

A GUIDE TO COERCIVE CONTROL



Do you often do things out of **fear** of **harm**?

Does your partner **try and stop you** from seeing friends and family?

Do you live in a state of **confusion** and **doubt** about what you feel, see and experience?

Does your partner **blame you** for their own behaviour?

Does your partner label you as the **crazy** one in the relationship?

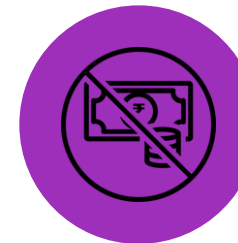
Has your partner **threatened to hurt themselves** to get you to do something they want?



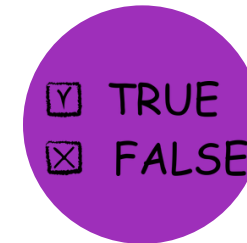
Isolation



Stalking



Controlling your money



Manipulating the truth



Not allowing you to speak your cultural language



Forcing or restricting the use of contraception



Monitoring your phone/social media



Putting you down

NON-PHYSICAL ABUSE IS STILL DOMESTIC VIOLENCE

Coercive control is a pattern of acts where someone attempts to make a person dependent by repeatedly hurting, scaring or isolating another person to control them

**ONGOING
REPEATED
DELIBERATE**

NEVER YOUR FAULT

NEW LAW

Coercive control is now a criminal offence in New South Wales.

The new law can only be used for offences occurring after the 1st of July 2024.

The legislation only covers those in intimate relationship (married or de-facto/current partners)

WHAT CAN I DO?

If you believe you have been a victim of coercive control within an intimate relationship, talk to a worker from MWDVCAS about how to collect evidence and report this.

Help is available

Contact Macarthur Women's Domestic
Violence Court Advocacy Service:
(02) 4640 7333

KNOW THE SIGNS

- Putting a person down, shaming, and humiliating them
- Threatening self-harm as a way of manipulating you
- Making jealous accusations whenever the person spends time with friends or family
- Monitoring the use of a person's phone
- Preventing a person from visiting their home country
- Taking away or not allowing a person to have disability supports, aides, and equipment
- Stopping someone from expressing their gender or sexuality
- Monitoring a person's location
- Stopping someone from working outside the home
- Texting or calling excessively
- Forcing someone to participate in any type of sexual activity
- Making false reports to the police, child protective services, health services etc
- Using someone's visa or immigration status as a way to threaten them