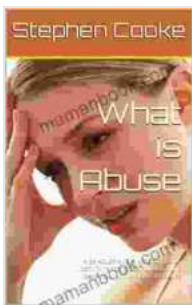


# Be Abuse Aware Programme: Identifying Coercive and Controlling Behaviour

Coercive and controlling behaviour is a serious form of domestic violence that can have devastating effects on victims. It is a pattern of behaviour that seeks to control and dominate another person through fear, intimidation, and manipulation. This article provides an overview of the Be Abuse Aware Programme, which aims to raise awareness and understanding of coercive and controlling behaviour. It explores the signs and patterns of such behaviour, its impact on victims, and the support available to those affected.



## What is Abuse: A Be Abuse Aware programme on identifying coercive and controlling behaviour within domestic abuse

★★★★☆ 4.4 out of 5

Language : English  
File size : 15529 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 103 pages  
Lending : Enabled



## Understanding Coercive and Controlling Behaviour

Coercive and controlling behaviour is not always easy to identify, as it can take many forms. It can be physical, emotional, psychological, financial, or

sexual. Some of the common signs and patterns of such behaviour include:

- Isolating the victim from friends and family - Monitoring the victim's activities and communications - Humiliating or degrading the victim - Threatening or intimidating the victim - Controlling the victim's finances - Preventing the victim from accessing healthcare or education - Forcing the victim to engage in unwanted sexual activity

Coercive and controlling behaviour is a form of abuse that can have serious consequences for victims. It can lead to physical and mental health problems, as well as social isolation and financial difficulties. In some cases, it can even lead to death.

### **Impact of Coercive and Controlling Behaviour on Victims**

Coercive and controlling behaviour can have a devastating impact on victims. It can lead to a loss of self-esteem, confidence, and independence. Victims may experience anxiety, depression, and post-traumatic stress disorder (PTSD). They may also become withdrawn and isolated from friends and family.

In addition to the psychological effects, coercive and controlling behaviour can also have a negative impact on victims' physical health. Victims may experience headaches, stomach problems, and sleep disturbances. They may also be at increased risk for substance abuse and suicide.

### **The Be Abuse Aware Programme**

The Be Abuse Aware Programme is a national initiative that aims to raise awareness and understanding of coercive and controlling behaviour. The programme provides information and resources to help victims identify and

escape abuse, and it also offers training for professionals who work with victims of domestic violence.

The Be Abuse Aware Programme is a valuable resource for anyone who is concerned about coercive and controlling behaviour. It provides information and support to victims and their families, and it also helps to raise awareness of this serious issue.

### **Support for Victims of Coercive and Controlling Behaviour**

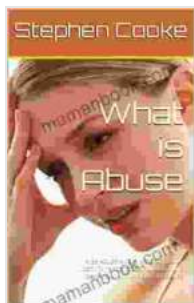
If you are experiencing coercive and controlling behaviour, it is important to seek help. There are a number of resources available to help you escape abuse and rebuild your life.

- The National Domestic Violence Hotline: 1-800-799-SAFE (7233) - The National Coalition Against Domestic Violence: 1-800-799-SAFE (7233) - The National Sexual Assault Hotline: 1-800-656-HOPE (4673) - RAINN: 1-800-656-HOPE (4673)

There are also a number of local and state resources available to help victims of domestic violence. You can contact your local police department or social services agency for more information.

Coercive and controlling behaviour is a serious form of domestic violence that can have devastating effects on victims. The Be Abuse Aware Programme is a valuable resource for anyone who is concerned about this issue. It provides information and support to victims and their families, and it also helps to raise awareness of this serious issue. If you are experiencing coercive and controlling behaviour, it is important to seek

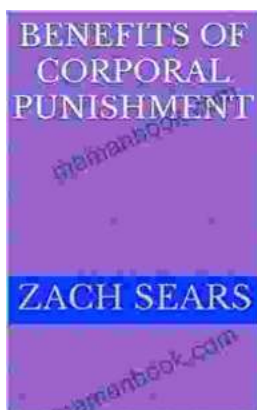
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