

Year 11 MY curriculum

Coercive control and
domestic abuse

5 minute reading

The story of Sarah & Zach is an example of Coercive Control in a relationship. After reading the story, you will be asked to define “coercive control” and give examples of it throughout the story.

Reading Task:

1. Highlight the times in the story when you feel that something is wrong in their relationship.
2. When you have finished reading the story go back and look at the highlighted issues - If these are examples of coercive control, what does this term mean?

Ground rules

I have the right to:

- Privacy – nobody will be asked personal questions
- Speak without anyone interrupting
- Be listened to
- My own personal space
- Express my ideas and feelings
- Be respected for my views and opinions even if they are different from everyone else's
- Learn
- Make mistakes without being laughed at – there is no such thing as a wrong answer.

We should all try to:

- Join in and make a positive contribution to the lesson
- Support other people who are less confident
- Listen to and respect what others have to say.

Coercive control



Describe how coercive control impacts intimate relationships - State the laws on coercive control and domestic abuse



Analyse why some stay in intimate relationships involving coercive control - Explain why coercive control and domestic abuse exist



Critically assess if coercive control is affecting your intimate relationship - Seek help if you experience coercive control in an intimate relationship

Key Questions

What is coercive control?

How can coercive control & impact intimate relationships?

What are the laws on coercive control and domestic abuse?

Why do people stay in relationships involving coercive control?

Why does coercive control and domestic abuse exist?

Do you think coercive control is impacting any of your relationships or the relationships of anyone you know?

Where can you seek help if concerned about coercive control?



Watch the video and come up with a definition for coercive control and domestic abuse.



Can you identify features of a coercive controlled relationship?



Have you experienced any of these in a relationship?



According to a leading domestic abuse charity, some common examples of coercive behaviour are:

- Isolating you from friends and family
- Depriving you of basic needs, such as food
- Monitoring your time
- Monitoring you via online communication tools or spyware
- Taking control over aspects of your everyday life, such as where you can go, who you can see, what you can wear and when you can sleep
- Depriving you access to support services, such as medical services
- Repeatedly putting you down, such as saying you're worthless
- Humiliating, degrading or dehumanising you
- Controlling your finances
- Making threats or intimidating you

BBC Coercive control videos

Worksheet to complete The worksheet has sections to be completed taking into account all the viewpoints demonstrated. Talk this through with class.

Documentary link <https://www.bbc.co.uk/iplayer/episode/p08v5pwj/is-this-coercive-control>

BBC IPlayer - “Is this coercive control?”

Coercive control



Describe how coercive control impacts intimate relationships - State the laws on coercive control and domestic abuse



Analyse why some stay in intimate relationships involving coercive control - Explain why coercive control and domestic abuse exist



Critically assess if coercive control is affecting your intimate relationship - Seek help if you experience coercive control in an intimate relationship

Key Questions

What is coercive control?

How can coercive control impact intimate relationships?

What are the laws on coercive control and domestic abuse?

Why do people stay in relationships involving coercive control?

Why does coercive control and domestic abuse exist?

Do you think coercive control is impacting any of your relationships or the relationships of anyone you know?

Where can you seek help if concerned about coercive control?

Follow Up Activities

Coercive control



Describe how coercive control impacts intimate relationships - State the laws on coercive control and domestic abuse



Analyse why some stay in intimate relationships involving coercive control - Explain why coercive control and domestic abuse exist



Critically assess if coercive control is affecting your intimate relationship - Seek help if you experience coercive control in an intimate relationship

Key Questions

What is coercive control?

How can coercive control impact intimate relationships?

What are the laws on coercive control and domestic abuse?

Why do people stay in relationships involving coercive control?

Why does coercive control and domestic abuse exist?

Do you think coercive control is impacting any of your relationships or the relationships of anyone you know?

Where can you seek help if concerned about coercive control?

Why do people choose to abuse?

Create a list of reasons that people choose to abuse others in intimate relationships.



Have a reflect on your own relationships.....You do not have to share

Am I in an abusive relationship?

Has your partner tried to keep you from seeing your friends or family?

Yes / No

Has your partner prevented you or made it hard for you to continue or start studying?

Yes / No

Does your partner constantly check up on you or follow you?

Yes / No

Does your partner unjustly accuse you of flirting or of having affairs with others?

Yes / No

Does your partner constantly belittle or humiliate you, or regularly criticise or insult you?

Yes / No

Are you ever afraid of your partner?

Yes / No

Have you ever changed your behaviour because you are afraid of what your partner might do or say to you?

Yes / No

Has your partner ever destroyed any of your possessions deliberately?

Yes / No

Has your partner ever hurt or threatened you?

Yes / No

Has your partner ever forced you to do something that you really did not want to do?

Yes / No

Has your partner ever tried to prevent you from taking necessary medication, or seeking medical help when you felt you needed it?

Yes / No

Has your partner ever forced or harassed you to have sex with them or with other people? Has s/he made you participate in sexual activities that you were uncomfortable with?

Yes / No

Has your partner ever tried to prevent you from leaving the house?

Yes / No

Does your partner blame their use of alcohol or drugs, mental health condition or family history for their behaviour?

Yes / No

If you answered yes to one or more of these questions, this may indicate that you may be experiencing domestic abuse

How to seek help....

Childline

If you're a child and in a situation where you may be experiencing domestic abuse, Childline can offer some advice or support via their free, 24-hour confidential helpline for children and young people who need to talk.

Phone: 0800 1111 Website: [Childline](#)

The National Domestic Abuse Helpline

The 24 hour National Domestic Abuse Helpline, run by Refuge is for women experiencing domestic abuse, their family, friends and others calling on their behalf.

Phone: 0808 2000 247 [The 24 hour National Domestic Abuse Helpline](#)

The ManKind Initiative provides confidential help and support for male victims of domestic abuse and domestic violence.

Phone: 01823 334244 (Mon-Fri 10am-4pm) [Visit the ManKind Initiative website](#)

Women's aid

Coercive control

[Home](#) / [I need help - information and support on domestic abuse](#) / [What is domestic abuse?](#) / [Coercive control](#)

What is coercive control?



Domestic abuse isn't always physical. Coercive control is an act or a pattern of acts of assault, threats, humiliation and

Refuge



For women and children.
Against domestic violence.

The freephone, 24-hour National Domestic Abuse Helpline [0808 2000 247](tel:08082000247) | [A-Z](#)

[What is abuse?](#) [Your rights and options](#) [How we can support you](#) [Supporting a survivor](#)

Are you experiencing domestic abuse?

You are not alone

If you are in an emergency, please call 999

If you're worried someone might be monitoring your devices, exit this website and visit from a device only you have access to. [Learn more about safe browsing](#), and keeping your technology safe.

[Quick exit](#) [Click to leave site immediately](#)



ALWAYS CRITICISING

PICKING YOUR CLOTHES

CHECKING YOUR TEXTS

CHOOSING YOUR FOOD

EXTREME JEALOUSY

CONTROLLING MONEY

ISOLATED FROM FAMILY

**YOU'LL WEAR YOUR
HAIR HOW I LIKE IT**

If your partner's controlling your appearance, it's domestic abuse.

Coercive control



Describe how coercive control impacts intimate relationships - State the laws on coercive control and domestic abuse



Analyse why some stay in intimate relationships involving coercive control - Explain why coercive control and domestic abuse exist



Critically assess if coercive control is affecting your intimate relationship - Seek help if you experience coercive control in an intimate relationship



Key Questions

What is coercive control?

How can coercive control impact intimate relationships?

What are the laws on coercive control and domestic abuse?

Why do people stay in relationships involving coercive control?

Why does coercive control and domestic abuse exist?

Do you think coercive control is impacting any of your relationships or the relationships of anyone you know?

Where can you seek help if concerned about coercive control?

BBC article

'Groundbreaking' new domestic abuse law comes into force

© 1 April 2019



LAURA DODSWORTH

The new law will criminalise psychological abuse

A new law has come into force that makes psychological domestic abuse and controlling behaviour a crime.

It will be supported by a Scottish government awareness campaign aimed at improving public understanding of the wide-ranging nature of the problem.

The Scottish Parliament **passed the Domestic Abuse Act** in February last year.

What constitutes abusive behaviour?

The new legislation says abusive behaviour is:

Behaviour that is violent, threatening or intimidating

Behaviour whose purpose is one of the following:

- making a partner dependent or subordinate
- isolating a partner from friends, relatives or other sources of support
- controlling, regulating or monitoring a partner's day-to-day activities
- depriving a partner of, or restricting, freedom of action
- frightening, humiliating, degrading or punishing a partner.

The offence is aggravated if any of the behaviour is directed at a child or witnessed by them.