

**Coercive control
can happen to
anyone in an
intimate
relationship.**



**Coercive
control takes
power through
fear.**

If you are in immediate
danger call 911.

If you or someone you know is
being abused call the
Domestic Violence and
Crisis Support Line at
1 877 977 0007.

For information about the law
and services available
to help you, call
Community Legal Education
Association in Winnipeg
204 943 2240 or
Toll Free throughout Manitoba
1 866 458 0337
9:00 a.m. to noon
Monday to Friday

or email:

ipvlawinfo@communitylegal.mb.ca

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WHAT IS COERCIVE CONTROL?



**Community Legal
Education Association**

Intimate Partner Violence Law

Help Phone:

In Winnipeg 204 943 2240

Toll Free 1 866 458 0337

Some signs of Coercive Control

Does your partner:

- Keep you away from family and friends?
- Limit your access to money?
- Call you names?
- Criticize you?
- Threaten to hurt or humiliate you?
- Track your computer or phone use?
- Tell you what clothes or makeup you can wear?
- Keep watch of how you spend your time?
- Pressure you to have sex?
- Accuse you of cheating?
- Monitor your whereabouts?
- Decide when you can go to a doctor or take medicine?
- Endanger your pets?
- Turn your children against you?
- Challenge your memory of events?

Coercive control is a pattern of behaviour meant to dominate the daily life of the victim.

Coercive and controlling behaviour may predict future physical violence.



Coercive and controlling actions are present in many abusive intimate relationships.

You may be at risk for physical and psychological harm if there are signs of coercive control in your relationship.

What your partner may be doing to control you and make you afraid does not need to be a criminal offence to be family violence.

The law recognizes coercive control as abuse. The *Divorce Act* includes coercive and controlling behaviour as an example of family violence.

Protection is available under *The Domestic Violence and Stalking Act* for family members or partners who suffer domestic violence including emotional or psychological abuse and stalking.