

# COERCIVE & CONTROLLING BEHAVIOUR



## Q: What is coercion and control?

**A:** Controlling behaviour is a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape, and regulating their everyday behaviour.

Coercive behaviour is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten a person.

## MYTH BUSTING



**15th December 2015**

Coercive or controlling behaviour became a new offence in the UK

Coercive and controlling behaviour is not part of a healthy relationship. It's about repeated criminal behaviour and creating fear of not abiding by someone else's rules.

**9,000**

**Over 9,000** offences of coercive control were recorded by the police in 2017/18. There were 960 offences of coercive and controlling behaviour where a prosecution commenced at magistrates' courts in 2017/18 (ONS 2018)

**17%**

Of 3,000 cases suffering exclusively from coercive control, **only 17%** made a report to police (SafeLives)

This is not trivial. Psychological and emotional abuse can be as damaging as physical abuse for victims and children. Coercive control is a criminal offence. **REMEMBER** you don't have to be assaulted to be a victim of domestic abuse.

# SOME EXAMPLES OF BEHAVIOUR OR TACTICS USED BY PERPETRATORS ARE:



Isolating  
from friends  
and family



Depriving of  
basic needs,  
such as food



Monitoring  
/ controlling  
time, tracking  
movements



Controlling  
their social  
media



Taking control over  
aspects of everyday  
life, what to wear  
and when to sleep



Depriving access  
to support  
services, such  
as healthcare or  
medication



Manipulating  
someone or  
their friends  
and family



Repeated  
humiliation,  
embarrassment  
or dehumanising  
the person



Controlling  
finances  
or creating  
financial  
dependency



Making threats  
or intimidation

## TYPES OF EVIDENCE

If you or someone you know is in a controlling or coercive relationship, it is important to collect as much evidence of the behaviour as possible. For example:



Emails,  
screenshots and  
social media



Phone records,  
text messages  
and 999 tapes



CCTV and  
body-worn  
video footage



Previous offences  
and witness  
testimony

# WE CAN ALL DO SOMETHING ABOUT THIS TYPE OF DOMESTIC ABUSE.

## HERE ARE 3 ACTIONS WE WANT YOU TO DO:

### 1) Have a look at the 10 behaviours listed (shown left)

Do you identify any of those within your own relationships? How about a friend or colleague? If so, there is support, see back page.



### 2) Share the online videos

*Things Need to Change* – scan this QR code with your mobile phone or search

*'Things Need to Change - Norfolk DASVB'*

### 3) Keep up to date

Sign up to receive email alerts when news items are posted on the Norfolk Safeguarding Adults Board (NSAB) website, via:

www.

[nsabchair@norfolk.gov.uk](mailto:nsabchair@norfolk.gov.uk)

and follow NSAB on Twitter



[@NorfolkSAB](https://twitter.com/NorfolkSAB)

# DOMESTIC ABUSE SUPPORT SERVICES

## In Norfolk:

### **Leeway:**

0300 561 0077  
Norwich, Broadland, Breckland,  
West Norfolk  
[www.leewayssupport.org](http://www.leewayssupport.org)

### **Spurgeons (Norwich Connect):**

01603 628122  
Norwich  
[www.spurgeons.org/  
what-we-do/norwich-connect](http://www.spurgeons.org/what-we-do/norwich-connect)

### **Orwell (Haven Project):**

0845 4674876 / 01508 533933  
South Norfolk  
[www.south-norfolk.gov.uk/residents/  
south-norfolk-help-hub](http://www.south-norfolk.gov.uk/residents/south-norfolk-help-hub)

### **Norfolk and Suffolk Victim Care Service:**

0300 303 3706  
Norfolk Wide  
[www.nsvictimcare.org/contact-us/](http://www.nsvictimcare.org/contact-us/)

### **SARC – Sexual Assault Referral Centre – The Harbour Centre:**

01603 276381 (24/7)  
Norfolk Wide  
[www.theharbourcentre.co.uk](http://www.theharbourcentre.co.uk)

### **Daisy Programme:**

01953 880903  
Breckland  
[www.daisyprogramme.org.uk](http://www.daisyprogramme.org.uk)

### **Pandora: (contact online)**

[www.pandoraproject.org.uk](http://www.pandoraproject.org.uk)  
West Norfolk, North Norfolk

### **Norfolk Community Law Service:**

01603 496623  
[www.ncls.co.uk](http://www.ncls.co.uk)

### **Norfolk Wide**

Multi-agency Safeguarding Hub  
(MASH): 0344 800 8020  
Norfolk Wide

## Nationwide

### **National Domestic Violence Helpline:**

0808 2000 247  
[www.nationaldomesticviolence  
helpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)

### **GALOP (LBGT): 0800 999 5428**

[www.galop.org.uk](http://www.galop.org.uk)

### **Mankind Initiative (Male Victims):**

01823 334244  
[www.mankind.org.uk](http://www.mankind.org.uk)

### **Men's Advice Line (Male Victims):**

0808 801 0327  
[www.mensadvice.org.uk](http://www.mensadvice.org.uk)

### **Respect (for abusers):**

020 3559 6650  
[www.respect.uk.net](http://www.respect.uk.net)