



IPV Tactics Matrix for Non-Monogamous Communities

The Maryland Network Against Domestic Violence (MNADV) developed this matrix to explain the power & control tactics that abusive partners in non-monogamous communities might use. Because MNADV recognizes that abusive partners in non-monogamous communities might be any gender or sexual orientation, the Power & Control Wheels – Duluth Model are not usable in many situations. To provide communities, like the those who participate in non-monogamy, with an idea of power and control tactics specific to their members, MNADV created an IPV Tactics Matrix, which is based on the Office on Violence Against Women (OVW) 2023 definition of Domestic Violence. Following is a general explanation of the development of the matrix as well as specific information regarding development of the IPV Tactics Matrix for Non-Monogamous Communities.

OVW defines Domestic Violence as “a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner.”¹ OVW further defines Dating Violence as “violence committed by a person who is or has been in a social relationship of a romantic or intimate nature with the victim and where the existence of such a relationship shall be determined based on a consideration of the following factors:

- The length of the relationship;
- The type of relationship; and
- The frequency of interaction between the persons involved in the relationship.”²

MNADV utilizes the term “Intimate Partner Violence” (IPV) to include both domestic and dating violence and acknowledges that this violence occurs among all genders, races, sexual orientations, abilities, etc.

¹ Office on Violence Against Women (OVW), U.S. Department of Justice (DOJ), “Domestic Violence,” December 6, 2023. Available at: <https://www.justice.gov/ovw/domestic-violence>. Last accessed: April 28, 2025.

² OVW, DOJ, “Dating Violence,” May 8, 2023. Available at: <https://www.justice.gov/ovw/dating-violence>. Last accessed: April 28, 2025.

Furthermore, the OVW explains the multiple ways in which perpetrators may commit intimate partner violence. “Domestic violence can be **physical, sexual, emotional, economic, psychological, or technological** actions or threats of actions or other patterns of coercive behavior that influence another person within an intimate partner relationship.”³ (Emphasis added.) MNADV developed its matrix based on the six actions bolded in the OVW explanation above.

The OVW further explained that these actions included “any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone.”⁴ Because of the very nature of non-monogamous relationships, it is important to acknowledge that a single victim may have multiple perpetrators and conversely a single perpetrator may have multiple victims. Better understanding of this dynamic will help advocates to properly serve survivors from these communities.

MNADV understands and acknowledges that in some non-monogamous practices, a person may consent to some actions, but not others. Any action listed on the matrix is meant to be one that was taken **without consent** of the survivor. Sometimes the matrix explicitly spells out that the action was taken “without consent,” while in other cases, it is implied.

Finally, the IPV Tactic Matrix for Non-Monogamous Communities is not designed to be an exhaustive list of the tactics an abusive partner might use. Instead, MNADV designed the matrix to provide a look at a wide variety of actions that are familiar as abusive within these communities. Therefore, MNADV would like to acknowledge that the development of this matrix included important and necessary input from members of these non-monogamous communities. MNADV values and places great importance on lived experience, both of intimate partner violence and of inclusion in any marginalized or vulnerable community.

³ OVW, DOJ, “Domestic Violence.”

⁴ Ibid.