

Elements of Abusive Relationships

Abuse of Power

interactions that put down, hurt, frighten, confuse, or belittle people who are smaller, less powerful, and not in control.

Abuse of Knowledge

using superior knowledge to exploit or control others (can be sexual or non-sexual).

Abuse of Resources

threats to provide or withdraw resources if others refuse to accommodate your wishes (can be money, food, candy, friendship, shelter, social interaction, or sexual contact).