

GASLIGHTING



- Undermining your perception of reality
- Lying to your face
- Trivializing your emotions to gain power
- Telling you that others are talking about you behind your back
- Blaming you for everything that happens
- Saying things to you that they later deny
- Hiding objects from you then denying knowing anything



THREATS

- Threatening to contact Police or Department of Communities
- Threatening to harm your children and/or pets
- Making violent threats towards you
- Threatening to take your children away from you

Coercive control is an abusive behaviour used to cause fear and/or control of a person or situation and can often go undetected in a relationship.

For assistance or support for yourself or your family please contact

DESERT BLUE CONNECT

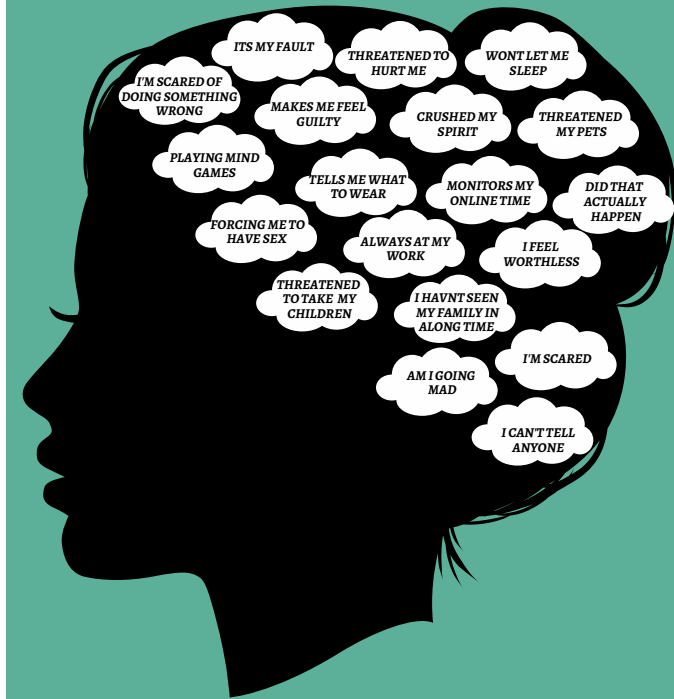
Desert Blue Connect
25 Chapman Road
Geraldton
99642742

Desert Blue Connect
Men's Community Intervention Service
98A Chapman Road Geraldton
99379188
0499348006

Desert Blue Connect
Rural Service
0419348006



WHAT IS COERCIVE CONTROL



"Some people may not recognise they are in an abusive relationship because there may be no physical violence"

NAME CALLING AND PUT DOWNS



- Malicious put downs or name calling
- Frequently criticising you
- Belittling you to make you feel unimportant
- Belittling you in the presence of your children

RESTRICTING OR MONITORING MOVEMENTS



- Deciding where and when you can go out
- Turning up somewhere knowing you will be there
- Always knowing where you have been and with whom
- Reading messages on your phone
- Checking bank statements to see where you have been
- Using your children to monitor your movements



ISOLATION

- Suggesting a shared phone and social media accounts for convenience
- Limiting or stopping visits with family and friends
- Moving you away from family so that it's hard to visit them
- Fabricating lies about you to others
- Monitoring your phone calls and messages with family and cutting the line off if anyone tries to intervene
- Convincing you that your family hates you and doesn't want to talk to you

CONTROLLING HEALTH AND BODY



- Monitoring your eating, sleeping and bathroom time
- Controlling your medications including birth control
- Telling you what you can or cannot wear
- Making demands about the amount of times you have sex each week
- Demanding sexual activities

LIMITING ACCESS TO MONEY



- Controlling your finances
- Giving you a strict budget that can barely cover essentials
- Limiting access to bank accounts
- Hiding money from you
- Banning you from owning a credit/debit card
- Monitoring all spending
- Questioning where funds are going and why