

Coercive Control – how to spot the signs

Coercive control is behaviour or pattern of behaviours that include acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten a victim. This behaviour is perpetrated by an abuser in order to make their victim dependent on them, by isolating them from others and taking away their independence. Coercive behaviour can be used to exploit victims and will often go alongside other emotional, physical or sexual abuse.



What can we do...

Reactively...

- Support first- never chastise or victim blame
- Follow your school's safeguarding procedures and refer to Social Care.
- Speak to the police- coercive control is a criminal offence and should be reported as so.
- Create a safety plan- strategies and actions to support the situation. Use online resources to support with this.
- Identify safe spaces and people to talk to.
- Understand that the victim may go back, remain supportive.
- Ensure the 'perpetrator' is not a victim of abuse themselves.

Proactively...

- Detailed, relevant and well-planned lessons in all subject areas teaching about relationships
- It's never too early to discuss- teach children how to respect one another and what makes a strong and safe relationship.
- Teach children what to do when things become unsafe.
- Enable children understand and value their own self-worth.
- Signpost to charities and organisations who can help- share numbers or websites for ease of access.