

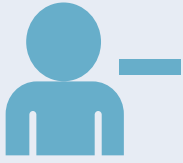


Coercive Control

What is Coercive Control?

Coercive control became a criminal offence in December 2015, it describes a pattern of behaviour by an abuser to harm, punish or frighten their victim. A 2014 study found that 95 out of 100 domestic abuse survivors reported experiencing coercive control. The presence of any of these behaviours suggests that coercive control is being used in a relationship.

01



Isolation

She is being Isolated from her family and friends.

02



Monitoring

He monitors her communications and how she spends her time.

03



Finances

He controls how much money she has and how she can spend it.

04



Demands

He makes unreasonable demands, followed up with threats or pressure if she refuses.

05



Restrictions

Her daily routines are restricted, including restriction to transport and other services.

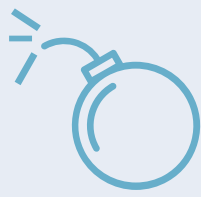
06



Degrading

She is being repeatedly put down, called names and told, or made to feel, worthless.

07



Threats

He threatens her with harm to herself or her child.

08



Destruction

Her property or possessions are destroyed, this can include harm to a pet.

09



Gaslighting

She is made to question her reality, think she is going insane or doubt her memory.

10



Appearance

He controls her appearance by telling her what clothes to wear or make up she can use.



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