



Understanding Coercive Control



wa.gov.au/CoerciveControl

About this book



This information is about coercive control.



You can get someone to help you

- Read this book.
- Know what this book is about.

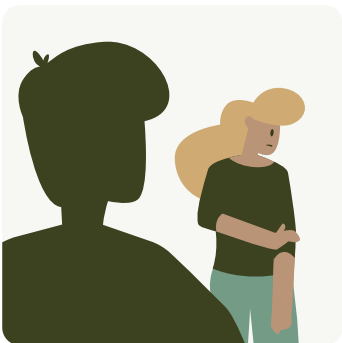


You can ask for more information.

What is coercive control?



Coercive control is when someone tries to control you.



They might

- Scare or threaten you.



- Not let you see family and friends.



- Deliberately confuse you or play mind games. This is called gaslighting.

What is coercive control? (continued)



- Make you feel bad about yourself.



Threaten to hurt a person you care about.

- Sometimes they might threaten to hurt themselves, as a way to control you.



Coercive control is family and domestic violence.

People who use violence could be

- Someone you live with.



- Someone you are in a relationship with.

What is coercive control? (continued)



- A carer.



- Someone in your family.



Coercive control can be **physical** and **non-physical**.



Physical is when someone hurts your body.

What is coercive control? (continued)



Non-physical is when someone makes you feel bad or takes away your choices.



Coercive control is very **serious**.



When you are worried **get help** right away.

What coercive control looks like



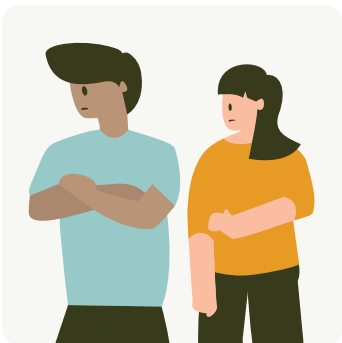
Coercive control can happen in a lot of ways.



It can be hard to know when it is happening.



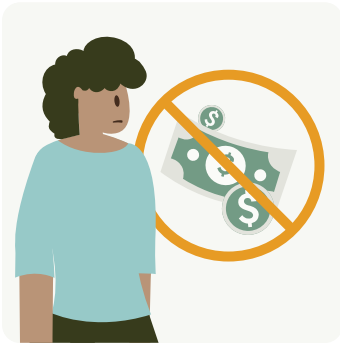
Here are some ways a person might use coercive control to hurt you.



They might keep doing things like

- Ignoring you to make you feel bad.

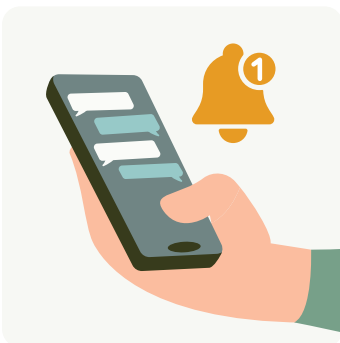
What coercive control looks like (continued)



- Not letting you have your money.



- Checking where you are all the time.



- Checking what is on your phone.



- Not letting you make your own choices.

What coercive control looks like (continued)



- Making you feel guilty if you do not want to have sex.



- Making you feel bad about your religion.



- Making you feel bad about your culture.



- Saying they will hurt your child.

How to know someone is being controlled by someone else



Coercive control can happen to anyone.



It can happen to

- A friend.



- A family member.



Here are some things to look for in your friends and family.

- They seem scared of their partner.

How to know someone is being controlled by someone else (continued)



- Their partner often tells them when they should get home.



- They might not see you much anymore.



- Someone is often making them feel bad about themselves.



When you are worried about someone you can help them by

- Talking with them.

How to know someone is being controlled by someone else (continued)



- Believing what they say.

Signs you might be using coercive control



It is not ok for you to

- Hurt someone.



- Control someone.



- Scare or threaten someone.



If you are worried about how you are acting you can

- Be honest with yourself about what you are doing.

Signs you might be using coercive control (continued)



- Do not make excuses.



- Get help to change how you are acting.

Emergency



If you are in danger and need help **straight away**

- Call 000.



- Ask for police.

Support

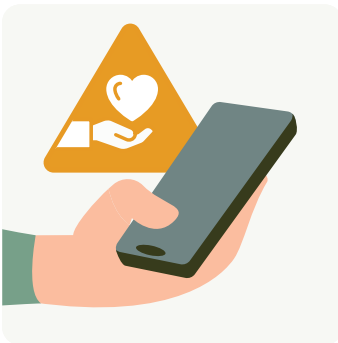


You can talk to someone who can help.



The National Disability Abuse and Neglect Helpline is a confidential service for people with a disability to report abuse.

- You can call them on 1800 880 052.



1800RESPECT is a National Sexual Assault and Family and Domestic Violence support service.

- Call 1800RESPECT on 1800 737 732.



The Kids Helpline is a free support service to help kids aged between 5 and 25 years old.

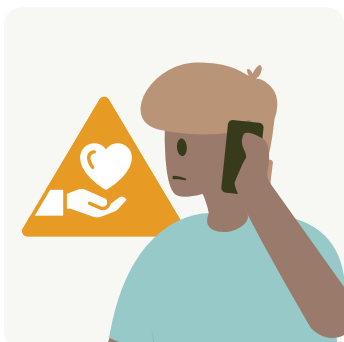
- Call the Kids Helpline on 1800 551 800.

Support (continued)



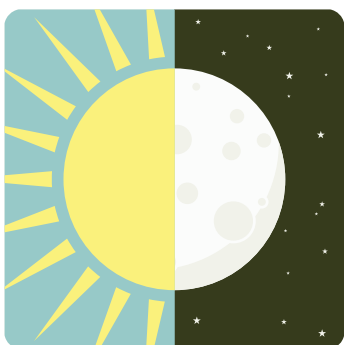
The Women's Domestic Violence Helpline helps women in Western Australia who are facing family violence.

- The Department of Communities runs the service. A child protection worker will answer your call.
- Call Women's Domestic Violence Helpline on 1800 007 339.



The Men's Domestic Violence Helpline help men who are victims of family violence in Western Australia.

- This can also help men who are worried about their violent actions.
- The Department of Communities runs the service. A child protection worker will answer your call.
- Call Men's Domestic Violence Helpline on 1800 000 599.



You can call them any time of the day and night.

Support (continued)



If you need information in another language you can find help at this website

- [wa.gov.au/helpines-and-support](https://www.wa.gov.au/helpines-and-support)
- Click on the website above or type it in to a internet browser.