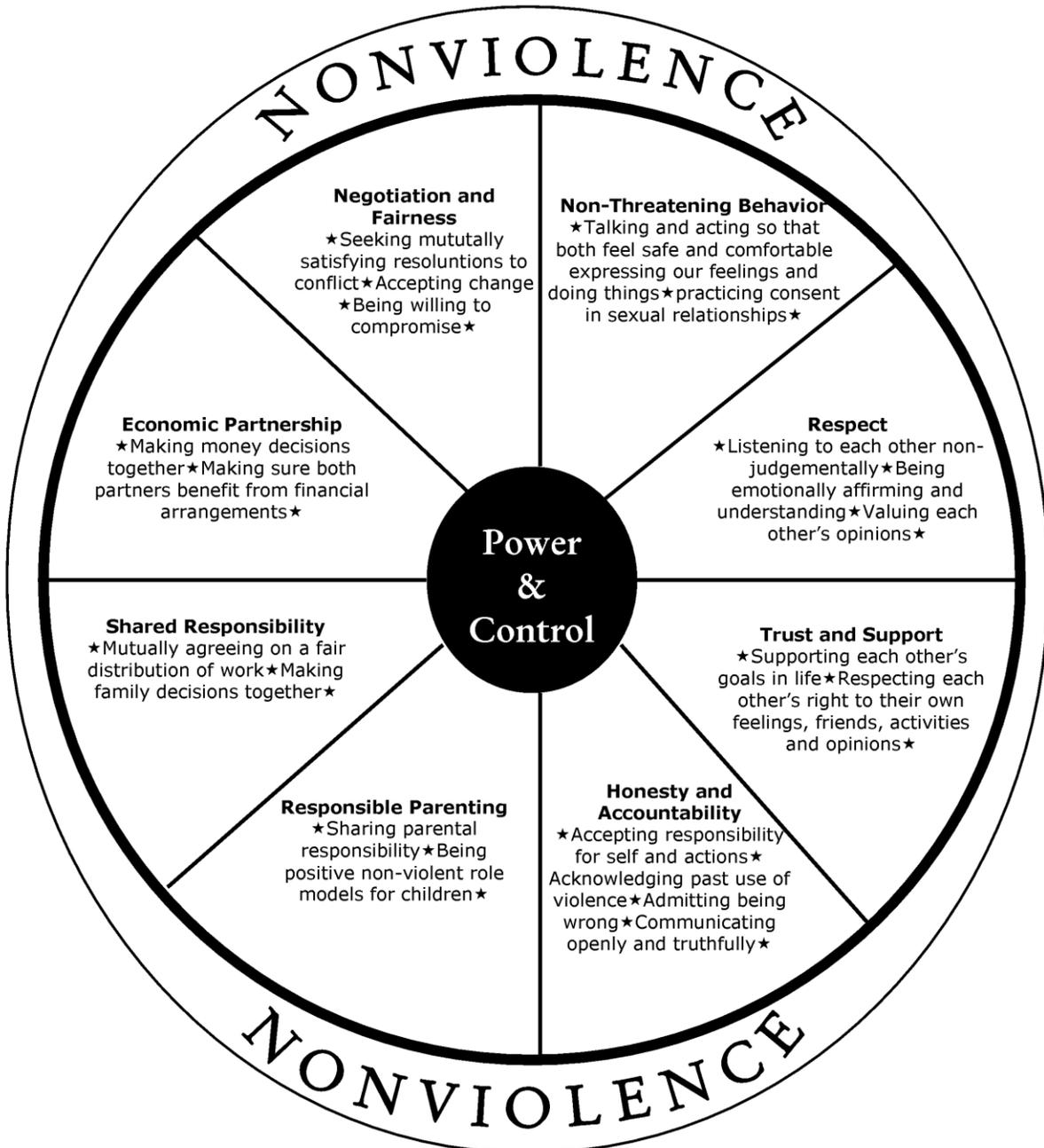
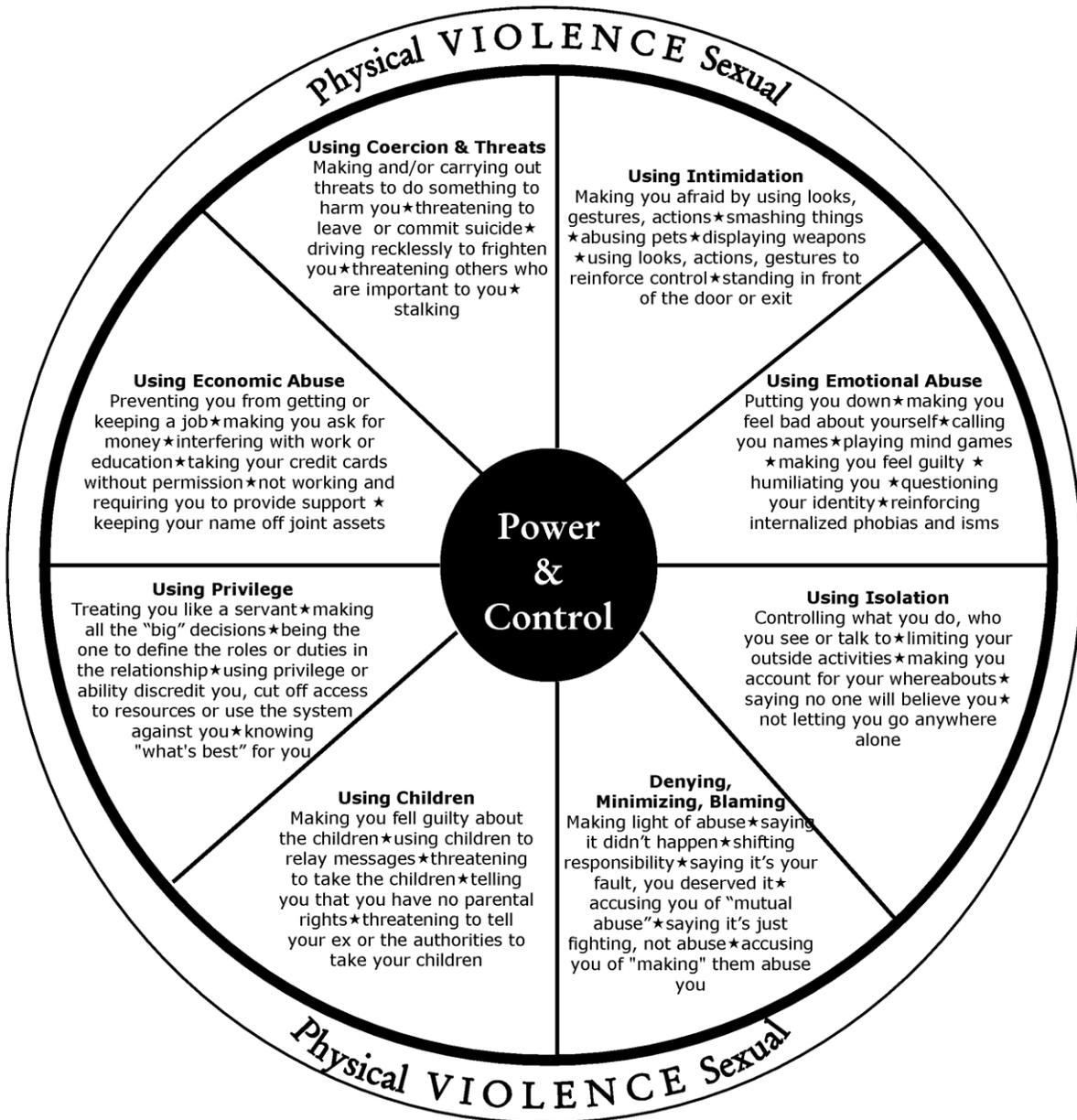


Equality Wheel



*Adapted from the Domestic Abuse Intervention Project
Duluth, Minnesota*

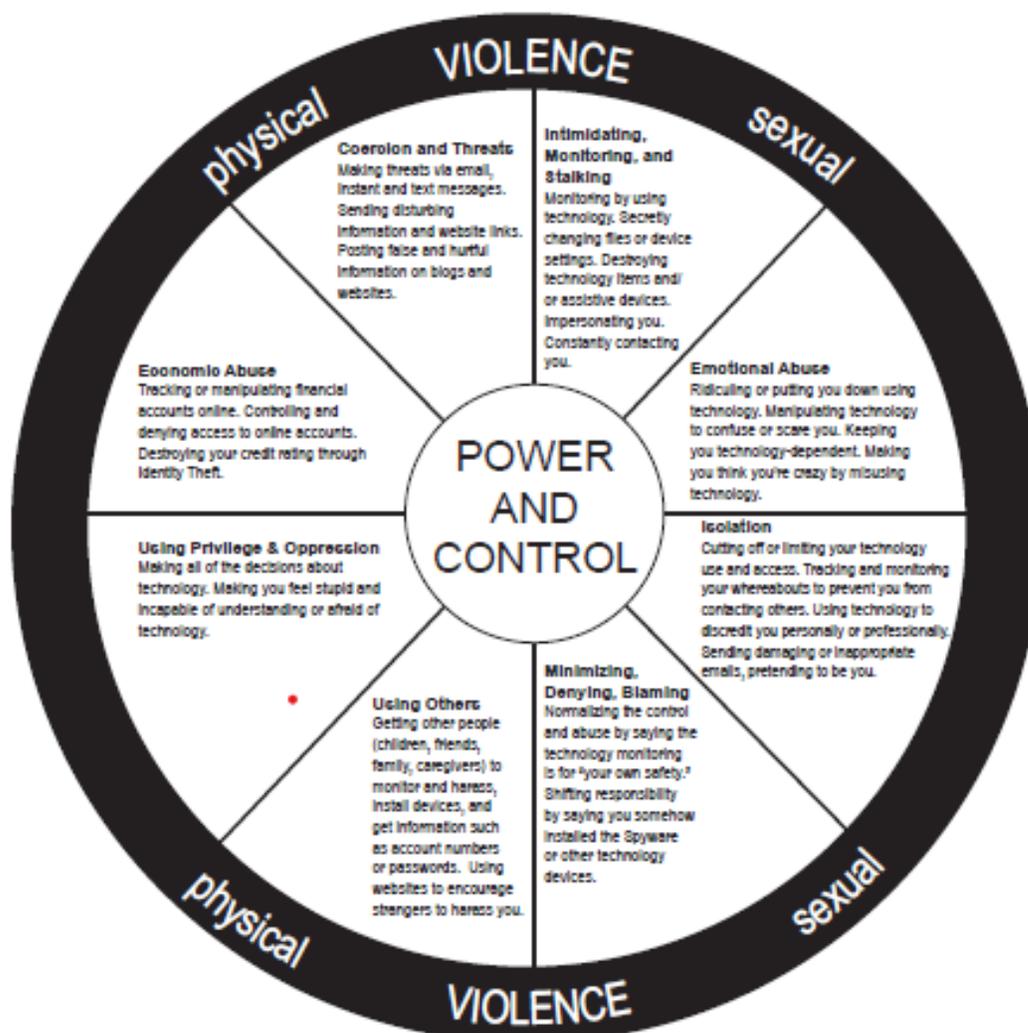
Power and Control Wheel



*Adapted from the Domestic Abuse Intervention Project
 Duluth, Minnesota*

Power & Control Wheel: On Technology & Abuse

This diagram illustrates some ways that abusers can misuse technology within the context of sexual assault, domestic violence, and stalking. Technologies abusers misuse include, but are not limited to, cordless phones, radio scanners, and baby monitors; emails, text messaging, and instant messaging; computers and software applications; the Internet and websites; spyware or other computer monitoring tools; TTY (text telephones), relay services, and other assistive devices; GPS and other location tracking services; cell phones and other handheld computer phones; cameras and other recording equipment; fax machines; and a variety of other surveillance equipment.



Power and Control Wheel: On Technology & Abuse A Guide for Tech Advocates

This is not a stand-alone handout.

This wheel can be used with a variety of audiences and in different settings: from advocacy and criminal justice trainings to counseling and support group settings. The handout is most effective if you take time to discuss the following: (1) how the wheel represents dynamics used by an abuser, (2) scenarios to illustrate specific abuse tactics and dynamics, and (3) definitions of various technical terms referenced in the wheel.

Why a wheel?

The Technology Power and Control Wheel is modeled after the original Power and Control Wheel developed by the Domestic Abuse Intervention Project in Duluth, MN. The Technology Power and Control Wheel is an attempt to provide specific examples of ways technology is used in the context of domestic violence, sexual assault, and stalking.

The wheel helps to illustrate tactics perpetrators use and the dynamics of abuse. The center of the wheel illustrates the abuser's central goal, which is to maintain power and control over the victim. Each spoke of the wheel represents a different tactic that an abuser can use to maintain this power and control. The wheel's rim, which holds everything together, symbolizes the way that an abuser will use physical or sexual violence or the threat of it in order to reinforce the power of the other tactics.

Use examples to illustrate your point.

Abuse occurs in all segments of our population. Abusers customize tactics to target the victim's specific life experiences (e.g. situations, beliefs, culture, identity, economics, etc). When discussing technology abuse, try choosing examples that reflect experiences of a variety of survivors. Here are some examples:

- An abuser hides a cell phone in the victim's car to listen to her or to track her location via GPS.
- After a young man breaks up with his boyfriend, the ex-boyfriend harasses him via email and IM, threatening to "out" him on MySpace.
- An abuser monitors a victim's emails, keeping the victim from telling friends and family about the abuse or from seeking help.
- Abuser figures out a victim's hidden location by Instant Messaging with the victims' children.
- Abuser uses TTY to impersonate a victim and try to get the court to drop a protection or restraining order.
- Abuser gets a falsified immigration/ID document for the victim, then threatens to tell law enforcement and get the victim arrested or deported.

Technical definitions

Identity Theft: When a person uses key pieces of personal information, such as Social Security numbers, to impersonate someone else or manipulate their life (e.g., to harm their reputation or hurt their financial status by creating or altering online bank/credit accounts).

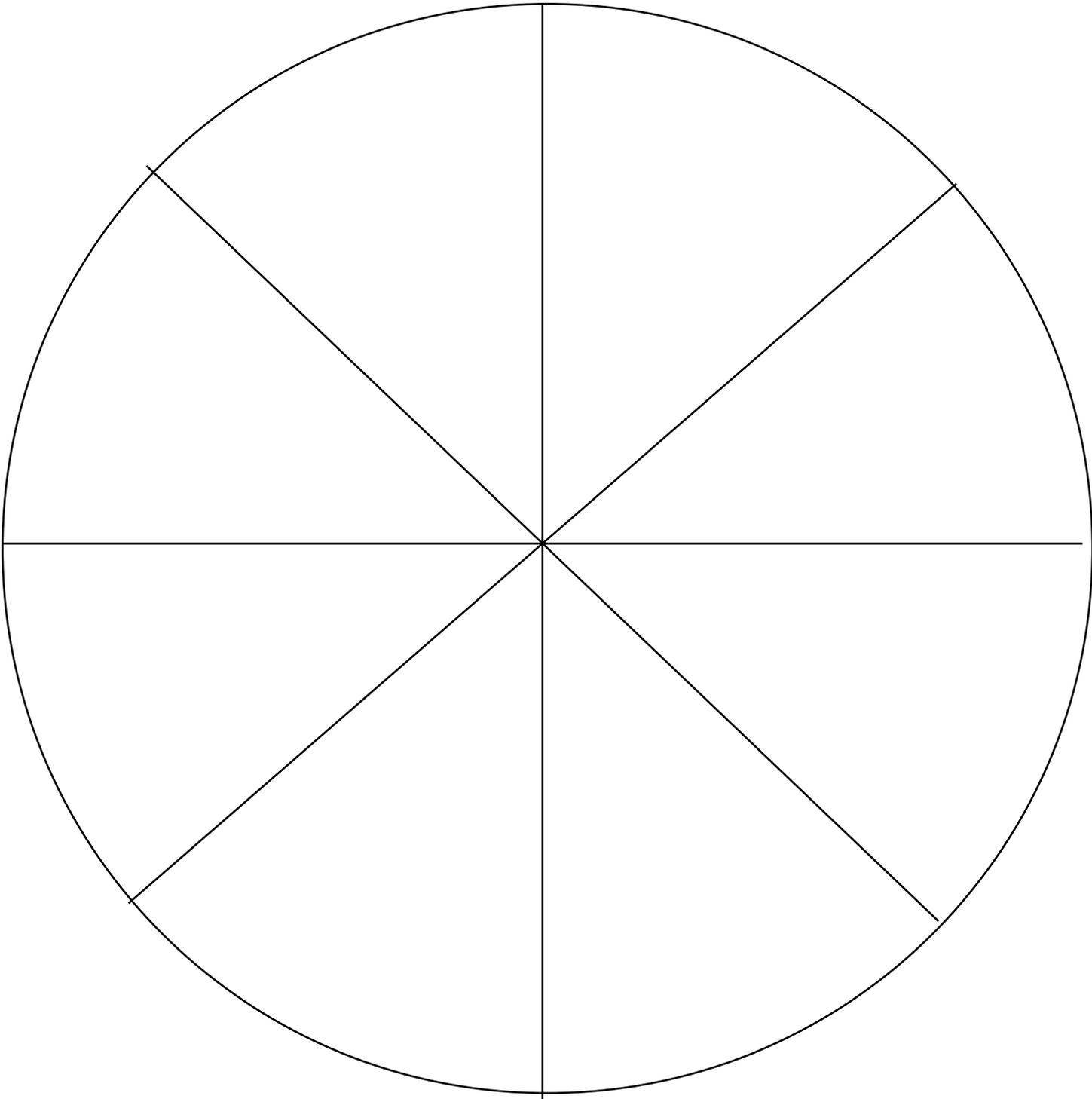
GPS (Global Positioning System): A GPS receiver is a device that uses satellite signals to pinpoint its exact global location. GPS receivers are small and can be easily hidden; they come in most newer-model cell phones.

Blog: Short for Web log, a personal journal posted online that is often publicly accessible.

Instant Messaging (IM): A service that enables someone to "chat" in real time over the Internet with one or more individuals by typing and sending electronic text. Sometimes IM includes real time sound and video transfers.

Spyware: Surveillance software or hardware that enables an unauthorized third party to secretly monitor and gather information about the user's computer use without his or her knowledge or consent, sometimes from a remote location.

Week 1: Activity A
PERSONAL POWER & CONTROL WHEEL



<p style="text-align: center;">Week 1: Handout A DEFINITION OF DOMESTIC VIOLENCE</p>
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Domestic violence and emotional abuse are behaviors used by one person in an intimate or domestic relationship to exert power and control over the other. Partners may be married or cohabitating; heterosexual, gay, or lesbian; living together, separated or dating.

Examples of abuse include:

- name-calling or putdowns
- keeping a partner from contacting their family or friends
- withholding money
- stopping a partner from getting or keeping a job
- actual or threatened physical harm
- sexual assault
- stalking
- intimidation

Violence can be criminal and includes physical assault (hitting, pushing, shoving, etc.), sexual abuse (unwanted or forced sexual activity), and stalking. Although emotional, psychological and financial abuse may not be criminal behaviors (as determined by state law), they are forms of abusive power and control and can escalate to physical violence.

The violence takes many forms and can happen all the time or once in a while. An important step to helping yourself or someone you know prevent or stop violence is recognizing the warning signs.

ANYONE CAN BE A VICTIM! Victims can be of any age, sex, race, culture, religion, education, employment, or marital status. Although both men and women can be abused, most abusers are men. Children in homes where there is domestic violence are more likely to be abused and/or neglected. Most children in these homes know about the violence. Even if a child is not physically harmed, they may have emotional and behavior problems.

If you are being abused, REMEMBER

1. You are not alone
2. It is not your fault
3. Help is available

Week 1, Power and Control Handout B

Types of domestic violence

Abusive behaviors are not symptoms that someone is angry or out of control. An abuser makes a deliberate choice to exert power and control over his or her partner.

Physical abuse

- Pushing/shoving
- Slapping
- Kicking
- Punching
- Strangulation
- Misuse of objects to strike the victim (belt, umbrella, etc).
- Striking objects, the wall, etc. in view of the victim as a threat of violence

Emotional abuse

Emotional abuse is a tool used by those who want to make their partners feel scared, crazy, worthless, or responsible for the abuse. The abuser's goal is control over the victim. Emotional abuse may include:

- Making jokes about the victim
- Insults
- Criticizing the victim's competence
- Ignoring the victim's feelings
- Withholding affection as a form of punishment
- Blaming the victim for all problems
- Yelling at the victim
- Humiliating the victim in front of others
- Accusing the victim of being the abusive partner
- Threatening to take the children away from the victim
- Threatening physical violence
- Threatening suicide to punish the victim
- Abusing, neglecting, or threatening harm to pets

Sexual abuse

Sexual abuse is one of the least discussed, but most common, forms of domestic violence. Sexual abuse may include:

- Sexual jokes that make the victim uncomfortable
- Treating women as sex objects
- Criticizing the victim's sexuality

- Using sexual jealousy as a tool of control
- Uncomfortable or unwanted touch
- Withholding sex as punishment
- Demanding sex
- Flaunting affairs
- Rape
- Sex after beatings
- Sexual torture

Social abuse

Social abuse is used to isolate the victim from others in the community. The fewer people the victim is connected with, the more control the abuser has over the victim. Examples of social abuse include:

- Insisting that the couple spend all their time together
- Discouraging the victim from seeing friends or family
- Forbidding the victim to see friends or family
- Monitoring the victim's mail or phone calls
- Checking the odometer
- Restricting access to the car or car keys
- Telling others the victim is crazy or abusive

Financial abuse

Abusers often attempt to establish financial control over victims. Victims who are financially dependent on abusers have fewer resources for escape. Financial abuse includes:

- Making all financial decisions for the household
- Keeping financial secrets
- Monitoring the victim's spending
- Controlling the victim's access to cash
- Refusing to let the victim work
- Forcing the victim to turn over income to the abuser

(Oregon Coalition Against Domestic and Sexual Violence: OCADSV)

