

SIGNS OF COERCIVE CONTROL

#ReduceDomesticAbuse

GASLIGHTING

[A subtle form of emotional manipulation, used by an abuser to make you question judgements, memory, mind and reality, often resulting in self-doubt.]

If you think you might be a victim of Coercive Control, please reach out for support. You will be listened to.

If you are 16 years and over contact the Doncaster Domestic Abuse Hub:
www.doncaster.gov.uk/domesticabuse
dahub@doncaster.gov.uk
01302 737 080

If you are 15 years and under contact Doncaster Children's Services Trust:
www.doncasterchildrenstrust.co.uk
General.Enquiries@dcstrust.co.uk
Call 01302 737777 to talk to someone about a red flag.

Childline:
www.childline.org.uk or Call 0800 1111

The Hideout:
www.thehideout.org.uk

Coercive Control is a form of Domestic Abuse. Doncaster Youth Council are campaigning to #ReduceDomesticAbuse by highlighting some of the worrying signs of Coercive Control.



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GUILT-TRIPPING

- *Making you feel extremely bad for making small mistakes.*
- *Displaying a short temper when they feel a lack of attention.*
- *Overreacting when cancelling plans you'd arranged together.*

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INSULTING

[Name-calling or criticising your outfit choices, personality or decisions in order to knock your confidence, often projecting their own insecurities onto you.]

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SOCIAL ISOLATION

- *Secretly deleting text messages from friends and family.*
- *Convincing you that your friends are a negative influence.*
- *Making you feel dependent on them, so that you spend as much time together as possible.*

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LOVE BOMBING

[Displaying excessive affection or attention in order to manipulate or influence you.]

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SPAMMING

[Repeatedly demanding your attention through messages or social media, and reacting unreasonably when you don't reply straight away.]

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TRACKING YOU

- Persistently persuading you to share your location online to track your whereabouts.
- Stalking your social media.
- Demanding your weekly timetable.

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