



GLADSTONE Women's Health

Domestic violence is not just physical abuse. It usually involves behaviours aimed at controlling another. This is referred to as coercive control!

COERCIVE CONTROL CHECKLIST

Is there someone in your life who:

- Makes you feel afraid?
- Controls what you do and say?
- Puts you down or embarrasses you?
- Accuses you of flirting or cheating?
- Pressures or forces you to do sexual things?
- Threatens or hurts you, themselves, family or friends?
- Constantly checking your phone and location?
- Limits your access to money?
- Stops you from getting a driver's licence or a job?

Any of the actions above may be signs of coercive control and domestic abuse.

If you answered **yes** to any of these or recognise that you use these behaviours, you are likely to be in an unhealthy relationship.

There is support available to make changes and help build a healthier relationship.

Phone our MENs counsellor on **(07) 4979 1456** or for 24-hour support call DVConnect on **(1800RESPECT) on 1800 737 732.**