Presented by Student Health & Counseling Services

Week 1 - Power and Control
Let's Stretch . . .
A Few Group Guidelines

● Please mute your audio and type any questions into the chat box
● Your video can be off or on, whatever makes you most comfortable
● Confidentiality, and Zoom limitations
● Sharing (Headlines not details)
● Chat privately for specific needs
Introductions:
Share your name, year @ CSUEB, major & hidden talent
Topics for Today’s Group:

- Community Ground Rules
- Group Content and Your Learning Needs
- Power and Control
  - 8 forms of abuse that may impact a relationship
Community Ground Rules

What is important to you all in order to make this space safe?
Group Topics Review:

- Power and Control
- Equality in relationships
- Boundaries
- Healthy Homes: Family dynamics & Roommates
- Consent
- Healthy Conflict
- Red Flags
- Healthy Communication
- Boundaries
- Intimacy
Power within relationships can exist in many different ways, and unhealthy imbalances of power can come from age, gender, race, class, or other factors. It is important to consider all of these while having the conversation.

How do you see power existing in relationships?

Are there power differences that are more significant than others?

What would you ideally want to share power in a relationship?
COERCION & THREATS
- Making and/or carrying out threats to hurt you;
- Threatening to transfer or leave school;
- Threatening to commit suicide;
- Making you do illegal activities;
- Forcing you to drink alcohol or use illicit drugs against your will.

EMOTIONAL ABUSE
- Putting you down;
- Not letting you study or do assignments;
- Keeping you up all night before an exam;
- Calling you names;
- Making you feel guilty for things that are not your fault.

GENDER PRIVILEGE
- Treating you like you are inferior or his/her subordinate;
- Making all the big decisions;
- Defining and requiring rigid gender roles.

ISOLATION
- Deleting contacts from your phone/email;
- Keeping you from roommates, family, and friends;
- Stopping you from joining organizations or clubs;
- Encouraging you stay with him/her over breaks;
- Using jealousy to justify his/her actions.

ECONOMIC ABUSE
- Controlling how you spend your money;
- Having you pay his/her tuition, rent, etc.;
- Controlling your financial aid, personal income, flex, meal plan, CrimsonCash, etc.

INTIMIDATION
- Making you afraid by using looks, actions, and gestures;
- Destroying your books, work, computer, etc.;
- Displaying weapons;
- Sharing plans to harm you/other, threatening pets/children.

USING TECHNOLOGY
- Demanding passwords to online accounts;
- Texting/calling you constantly;
- Monitoring your social network sites;
- Using tracking systems, GPS, and/or spyware to monitor your activity.

MINIMIZING, DENYING, & BLAMING
- Blames you for the abuse ("If you wouldn’t ___ I wouldn’t hit you");
- Denies abuse is taking place;
- Minimizes extent of abuse ("I don’t hit you, that’s real abuse, not yelling");
Take Care and Stay Safe!

● Thank you for joining us today!
● Check-Out Reflection:
  ○ What is one thing you are taking from the group this week?
● Please use the same link to return next week
thank you