

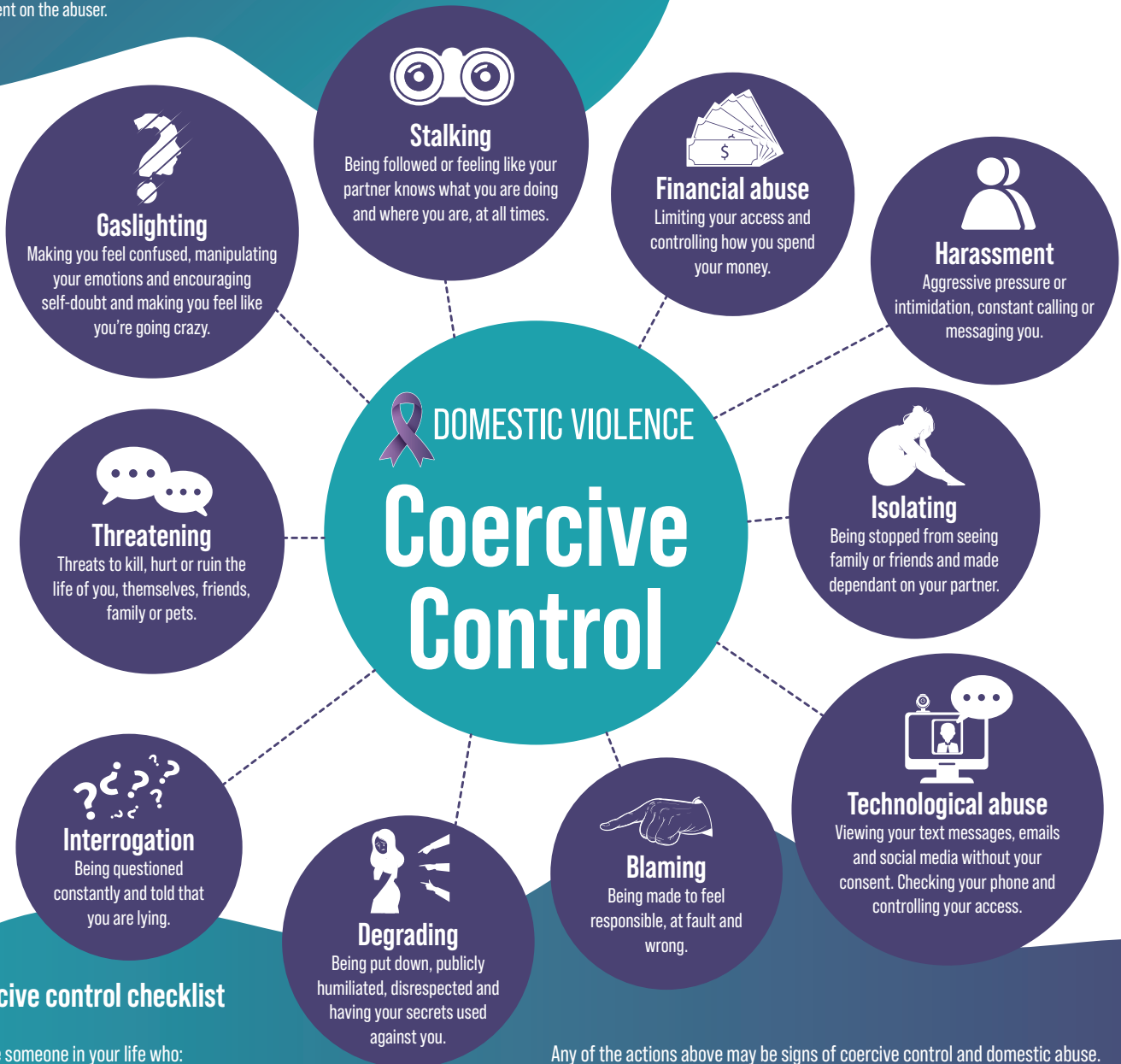
What is Coercive Control?

Not all domestic abuse is physical, and some types of abuse can be hard to recognise. In fact, some people can live in an abusive relationship for years and not realise they're experiencing abuse.

Coercive control is a type of domestic abuse that can be harder to identify than some other types of abuse. It refers to a pattern of behaviours used by an abuser to control their partner and create an uneven power dynamic.

Coercive control generally involves manipulation and intimidation to make a victim scared, isolated, and dependent on the abuser.

GLADSTONE Women's Health



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?
- Accused you of flirting or cheating?
- Pressures or forces you to do sexual things?
- Threatens or hurts hurt you, themselves, family or friends?
- Constantly checking your phone and location?
- Limits your access to money?
- Stops your 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.

It is important to seek advice and support, even if you're not sure. If you want help or are unsure and need someone to talk to, call Gladstone Women's Health on (07) 4979 1456 and ask for a FREE counselling consultation or for 24-hour support call DVConnect on (1800RESPECT) on 1800 737 732.

1800RESPECT: 1800 737 732
DVConnect Womensline: 1800 811 811
DVConnect Mensline: 1800 600 636
Sexual Assault Helpline: 1800 010 120

Kids Help Line: 1800 55 1800
Lifeline: 13 11 14
If you believe you or your children are in immediate danger, please call 000.

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