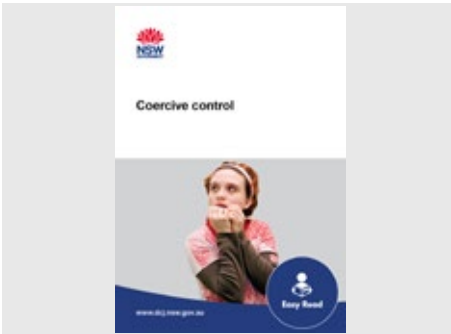




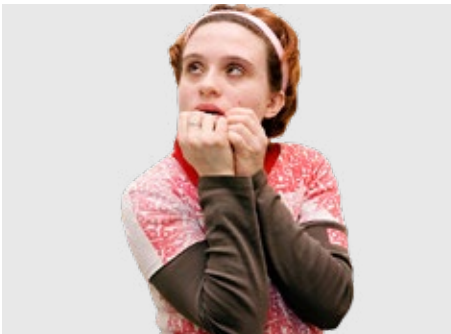
# Coercive control



# About this information



This information is about **coercive control**.



**Coercive control** is when someone does things to control you.



They might

- Scare you
- Hurt you
- Stop you from seeing or talking to other people.



You can ask for support to read this information sheet.



You can ask for support from a

- Family member
- Friend
- Support worker.

# About coercive control



Coercive control is a type of **abuse**.



**Abuse** is when someone hurts you.



It can be **physical** or **not physical**.



**Physical** means they hurt your body.



**Not physical** means they hurt you in other ways like they say bad things to you.



Coercive control can be different for everyone.

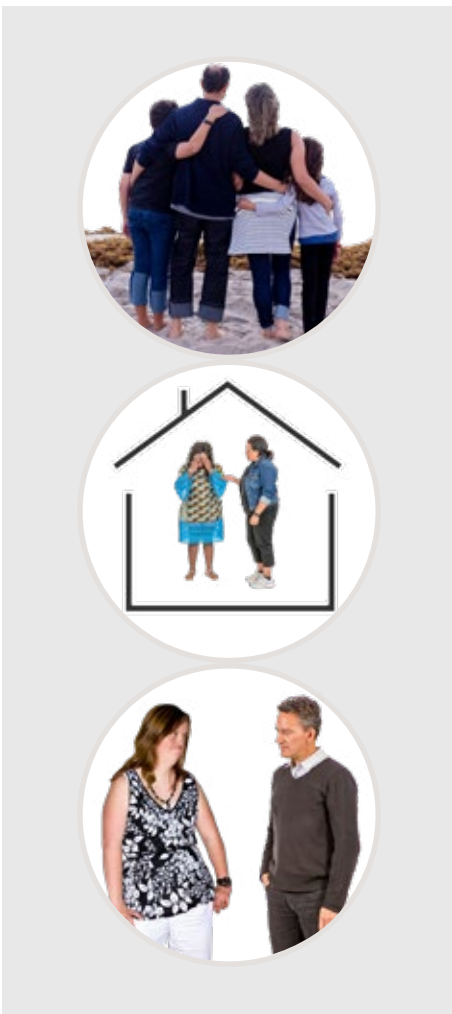


It can happen with people you are

- Dating
- In a relationship with.



It can also happen with someone you were in a relationship with before.



It can happen with

- Someone from your family

- Someone you live with

- A **carer**.

A **carer** is someone who looks after you.

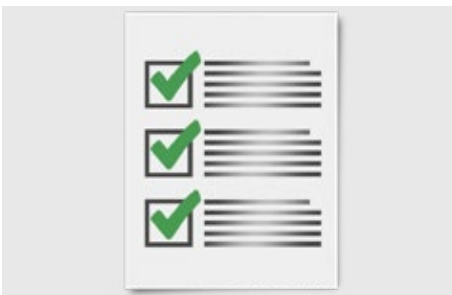


Coercive control is always wrong.

# The ways coercive control can happen



Coercive control can happen in lots of different ways.



These are just some of the ways it can happen.



They can hurt your **mental health**.

**Mental health** means the way you think and feel.



They might

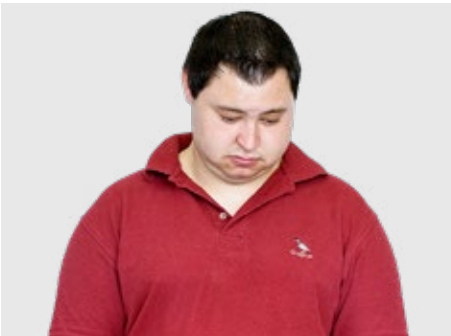
- Be very mean to you
- Say you are bad at things.



Coercive control can be sexual abuse.

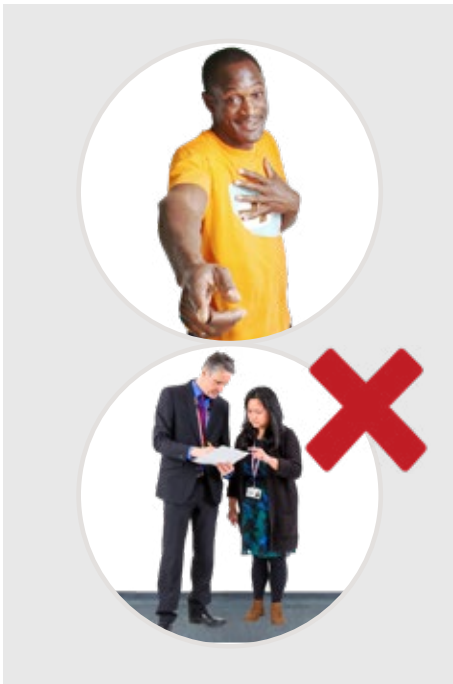


This means they make you do sexual things you do not want.



They might make you feel very bad about yourself.





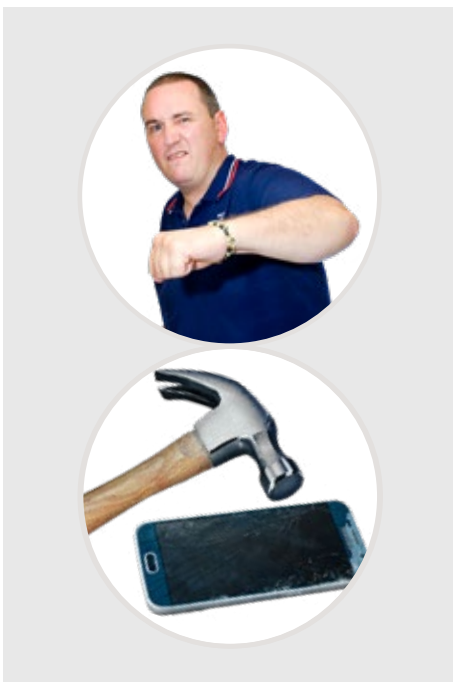
They might

- Make jokes about you
- Share information you do not want them to.



They could use **violence** to hurt you and might make you feel scared.

**Violence** means they do very bad things that make you not safe.



They might

- Hurt you in a physical way
- Throw or break things on purpose.



They might make **threats** to you.

**Threats** are when they say they will do something bad to you.



They might say they will take away your **visa**.

A **visa** is something you may need to stay in Australia if you were not born here.



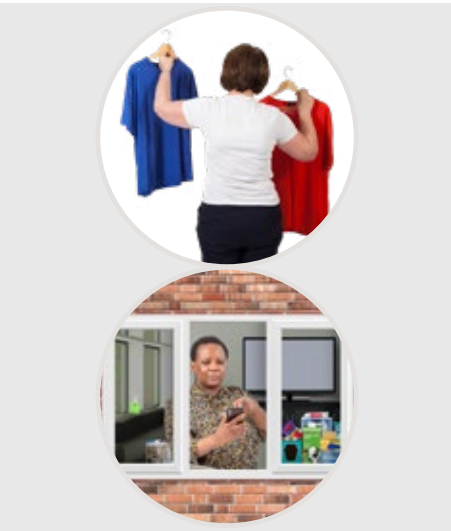
They might do things to stop you seeing your family and friends.



They might take away your phone to stop you talking to other people.



They can stop you doing things on your own.



They might

- Make rules about what you can wear
- Say you can not leave the house.

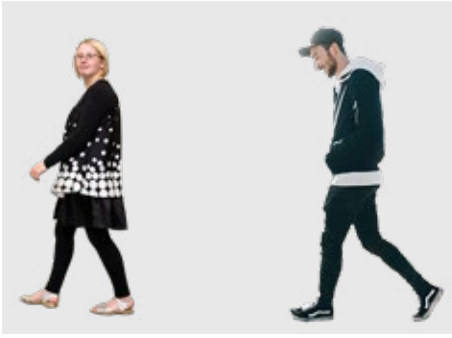


They might control how you use money.



They might not let you

- Work outside of your home
- Look at your bank account.



They might follow you when you do not want or know it.



They might look at your emails and texts.



They might stop you from doing things from your **culture**.

**Culture** means the way you do things because of where you or your family are from.



They might not let you

- Speak your own language
- See people who have the same culture as you.



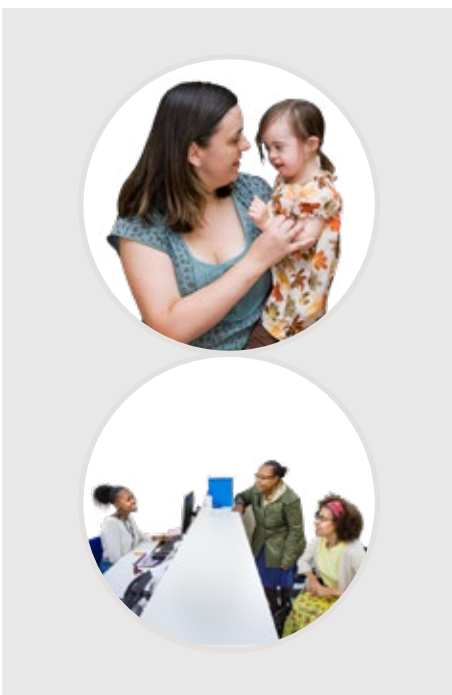
They might

- Make rules about when you have sex
- Say you can not use **contraception**.

**Contraception** is something that can stop you or someone else getting pregnant.



They might use services to scare and control you.



This means they might

- Give fake information to child services
- Lie to **immigration services**.

**Immigration services** are services that help people who have moved to Australia.

# Coercive control and the law



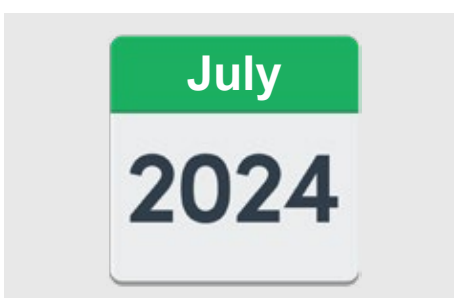
Soon there will be **laws** about coercive control.

**Laws** are rules everyone must follow.

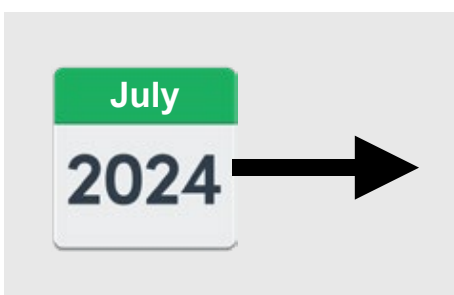


It will be against the law if someone uses coercive control against someone they

- Are in a relationship with
- Were in a relationship with before.



This law will start in July 2024.



The law can only help if the coercive control happens after July 2024.

# Support



You can get support if coercive control happens to you.



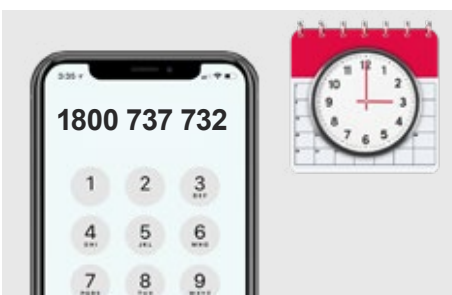
If you need help straight away you should

- Call **000**
  
- Ask for the police.



You can call **1800 Respect** if coercive control happens to you or someone you know.

**1800 Respect** gives free support and information.



The number is **1800 737 732**.

You can call them at any time of the day.



If you are worried about doing coercive control to others you can call **Mens Referral Service**.

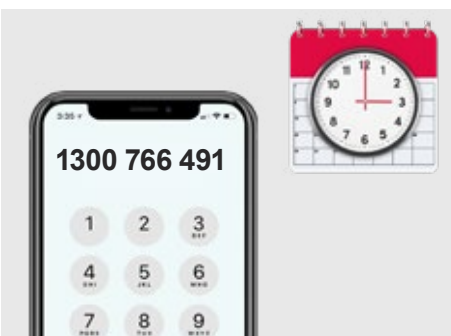


**Mens Referral Service** gives free support and information to men who

- Have done coercive control to others
- Are worried about doing coercive control.



You do not have to tell them your name.



The number is **1300 766 491**.

You can call them at any time of the day.

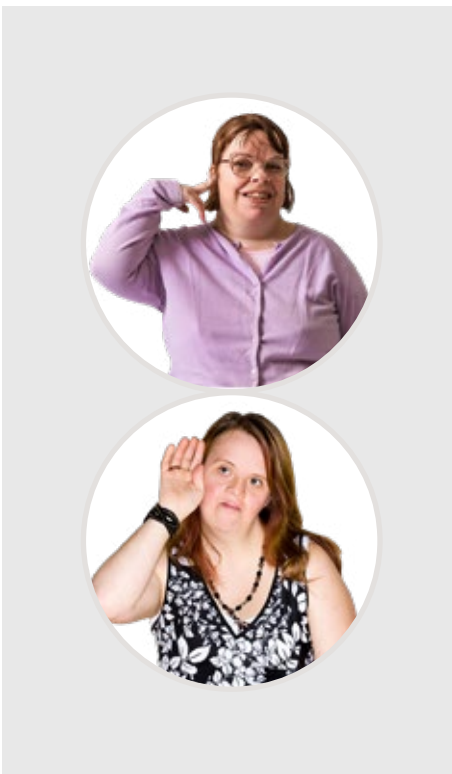




You can call the **Translating and Interpreting Service** to speak to someone in the same language.



The number is **131 450**.

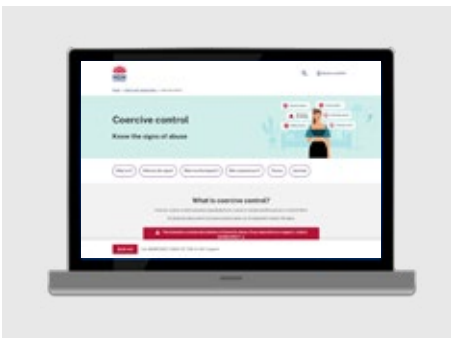


You can call the National Relay Service if you

- Are deaf
- Have trouble hearing.



The number is **13 36 77**.



There is more information about coercive control and supports on our website at

**[www.nsw.gov.au/coercive-control](http://www.nsw.gov.au/coercive-control)**



This website is not Easy Read.

You can ask for support to read it.

Council for Intellectual Disability made this document Easy Read. **CID** for short. You need to ask CID if you want to use any pictures in this document. You can contact CID at **[business@cid.org.au](mailto:business@cid.org.au)**.