Table of Contents

Recognizing and Understanding Domestic Violence

If you need to leave this page for any reason, please click on the "Quick Exit" red button here.

Domestic violence or abuse can sometimes be difficult to admit or even understand. Here are some visuals that might help.

If one of the situations within either of these "Power and Control" wheels exists in your situation, please be sure to let us know.

Regardless of what specific legal issue you're contacting us about, understanding this part of your situation could prove vital in our help to you.

For more free and confidential guidance about abuse, you may also contact an advocacy office near you, (in Kansas: https://www.kcsdv.org/find-help/in-kansas/dv-sa-services-map-2).

NONVIOLENCE

NEGOTIATION AND FAIRNESS

Seeking mutually satisfying resolutions to conflict

• accepting change
• being willing to compromise.

ECONOMIC PARTNERSHIP

Making money decisions together • making sure both partners benefit from financial arrangements.

NON-THREATENING BEHAVIOR

Talking and acting so that she feels safe and comfortable expressing herself and doing things.

RESPECT

Listening to her nonjudgmentally • being emotionally affirming and understanding • valuing opinions.

EQUALITY

SHARED RESPONSIBILITY

Mutually agreeing on a fair distribution of work • making family decisions together.

RESPONSIBLE PARENTING

Sharing parental responsibilities • being a positive non-violent role model for the children.

TRUST AND SUPPORT

Supporting her goals in life • respecting her right to her own feelings, friends, activities and opinions.

HONESTY AND ACCOUNTABILITY

Accepting responsibility for self • acknowledging past use of violence • admitting being wrong • communicating openly and truthfully.

NONVIOLENCE

COERCION and THREATS Threatens to harm victim or family • Threatens to expose or shame victim • Threatens to report to golice or immis resources to small allowance Prohibits access milder or nationality to every the servant or nationality to every eve

money earned • Prohibits access

USING PRIVILEGE

Treats victim like a servant Uses gender, age or nationality to suggest superiority • Uses certain

ECONOMIC **ABUSE** Creates debt that can never be repaid • Takes

to finances • Limits resources to

a small allowance

victims to control others • Hides or destroys important documents

PHYSICAL ABUSE

Shoves, slaps, hits, punches, kicks, strangles • Burns, brands, tattoos

- Denies food/water Exposes to harmful chemicals
 - Forces pregnancy termination • Induces, drug addiction as means of

control

\$50880WISNA

Creates inever be imoney ear to finance

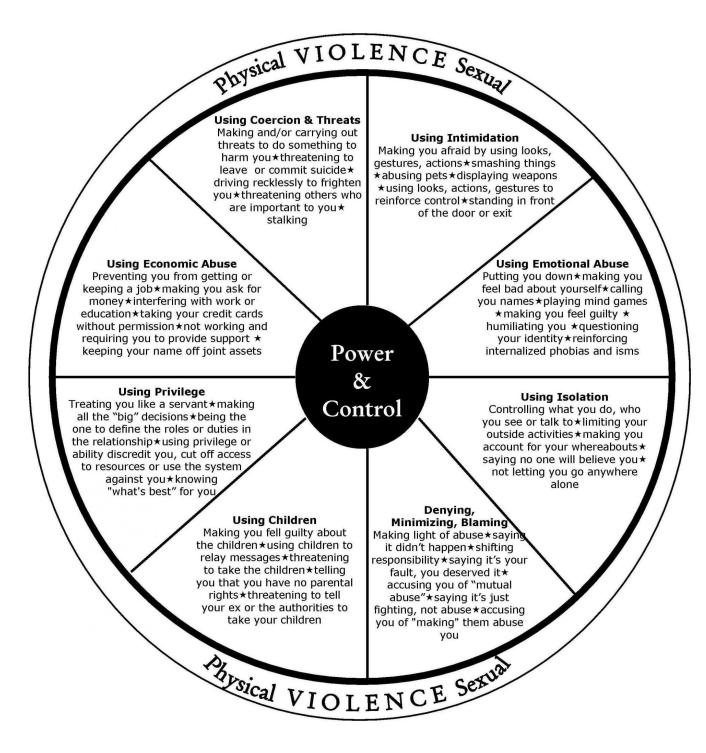
USING PF

Treats victir

Uses genisuggest survictims to destroys

Show stra

I



Last updated on September 10, 2025.

Abuse and Stalking Domestic Violence



Table of Contents

NEWS

News & publications

The news about recent activities for needed peoples.

More News

26 Sep 2025



Trivia Nights in October

Kansas Legal Services celebrates our volunteer attorneys by having Trivia Night...

Continue Reading about Trivia Nights in October

25 Sep 2025



Kansas Legal Services Helps Restore Suspended Driver's Licenses in Wichita

On September 17, KLS helped 100 people either get their driver's licenses...

Continue Reading about Kansas Legal Services Helps Restore Suspended Driver's Licenses in Wichita

Our Partners

LSC's support for this website is limited to those activities that are consistent with LSC restrictions.



PDF downloaded from https://www.kansaslegalservices.org/page/2342/recognizing-and-understanding-domestic-violence