

IPSV Power & Control Wheel

Power & Control:

- Unwanted sexual touching or being forced to touch
- Worried about the consequences if any sexual activity is refused
- Telling others intimate details about the sexual relationship
- Constantly being compared to past sexual partners
- “Giving in” to sex when you don’t want to or to avoid physical violence
- Forced into watching/making pornography and/or prostitution
- Using technology to photograph/film sexual acts (without consent) & uploading or distributing this
- Refusing to use condoms and denying birth control
- Coercing into sex by offering/forcing drugs or alcohol
- Using sexually degrading language and making sexual comments
- Forced into sexual activity in front of others (including children)
- Expecting sex on demand
- Constantly being accused of having affairs
- Being pressured in to any activity that is degrading, humiliating or painful, e.g. anal sex, object penetration
- Physical assault, including choking or strangling, before and during sexual activity
- Forced participation in sex with other persons or animals