



**National Women's
Safety Alliance**

Coercive

Control

Part 1: A Quick Overview





What is coercive control?

Coercive control is characterised by a **pattern of non-physical and physical behaviours used by a perpetrator over time** that has the **effect of creating and maintaining power, control and dominance** over another person or persons.





Not all violence is physical.

Not all family, domestic and sexual violence is physical. It **runs along a complex continuum that encompasses various forms of mental, social, emotional and financial abuse.** However, in many cases, coercive control can include and or result in physical violence.

Source: Parliament of Australia (2021).





Coercive Control is intersectional.

Patterns and experiences of **coercive control** are also **diverse for diverse communities**. First Nations communities, as well as those from Culturally and Linguistically Diverse (CALD), Disabled, LGBTQI+ and refugee communities experience coercive control in more complex ways, particularly as **experiences of systemic discrimination and cultural stigma** can compound to **exacerbate experiences of violence**.





How is coercive control exercised and what are the signs?



Figure 1: Patterns and Signs of Intersectional Forms of Coercive Control.





NEED HELP, OR NEED TO SPEAK TO SOMEONE?

1800RESPECT: 1800 737 732 to access sexual assault, domestic and family violence counselling service.

Full Stop Australia: 1800 93 539 to access trauma counselling and recovery service for people of all ages and genders experiencing sexual, domestic and family violence.

Rainbow Sexual Domestic and Family Violence Helpline: 1800 497 212 to access LGBTQI+ safe counselling and support regarding sexual, domestic and or family violence.

13 Yarn: 139276 to access crisis support for Aboriginal and or Torres Strait Islander people overwhelmed or having difficulty coping.





Sources

Domestic Abuse Intervention Program (2021). Understanding the Power and Control Wheel. Available at:

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