Young Adult Power & Control

PHYSICAL & SEXUAL VIOLENCE

REPRODUCTIVE COERCION: Denying access to birth control or refusing to use it: damaging or refusing to wear a condom, throwing birth control pills away so partner gets pregnant. Preventing or refusing to get an abortion.

ISO-LATION: Keeping you from roommates, family & friends. Preventing you from joining clubs or organizations. Deleting your contacts from your phone/email. Encouraging you to stay with him/her over breaks; monopolizing all of your time. Using jealousy to justify actions.

UNDERMINING ACADEMICS: Picking a fight the night before an exam or audition. Preventing you from participating in a class project because of who is in the group. Interfering with study time. Controlling your financial aid, meal plan, income, etc.

MINIMIZING / DENYING / BLAMING: Making light of the abuse, denying what or how it happened. Blaming you for the abuse. Putting you down for overreacting or “being crazy” over your reactions to the abuse (I don’t hit you--that’s real abuse, not hitting.”)

USING STATUS or GENDER PRIVILEGE: Using leadership status on campus, class, sexual/gender identity, race, physical ability, etc. to silence you. Making all the big decisions. Treating you like an subordinate. Threatening to expose your vulnerabilities (such as LGBTQ status) or spreading gossip.

THREATS & COERCION: Giving you “the look.” Making and/or carrying out threats to hurt someone else or pets. Threatening to transfer or leave school or to commit suicide. Threatening to file a false Honor charge or to “out” you. Violent gestures, destroying property, buying a gun or other weapons.

USING TECHNOLOGY: Demanding passwords to online accounts. Monitoring social network sites. Taking your phone and reading your texts. Using tracking & keystroke systems, GPS and spyware monitoring. Hacking your accounts and/or creating fake accounts in your name.

STALKING/GASLIGHTING: Using social media to track and monitor your activities. Texting/calling constantly. Denying all of this, including changing shared narratives in order to make partner feel “crazy.” Always waiting for you daily after class when you don’t want it.