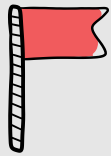


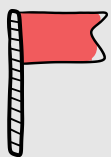
# LEARN THE RED FLAGS FOR COERCIVE CONTROL

Coercive control is a repeated pattern of behaviour designed to control another person through fear or humiliation. It's important to recognise early signs of coercive control, so White Ribbon Australia have put together some of the red flags of coercive control.



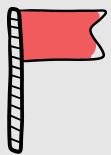
## LOVE BOMBING

It's common for an abuser to be extremely loving or charming at the start of the relationship, then change over time. Love bombing can include excessive compliments and gifts, doing favours you don't want, making a show of being generous, or pushing for a serious relationship early.



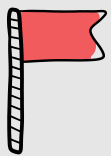
## GUILT TRIPPING

Guilt trips can begin over something small and seemingly insignificant. They can involve making you feel bad for not texting back quick enough when you're working, or telling you they were lonely if you spent an extra hour with friends than you had planned.



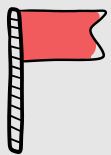
## ESCALATING INSULTS

They might put you down subtly to start with, but these minor insults establish a pattern where it's okay for them to say offensive or degrading things. As the relationship progresses, their insults can become more hurtful and more common.



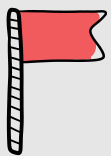
## DISRESPECTING BOUNDARIES

They might intentionally cross your boundaries and minimise their actions when they do. For example - if they keep calling you while you're working and you've asked them not to, they may frame it as if they "just miss you" and you're being unkind by calling it out.



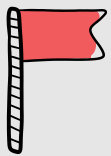
## GASLIGHTING

When you do get upset about their words or actions, they might respond by denying it, telling you that you're misremembering or overreacting, or deflecting by making you out to be in the wrong. These are examples of gaslighting.



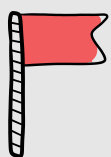
## WANTING TOTAL ACCESS

Monitoring what you do is common in coercive control relationships. They might ask for your phone's passcode, to share your location with them, or social media passwords. They might accuse you of being untrustworthy if you refuse so that you feel like you have no choice.



## MAKING YOU DEPENDENT ON THEM

Your partner may work to make you financially and socially dependent on them so that you feel like you can't leave. This might be taking your keys to stop you from working or it might be using insults to chip away at your relationships with your loved ones to ensure you have no support network.



## PUSHING YOU TO LOOK OR ACT A CERTAIN WAY

They might make comments about what you eat, how you exercise, or your clothes or makeup. They may even make comments on medications you take or appointments with doctors. Displaying a pattern of these behaviours is designed to take away your body autonomy.