

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

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.



15th December 2015
Coercive or controlling behaviour became a new offence in the UK

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:



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.leewaysupport.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/

SARC – Sexual Assault Referral Centre – The Harbour Centre:

01603 276381 (24/7)
Norfolk Wide
www.theharbourcentre.co.uk

Daisy Programme:

01953 880903
Breckland
www.daisyprogramme.org.uk

Pandora: (contact online)

www.pandoraproject.org.uk
West Norfolk, North Norfolk

Norfolk Community Law Service:

01603 496623
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

Mankind Initiative (Male Victims):

01823 334244
www.mankind.org.uk

Men's Advice Line (Male Victims):

0808 801 0327
www.mensadvice.org.uk

Respect (for abusers):

020 3559 6650
www.respect.uk.net