

#IDidntKnow



WE DIDN'T SEE IT

WHAT MIGHT YOU SEE, HEAR OR NOTICE?



What is Coercive Control?

Domestic Abuse incorporates a number of **different behaviours** in a variety of **different contexts** and is underpinned and fuelled by a variety of **different factors**. Coercive control can be difficult to recognise, or someone experiencing it maybe unable or ready to see it. The perpetrator uses a variety of **different tactics** which are often subtle and escalate slowly over time.



Any challenge to the perpetrator's sense of control, poses the threat of consequences for the victim. The perpetrator's goal is to exert power and control over their victim, focused on depriving them of their independence.

This type of abuse often begins with declarations of love, commitment and intensity at the early stages of the relationship, interspersed with moods, aggression, jealousy, violence and abuse. This creates confusion for the victim who may question their own sanity or believe that it is all their fault.

DID YOU KNOW?

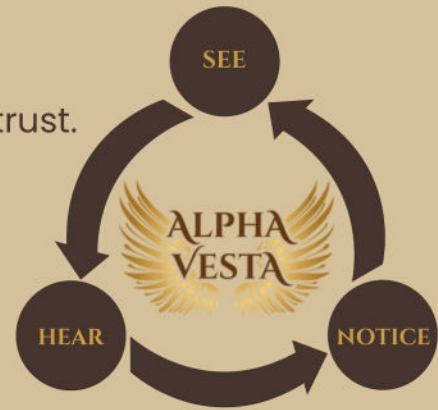
Over half of those experiencing coercive control don't even know they are experiencing it or necessarily recognise the power the perpetrator has over them.

Over the course of time, coercive control can have a serious impact on the victim's wellbeing, day-to-day life and relationships. Living in a state of fear, confusion and dependency with the hope that better days will emerge once again and return to the love and intensity they once had in their relationship.



WHAT MIGHT YOU SEE, HEAR OR NOTICE?

- Subtle changes in behaviour e.g. withdrawn, quiet, careful, anxious and depressed.
- Changes in who they are allowed to see & where they can go, becoming isolated from friends and family.
- Changes in their relationship with you.
- Changes in friendship groups and who they seem to like or trust.
- Not having control over their own finances.
- Changes in how and what they are 'allowed' to eat.
- Changes in how they dress.
- Inability to challenge or stand up for themselves
- Needing to constantly check before making arrangements or constantly cancelling last minute after seeming keen to meet up.
- Emotional or physical threats and intimidation.
- Signs of gaslighting and manipulation with fear of repercussions.
- Indicators of being tracked and monitored i.e. social media, socially, passwords etc
- Excessive phone calls, texts, emails from a partner, ex-partner or family member.
- Signs of humiliating and degrading behaviour i.e. belittling.
- Hidden and/or defence injuries e.g. seeming to be in pain, taking lots of pain meds.
- A constant, overbearing presence in their life.



There is no definitive list of behaviours so if you feel someone is acting in a way to exert their power or control please reach out for support.



**I DIDN'T KNOW I COULD
MAKE A DIFFERENCE**

www.alphavesta.com



Help Alpha Vesta in their mission to 'Break the Cycle' of Domestic Abuse through awareness, prevention and early intervention.