



Partnership Against Domestic Violence presents... ...a microlesson on POWER

TEEN DATING VIOLENCE PREVENTION PROGRAM

OBJECTIVES

- Understand positive and negative forms of power.
- Develop skills to recognize personal power.
- Understand why individuals seek power.

WHY IS THIS IMPORTANT?

In abusive relationships, abusers ultimately seek to have complete power over the other partner. We define power as "having possession of control, authority, or influence over others".

Power can be healthy in relationships when both partners are using their personal power to support the other and/or advance mutual goals. In this lesson, we will uncover why equity is key to having healthy relationships.

POWER

- Other words we use to describe power:
 - influence
 - potential
- Power manifests in forms of authority, control, or dependence.
- In a healthy relationship, power should be shared to promote both partners' goals and ambitions.

POSITIVE VS. NEGATIVE

Positive power exists when you use your influence to make decisions that have a positive outcome toward a shared goal. These are situations where you can improve/guide situations, and express leadership.

- Helping your partner study for a test in a subject you are good at.
- Checking in with your partner to see how they feel.

When power is used for selfish motives, then this is **negative power**. Using influence to take advantage of people and control a situation means that you do not have the well-being of others in mind.

- Demanding to see text messages by making false cheating accusations.
- Telling friends your partner is crazy so you can minimize abuse.

CONVERSATION TOPICS

What kind of power do you have and how do you use it?

As a teen:

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As an adult:

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Name three powerful people in your life.

As a teen:

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As a adult:

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RESOURCES

[The Power & Control Wheel](#)

[Finding Your Power](#)