

Abusive Relationships Happen on College Campuses Too

Power and Control Wheel was made by UW-Madison Students based on their experiences

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 suicide if relationship is ended academic success · Pre-·Threatening to destroy things, hurt venting partner from pets, family, etc · Blackmailing partner applying for jobs/ with illegal activities or getting in trouble internships about school, alcohol/drugs, etc · Threatening

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

· Following partner or showing up uninvited where partner is · Stalking · Constantly called, 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

Power and Control

Controlling who partner can spend time with · Pressuring partner to choose between him/her and family or friends

to leave · Making partner afraid · Threatening to tell

parents information partner doesn't want them to

know, whether it is true or not · Using ultimatums

· Preventing partner from going home to see family/ friends · Pressuring partner to quit job or activities · Getting in between partner and their parents

·Threatening

·Threatening to commit

physical harm

- · Creating a wedge between partner and friends
 - · Forcing partner to live with him or her by sabotaging attempts to find housing, ruining partner's relationships with current roommates, or forcing partner to violate residence hall policies, etc.

causing pregnancy 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,

· Deliberately · Using drugs or alcohol

birth control, or STI screening

· 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

Hitting, punching, slapping, the decisions in the kicking, pushing, pulling hair, biting, relationship tripping, or grabbing partner · Putting hands around throat or cutting off air supply

- ·Throwing objects · Punching in doors or walls
- Destroying valuables or sentimantal items
- Hurting partner's pets

Sexual Abuse

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Support is available.

Title IX Coordinator, Kristie Damell: 973-596-3446 Prevention Specialist & Confidential Advocate, Brittany Gaviria: 973-596-2664 NJIT Center for Counseling and Psychological Services: 973-596-3414 If you are in an emergency, please call NJIT Public Safety at 973-596-3111.