

What is COERCIVE CONTROL?

Coercive control is a form of family violence. It is not physical but is just as harmful. It can be hard to see coercive control and can look different for everyone.

Coercive control is when someone takes away your freedom or independence and stops you doing things you want to do.

It can happen in many different ways.



They make you feel scared or worried that they might hurt you or your kids.



They take your money or force you to give them money or other things you own.



They don't let you sit with other women like sisters, mum, aunts and Elders, to talk women's business.



They call you names and make you feel bad about yourself.



They tell you what you can and cannot wear, making you feel like you cannot dress the way you would like to.



They stop you from leaving the house and being part of your community.

When these types of things happen again and again, it's not love - it's called coercive control.

Coercive control is family violence and is not a part of Aboriginal and Torres Strait Islander people's culture.

The first step to breaking free is to understand what it is and how to recognise it.

Worries you may have:



If you are experiencing family violence, there are people that can help:

**13YARN
13 92 76**

**1800RESPECT
1800 737 732**

**Women's Domestic
Violence Helpline
1800 007 339**

**Men's Domestic
Violence Helpline
1800 000 599**

**Kids Helpline
1800 55 1800**

In an emergency call 000

For more information, visit

 wa.gov.au/familyviolence

