WHAT IS COERCIVE **CONTROL?**

Coercive control is a persistent pattern of controlling, coercive and threatening behaviour including all or some forms of domestic abuse (emotional, physical, financial, sexual including threats) by a boyfriend, partner, husband or ex. It traps women in a relationship and makes it impossible or dangerous to leave.

This can have a serious impact including the fear of violence, cause serious alarm and distress and can result in a woman giving up work, changing her routines, losing contact with family and friends. Coercive control can damage a woman's physical and emotional well-being.

KNOW THE SIGNS

Answering yes to any of the following questions may help you recognise signs of coercive control.

Do you feel like you are being isolated from your friends and family?

Does he deprive you of **basic** everyday needs like food, electricity, heating?

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Do you think he is monitoring your online activity, or has installed spyware on your phone, laptop or any other device?

Is he repeatedly **putting you**

medical services?

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down such as telling you that you're worthless?

Does he **force you** to take part in criminal activity such Does he stop you from accessing support services, such as specialist support or

Is he in control of the

your own money?

finances and prevents you

from working and having

aspects of your everyday life, such as where you can go, who you can see, what to wear, when to be home and when you can sleep?

Does he take control **over**

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as shoplifting?

I NEED HELP

Does he enforce rules and activity that humiliate, degrade or dehumanise

Visit womensaid.ie/help for information on evidence necessary to seek protection from the Gardai.

Women's Aid 24hr National Freephone Helpline Listening. Believing. Supporting.



Does he threaten to reveal or publish private information about you, like private photos or videos online?