



SGS Wellbeing Service &  
Students' Union

# COERCIVE CONTROL

[wellbeingservice@sgscol.ac.uk](mailto:wellbeingservice@sgscol.ac.uk)

## What is coercive control?

Coercive control is when a person with whom you are personally connected, repeatedly behaves in a way which makes you feel controlled, dependent, isolated or scared.

The following types of behaviour are common examples of coercive control:

- Isolating you from your friends and family
- Controlling how much money you have and how you spend it
- Monitoring your activities and your movements
- Repeatedly putting you down, calling you names or telling you that you are worthless
- Threatening to harm or kill you or your child
- Threatening to publish information about you or to report you to the police or the authorities
- Damaging your property or household goods
- Forcing you to take part in criminal activity or child abuse

## How to get help

Speak to any member of staff or email your concerns to the colleges Safeguarding Team at [wellbeingservice@sgscol.ac.uk](mailto:wellbeingservice@sgscol.ac.uk)

For more information, advice and guidance visit [Ecampus](#)

## Other support

### [Barnardos](#)

### [Childline](#)

[0800 1111](tel:08001111)

### [NSPCC](#)

[0808 800 5000](tel:08088005000)

### [Victim Support](#)

[0808 168 9111](tel:08081689111)