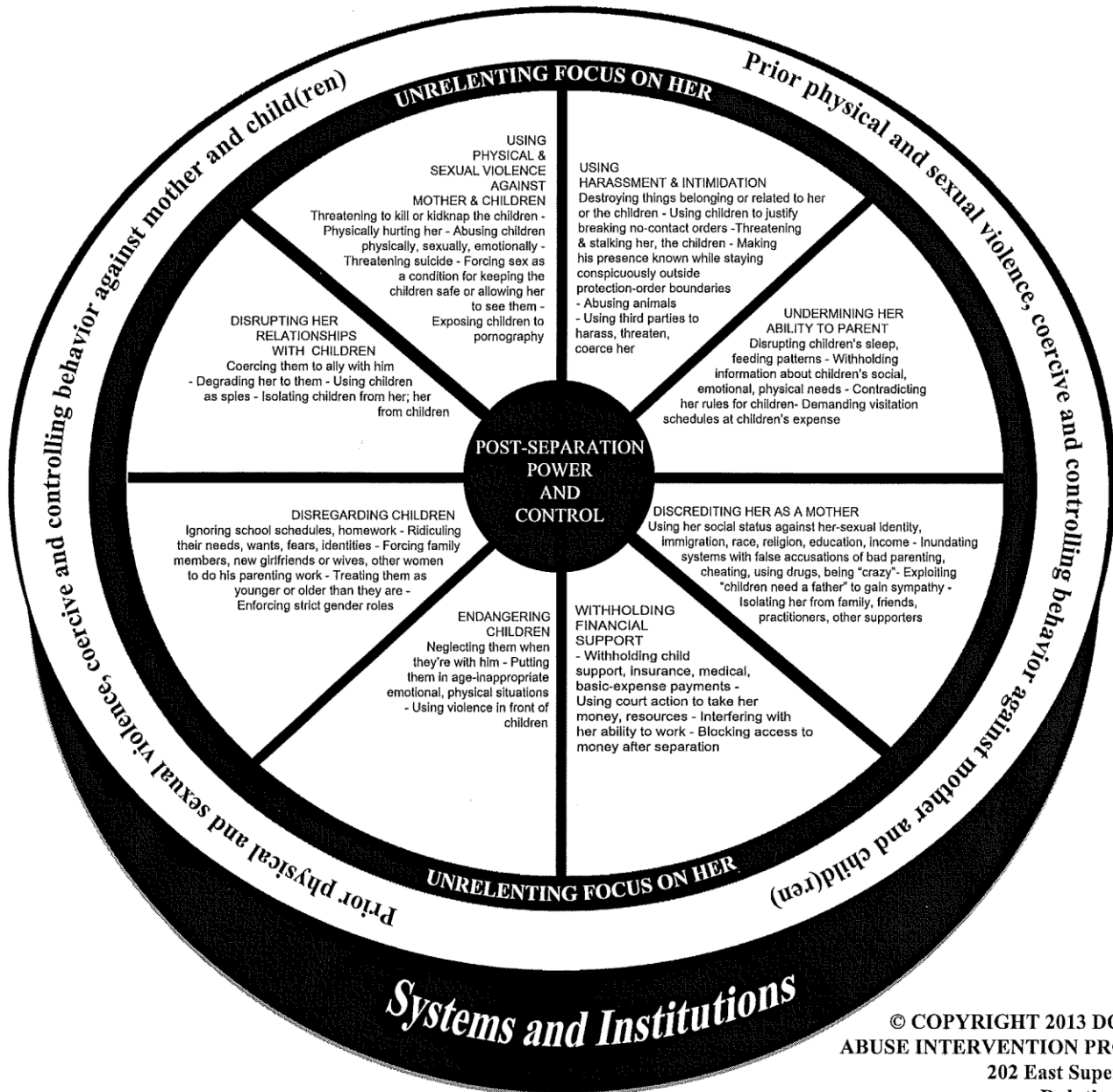


Instructions: Please work with a partner and read through each protective strategy. Talk with your partner about how each strategy is working to protect their kids AND how the strategy may be perceived by someone who doesn't understand the context of the situation.

Strategies Women Who Are Abused Use to Protect Their Children

- Putting off fights with the abuser until the children are asleep or out of the house
- Lying to the abuser to protect the children (e.g. covering for mistakes they make that might lead to abuse)
- Getting the abuser mad at her to distract him from his anger at the children (taking their punishment for them)
- Putting them to bed very early to avoid his late-night eruptions
- Leaving them with relatives or babysitters frequently to keep them out of the house so they aren't around him
- Enrolling them in activities to keep them busy and away from him
- Becoming extremely cooperative and compliant with the abuser ("putting up with the abuse") to reduce their exposure to the extreme reactions he has when she stands up for herself
- Punishing the children in a less severe way than he would (e.g. spanking the children quickly before he gets a chance to do it, because he hits them hard)
- Physically or verbally intervening when he is harming or threatening the children
- Not saying anything to him when he mistreats the children (this item applies if he is the style of abuser who retaliates against her by hurting the children *more severely* when she tries to stick up for them)
- Becoming an extremely strict parent to keep the children from upsetting the abuser
- Calling the police
- Leaving the abuser for periods of time
- Returning to the abuser after leaving him
- Not attempting to leave the abuser
- Trying to get friends or relatives to pressure him about his behavior
- Trying to get him to stop drinking
- Making a safety plan with the children (such as planning places to run or hide, developing a code word, hiding a cell phone for emergencies, teaching children how to call 911, etc)
- Teaching children not to blame themselves for the actions of others
- Encouraging the children's independence, teaching the children to think for themselves
- Having the children see a counselor
- Giving up custody of the children (to the state or to the abuser)
- Denying the abuse to child protective services to keep him from erupting
- Ordering the children not to disclose the abuse to anyone to keep him from erupting
- Having unwanted sex with the batterer to placate or distract him
- Seeking sole custody post-separation
- Requesting supervised visitations for the abuser post-separation

Post Separation Power and Control Wheel



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