

IS YOUR RELATIONSHIP HEALTHY?

COERCIVE CONTROL is domestic violence. Healthy relationships make you feel safe and free, not controlled. Know the signs and if you're worried, talk to someone you trust and get support.



TECHNOLOGY ABUSE

Viewing your text messages, emails, social media without your consent, checking your phone and controlling your access, and threatening to share intimate photos /videos.



GASLIGHTING

Making you feel confused, manipulating your emotions, encouraging self-doubt and making you feel like you're going crazy.



BLAMING

Being made to feel responsible, at fault and wrong.



FINANCIAL ABUSE

Limiting your access and controlling how you spend your money.



DEGRADING

Being put down, publicly humiliated, disrespected, name calling and having your secrets used against you.



HARASSMENT

Aggressive pressure or intimidation, constant calling or messaging you.



INTERROGATING

Being interrogated, constantly questioned and told that you are lying.



SEXUAL ABUSE

Continuing to ask after you have already said 'no', guilt, pressuring and stealthing.



THREATENING

Threats to kill, hurt or ruin the life of you, themselves, friends, family or pets.



ISOLATION

Being stopped from seeing family or friends, made dependant on your partner, possessive and jealous behaviour.



STALKING

Being followed or feeling like your partner knows what you are doing and where you are, at all times.

If you or someone you know is experiencing domestic violence please get help:

1800RESPECT
Kids Helpline

1800 737 732
1800 55 1800