

KNOW THE SIGNS OF COERCIVE CONTROL

Isolating you from your family or friends

Pressuring you into doing things against your will

Controlling your relationship with others

Manipulating or gaslighting you

Financially controlling you

Monitoring your behaviours in an effort to control

Instructing you on what you can and can not wear

IT COULD SAVE A LIFE



Advocating for freedom
from violence



Partners who seek to control "sought to dominate their victims by isolating them, micromanaging their behaviour, humiliating and degrading them, monitoring their movements and creating an environment of confusion, contradiction and extreme threat (Hill 2019, p.85)

