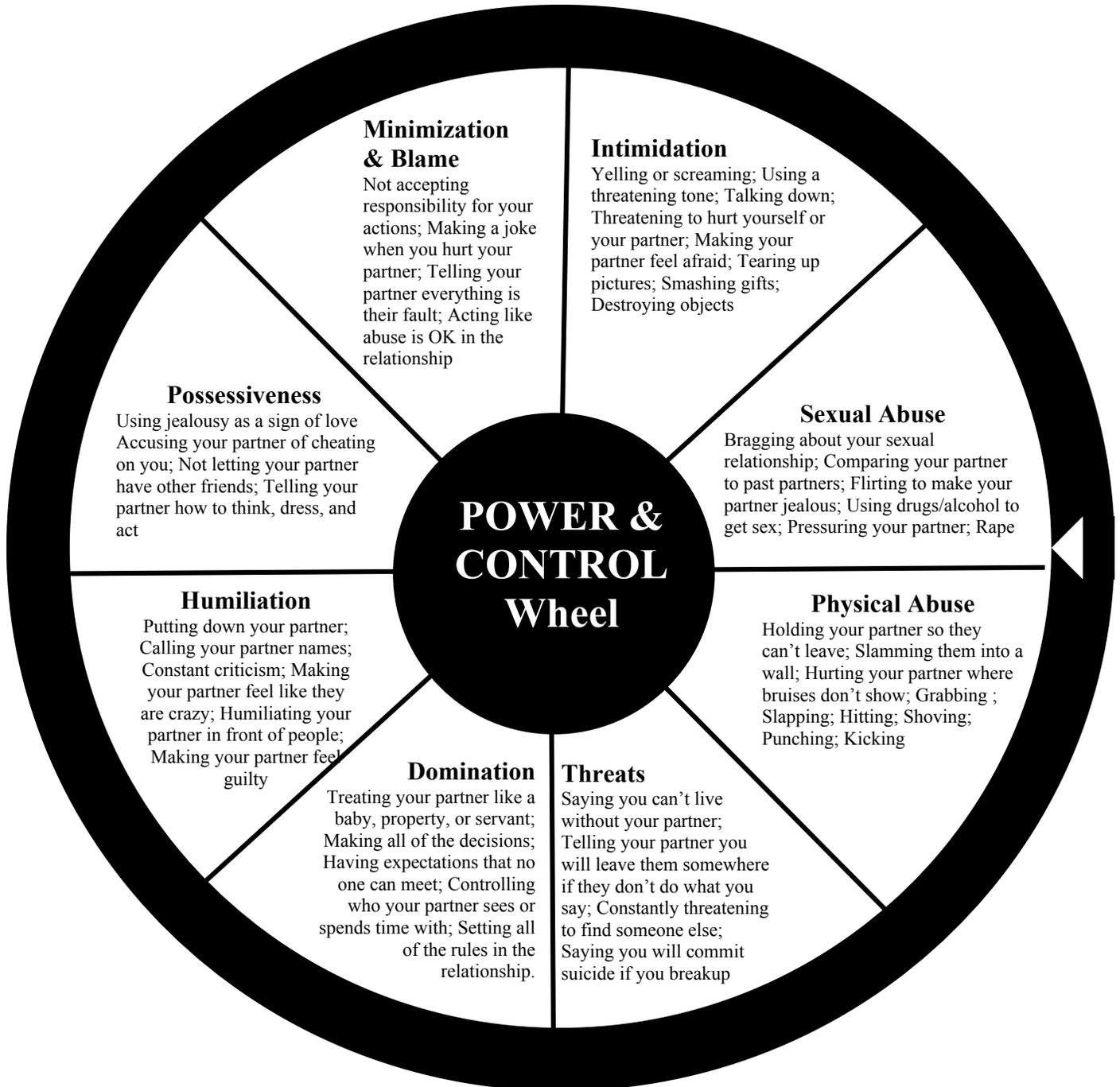


# POWER & CONTROL In Dating Relationships

When one person in a relationship repeatedly scares, hurts or puts down the other person, it is abuse. The Power & Control Wheel lists examples of each form of abuse. Remember, abuse is much more than slapping or grabbing someone.



A relationship full of control is really out of control.