



CONTROL in adolescent dating relationships

Control tactics are used to alter a partner's behaviour and beliefs.

Two main tactics are used in teen dating relationships :

Isolation

Isolation is when your partner tries to distance you from your support system (i.e., family & friends) to increase your vulnerability and dependence on them.

Domination

Domination is when your partner imposes their view on your personal decisions. Ultimately leading you to question your choices, beliefs, and identity.

What are some examples of control strategies?



Isolation

- Deciding who you can or cannot talk to
- Making you feel guilty for spending time with friends or family
- Keeping you from having relationships with others
- Getting angry for hanging out with someone they don't like or are jealous of

Domination

- Threatening to break up with you
- Blaming you for all problems
- Ignoring you
- Imposing their views on you
- Being careful not to upset your partner because you fear their short temper



How prevalent is control in dating relationships ?

Results from our study with 352 dating adolescents revealed that...

In the past 12 months...

61 %

report **having sustained** at least one **isolation** tactic by their partner.

On average, participants reported sustaining **9** isolation tactics **in the past year**.

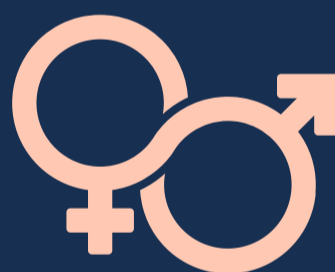
VS

81 %

report **having sustained** at least one **domination** tactic by their partner.

On average, participants reported sustaining **12** domination tactics **in the past year**.

Our study showed that both boys and girls are as likely to **use or experience control** in their relationship.



Control tactics are associated with other forms of violence



Physical



Sexual



Psychological



When **isolation and domination tactics** are **unsuccessful** in controlling a partner, adolescents may **use other forms of violence** to maintain control.

[Click here](#) to learn more about the different forms of dating violence!

Control can have detrimental effects on the victim and the relationship:



↓ Self-esteem



↓ Relationship quality

Remember that control tactics are not healthy ways of demonstrating love and devotion towards a partner.

To know more about the lab's projects : www.lefac.uqam.ca

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