Abusive Relationships Happen on College Campuses Too

This Power and Control Wheel was made by UW–Madison Students based on their experiences.

Power and Control

Academic Abuse
- • Transferring into partner’s classes/discussions to monitor them • Causing academics to suffer by controlling class attendance; keeping partner home from class to isolate from friends and teachers • Undermining academic status, grades, or intelligence; telling them they aren’t smart enough to be in college • Checking on grades/assignments without permission • Deliberately starting fights the night before an exam to affect academic success • Preventing partner from applying for jobs/internships

Emotional Abuse/Humiliation
- • Making fun of clothes, weight, hair, major, classes, extracurricular activities, religion, grades, friends, family, etc. • Guilt tripping for causing relationship problems, blaming for poor academic performance • Spreading rumors, lies about partner • Downplaying/normalizing abuse • Minimizing, denying abuse, blaming partner for abusive actions. Telling partner they deserve it • Constant criticism of everyday decisions • Pressuring partner into sex by humiliating them about sexual experience/inexperience • Insisting their extracurricular activities are more important

Possessiveness and Harassment
- • Following partner or showing up at a location where partner is • Stalking • Constantly calling, sexting, or IMing when apart • Jealousy, framing jealousy as a sign of love • Monitoring/hacking into phone, email, Facebook, etc., to control communication • Accusations of cheating • Continuing contact after relationship has ended • Posting or distributing revealing photos without permission

Manipulation/Limiting Independence
- • Using anger or the silent treatment as punishment for not obeying • Controlling finances • Using financial power as blackmail; “You owe me; I paid for your trip to the Rose Bowl!” “How can you leave me? I paid for x, y, and z.” • Requiring permission for activities or spending money • Determining what clothes or activities partner can wear or do • Monitoring alcohol/drug intake; limiting or forcing partner to intake more than they want to • Treating partner like a child • Making all the decisions in the relationship

Isolation
- • Deliberately causing pregnancy • Using drugs or alcohol to get sex • Making comparisons to past partners, flirting with others to make partner feel inadequate in sexual relationship • Rape • Pressuring or forcing partner to engage in sexual activity, including make-up sex • Controlling choices about abortion, birth control, or STI screening

Physical Abuse
- • Hitting, punching, slapping, kicking, pushing, pulling hair, biting, tripping, or grabbing partner • Putting hands around throat or cutting off air supply • Throwing objects • Punching in doors or walls • Destroying valuables or sentimental items • Hurting partner’s pets

Sexual Abuse
- • Deliberately causing pregnancy • Using drugs or alcohol to get sex • Making comparisons to past partners, flirting with others to make partner feel inadequate in sexual relationship • Rape • Pressuring or forcing partner to engage in sexual activity, including make-up sex • Controlling choices about abortion, birth control, or STI screening

It’s Dating Violence. Help is available.

Domestic Abuse Intervention Services Helpline:
608-251-4445

UHS University Health Services | 608-265-5600 | uhs.wisc.edu/assault