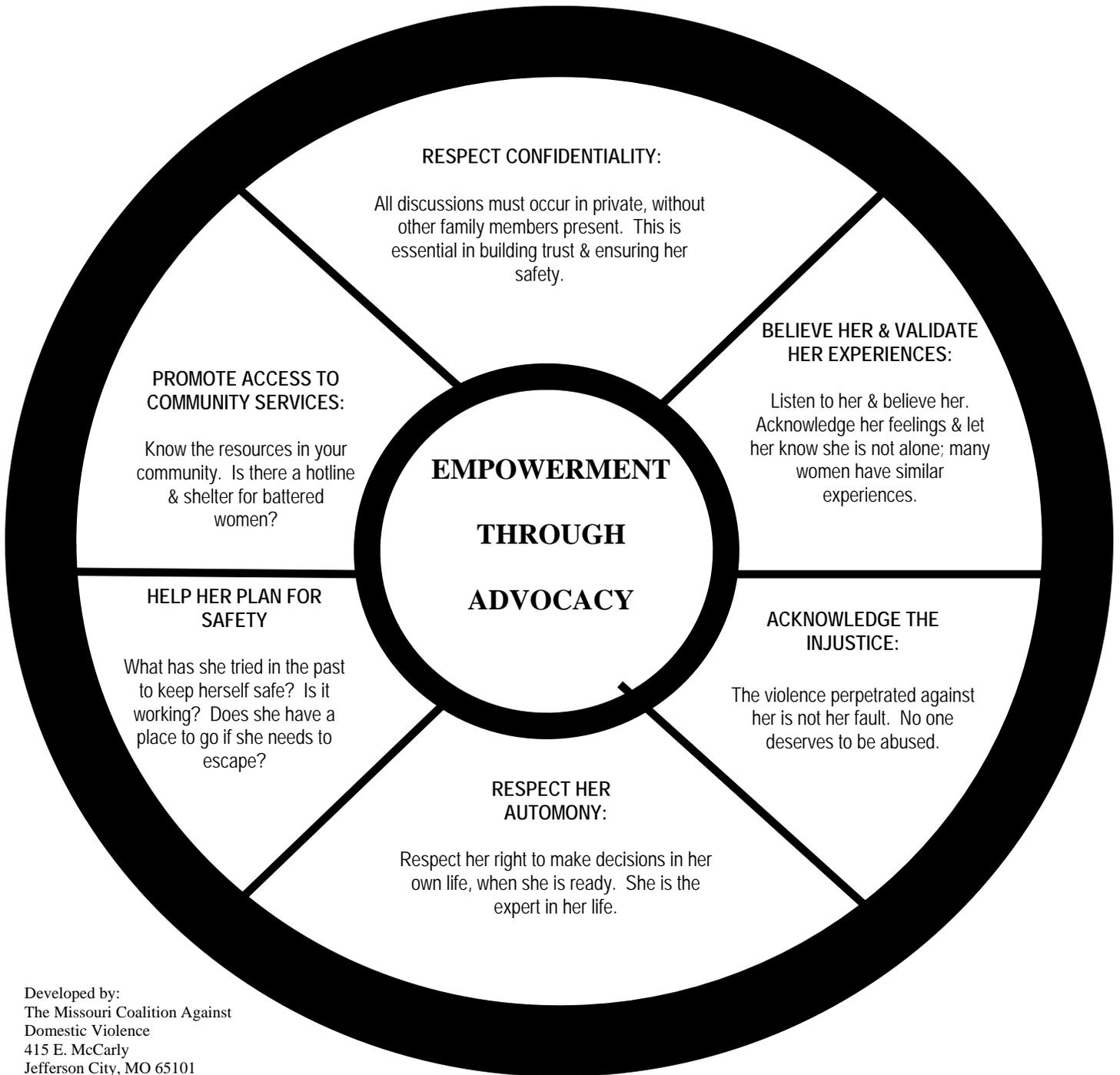

Advocacy Empowerment Wheel



Developed by:
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**rape and abuse
crisis center**
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F: Education/Revised Handouts/PCWheel

Physical and Sexual Violence: What have you experienced?

Physical Abuse

- Pushing
- Shoving
- Slapping
- Punching
- Biting

- Kicking
- Grabbing
- Choking
- Throwing objects
- Spanking
- Pinching
- Wrestling
- Spitting
- Scratching

- Burning
- Hair pulling
- Tying/Restraining you

- Throwing you down or against a wall
- Locking you out of the house
- Abandoning you in a strange or dangerous place
- Locking you in a room or closet
- Depriving you of sleep

- Pulling on your arms or legs
- Dragging you
- Ripping your clothes
- Refusing to help when you are sick or injured

Sexual Abuse

- Treating women as sex objects
- Joking about sexual assault
- Assuming you'll have sex with any available person
- Insisting you dress in a sexy way
- Criticizing your sexuality
- Criticizing your sexual history
- Insisting on unwanted touching
- Calling you sexual names like "whore," "slut," "frigid"
- Withholding sex or affection
- Publicly showing sexual interest in other women
- Having affairs with other women
- Forcing you to have sex against your will
- Forcing you to watch others have sex

- Forcing you to view or mimic pornography
- Forcing you to pose for pornography
- Forcing you to strip against your will

- Forcing sex for the purpose of hurting you with weapons or objects
- Forcing sex with animals
- Forcing sex when you are sick or injured
- Forcing sex after physical battering
- Committing sadistic sexual acts
- Threatening to sexually abuse your children if you don't comply with his demands