

Coercive Control: A Checklist for Practice

Coercive control refers to a range of behaviours or actions aimed at controlling a current or former intimate partner's behaviour or causing them emotional harm or fear. Coercive control is a defining characteristic of family violence, a fatality risk factor, and included in the legal definition of family violence in Victoria.

This checklist is derived from contemporary research, and is designed to support practitioners in their engagement with clients to identify coercive control.

Has your partner or ex-partner:

- threatened or abused you online or using technology (eg over the phone or on social media)?
- stalked you online or in person?
Includes: -Hacking into your email and social media accounts · Loitering or hanging around outside a place that you spend time (eg home, gym, family member's house) · Following or watching you (in-person or using technology like GPS tracking) · Impersonating you online · Sharing or threatening to share intimate images of you online without your consent
- constantly insulted you to make you feel ashamed, belittled or humiliated, or shouting, yelling or verbally abusing you to intimidate you?
- damaged, destroyed or stolen your property?
- threatened to hurt your family, friends, children and/or pets?
- threatened to hurt themselves?
- monitored your time and making you account for your whereabouts?
- used your money or shared money or made important financial decisions without talking to you?
- been jealous or suspicious of your friends?
- accused you of having an affair?
- prevented you from doing things to help yourself (eg going to medical appointments, taking medication)?
- restricted your use of your phone, the internet or the family car?