## A guide to

## Relationships, domestic abuse and coercive control

Domestic abuse is widespread. It impacts people of all ages, genders, cultures and socioeconomic backgrounds.

### Some people do not recognise they are in an unhealthy or abusive relationship because there may not be physical violence.

Coercive control is abusive behaviour used to cause fear and/or control a person or situation. This type of domestic violence is known as domestic abuse and can go undetected in intimate partner or family relationships for years.

If not recognised this controlling behaviour can escalate to physical life threatening violence.



#### Harassment

Aggressive pressure or ntimidation, constant calling or messaging you.

Financial abuse

Limiting your access and controlling how you spend your money.

**Stalking** 

Being followed or feeling like your

partner knows what you are

doing and where you are,

at all times.



#### Isolating

Being stopped from seeing family or friends and made dependant on your partner.



#### Technological abuse

Viewing your text messages, emails and social media without your consent. Checking your phone and controlling your access.



#### Blaming

Being made to feel responsible, at fault and



Being put down, publicly numiliated, disrespected and having your secrets used



#### **Degrading**

against you.



#### Gaslighting

Making you feel confused, manipulating your emotions and encouraging self-doubt and making you feel like you're going crazy.



Coercive

control

#### Threatening

Threats to kill, hurt or ruin the life of you, themselves, friends, family or pets.



#### Interrogation

Being questioned constantly and told that you are lying.

# Coercive control checklist

### Is there someone in vour life who:

- Makes you feel afraid?
- Controls what you do and say?
- Puts you down or embarrasses you?
- Accuses you of flirting or cheating?
- Pressures or forces you to do sexual things?
- Threatens to hurt you, themselves, friends or family?
- Constantly checking your phone and location?
- Limits your access to money?

Any of the actions above may be signs of coercive control and domestic abuse.

If you answered yes to any of these or recognise that you use these behaviours you are likely to be in an unhealthy relationship.

There is support available to make changes and help build a healthier relationship.

It is important to seek advice and support even if you're not sure. We all need help sometimes.



## **Support Services**

#### **Emergency and Life Threatening Situations**

Police 000

#### **Law Enforcement**

Crime Stoppers (report anonymously) 1800 333 000

NSW Police Assistance Line 131 444

1800RESPECT 1800 737 732

Kids Help Line 1800 551 800

Lifeline 131 114

**NSW Rape Crisis Line** 1800 424 017

Mensline 1300 789 978

#### **Emergency** Accommodation

Domestic Violence Hotline NSW 1800 656 463

Link2Home 1800 152 152

#### **Men's Services**

Local Support Service St George 8522 4450 or 0475 975 742



www.georgesriver.nsw.gov.au

⊕ GeorgesRiverCouncil

#### **Legal Services Domestic Violence**

Legal Aid NSW 9219 6300

Women's Domestic Violence Court Advocacy Service 1800 938 227

Women's Legal Service NSW 1800 801 501

#### Indigenous Services

Aboriginal Family Worker Program 9528 2933

Aboriginal Legal Service NSW/ACT 1800 765 767

Victims Services (Aboriginal Contact Line) 1800 019 123

#### **Settlement and Community Services**

Advance Diversity Services 9597 5455

Immigrant Women's Speakout Association 9635 8022

#### **Referral and Support**

Integricare Parenting and Family Service 9599 7821

Interrelate 1300 473 528

St George and Sutherland Domestic Violence Service 9113 2495

St George Family Support services 9553 9100

Sutherland Shire Family Services 9528 2933

# Am I in a healthy relationship?

#### Psychological/ **Emotional**



My feelings are not judged by my partner. They support me and respect my boundaries.



My partner makes me feel crazy and tells me I am, my feelings are judged and my boundaries aren't respected.

#### Sexual



I have a choice whether I want to engage in sexual activities, my partner asks for consent and respects my decisions.



My partner makes me engage in sexual activities even if I don't want to, they do everything they can to convince me and harass me until I do it.

#### Social



I am encouraged to spend time with my friends and family, we understand the importance of these relationships.



My partner doesn't let me see my family or friends and I am not allowed to socialise without them there.

#### **Spiritual**



My partner respects my beliefs and values my choice to participate in religious or spiritual practices.



My partner doesn't agree with my religious or spiritual practices, stopping me from participating and uses my religion or beliefs against me.

#### **Physical**



I feel safe with my partner, they never hurt me or people I care about



My partner reacts violently towards me, throws things at me when they are angry or hits me during arguments.

#### **Financial**



My partner doesn't control how I spend my money. I have complete access to my finances.



My partner controls what I can spend money on, I always have to pay when we do things together. They spend my money without permission.

#### **Technological control**



My partner doesn't check my phone, or limit who I can speak to and what I can do online. I feel trusted and in control of my own technology.



My partner checks my messages and social media accounts, asks for my passwords and tells me they can see where I am at all times.

#### Verbal

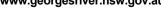


We calmly discuss our issues and respect each other's opinions, we communicate effectively and fairly to find a positive outcome for each other.



My partner blames me, makes negative comments, humiliates and puts me down.





@grcouncil