

# Coercive Control

## FACT SHEET

### What is it?

Coercive control is a serious form of **violence**.

It is **repeated** behaviour by a person trying to **isolate**, **humiliate** or **exploit** someone else.

### Common examples are:

- keeping someone from talking to their friends or family
- following someone around or stopping them from leaving a place
- monitoring another person's internet or phone activity
- making strict rules about where someone else can eat, sleep or pray
- insulting or threatening someone online, over the phone or on social media
- not letting someone have access to money
- shouting, yelling or verbally abusing someone to scare them
- threatening to hurt someone's family, friends, children or pets
- threatening to hurt themselves
- threatening to have someone's visa cancelled
- stopping someone from doing things to help themselves such as going to see a doctor or learning English

### But remember...

Coercive control is an act of violence. It is different to raising your child according to your cultural traditions or religion.

For example, simply doing any of the following alone is not coercive control:

- monitoring the websites your child views
- asking your child to pray before a meal
- not letting your child wash their hair when they are sick
- taking your child to a language class instead of to the park for a play
- monitoring who your child speaks to or texts on the phone

### What can you do?

#### ✓ Legal advice

If you or someone you know would like to speak to a lawyer, please contact the Racial and Religious Discrimination Legal Service Inc for free and confidential legal advice on **02 6100 1875** or email [admin@racialreligiousdls.org.au](mailto:admin@racialreligiousdls.org.au)

Free interpreters are available if you need one.

#### ✓ Report

You can call the Police on 000.

#### ✓ Protection

A person experiencing coercive control may also apply directly to the Magistrates Court for a Protection or Family Violence Order to stop someone from coercively controlling them.

To seek an order, they will need to attend the Magistrates Court at 4-6 Knowles Place Canberra City (Civic) during business hours.

#### ✓ Support

You can speak to a [support service](#).

