

Adult Learning

COERCIVE CONTROL

Safeguarding at Adult Learning

What is Coercive Control?

Coercive control is when a person with whom you are personally connected, repeatedly behaves in a way, which makes you feel controlled, dependent, isolated, or scared.

The following types of behaviour are common examples of coercive control:

- Isolating you from your friends and family
- Controlling how much money you have and how you spend it
- Monitoring your activities and your movements
- Repeatedly putting you down, calling you names or telling you that you are worthless
- Threatening to harm or kill you or your child
- Threatening to publish information about you or to report you to the police or the authorities
- Damaging your property or household goods
- Forcing you to take part in criminal activity or child abuse

How to get help

Speak to any member of staff or email your concerns to the Safeguarding Team at:

kraig.reeves-brown@westmorlandandfurness.gov.uk

emma.boyd@westmorlandandfurness.gov.uk



Cumberland
Council



Westmorland
& Furness
Council

Working for Cumberland Council and
Westmorland & Furness Council

Other Support

Gov.uk guidance

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

NHS Guidance

<https://www.nhs.uk/live-well/getting-help-for-domestic-violence/>

Refuge

<https://refuge.org.uk/i-need-help-now/coercive-control/>

Victim Support

<https://www.victimsupport.org.uk/crime-info/types-crime/domestic-abuse/>