

# Coercive Control

## What is coercive control?

Coercive control is when a person with whom you are personally connected, repeatedly behaves in a way which makes you feel controlled, dependent, isolated or scared.

The following types of behaviour are common examples of coercive control:

- isolating you from your friends and family
- controlling how much money you have and how you spend it
- monitoring your activities and your movements
- repeatedly putting you down, calling you names or telling you that you are worthless
- threatening to harm or kill you or your child
- threatening to publish information about you or to report you to the police or the authorities
- damaging your property or household goods
- forcing you to take part in criminal activity or child abuse

## How to get help

Speak to any member of staff at school or:

- [nspcc.org.uk](https://www.nspcc.org.uk) 0808 800 5000
- ChildLine 0800 1111 (24 hours)