

COERCIVE AND CONTROLLING BEHAVIOUR



Coercive and controlling behaviour is a form of domestic abuse that can affect people of all genders. It is a criminal offence punishable by up to 5 years in prison.



If you suspect someone is being coerced and controlled, you should raise a safeguarding with your local authority and make a report to the police.



It is important to be aware of the common signs of coercive and controlling behaviour and, where possible, use professional curiosity to encourage the person to open up.

Use the ABCs below to help identify the signs:

A

Appearance

People may stop taking care of their appearance to avoid accusations and punishment for seeking attention from others.

B

Behaviour

People may miss work or other social events for no reason, and stop contacting family and friends.

C

Conversation

Conversation with others might be avoided in order to avoid accusations of cheating or attention seeking.

Examples of coercive and controlling behaviour include:

- Keeping someone away from their friends, family, or other support
- Controlling what they do every day, like what they wear, where they go, and who they meet
- Taking advantage of their money or resources
- Watching what they do, both online and offline
- Using threats, humiliation, or intimidation to punish or scare them

These actions can eventually lead to physical violence.



For further support

Organisations that support with coercive and controlling behaviour include:

Refuge
Women's aid
Paul Lavelle Foundation

