

Kids' Coercive Control Web

Written By
Children And
Young People

To help you
understand
what they are
going through



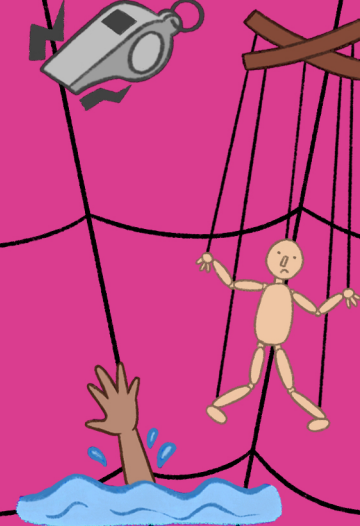
HURTING Us Inside



FRIGHTENING US



Using Children



Denying and Blaming



Making excuses

Telling us what they did was deserved.

PRETENDING IT DIDN'T HAPPEN

NEVER TAKING RESPONSIBILITY

Saying "It's not a big deal!"

Telling lies

BLAMING US FOR: -being too sensitive

- the arguments
- making them **ANGRY**
- making a mess
- their unhappiness

ALWAYS BRINGING US UP IN ARGUMENTS.

Using us as a referee.

Forcing us to get involved.

Asking us about the other parent.

Telling us whose side to be on.

THREATENING to LEAVE and TAKE us.

WIDE eyes staring at YOU.

ALWAYS BEING WATCHED

Pouncing when laughing.

Standing over us.

Making themselves **BIGGER.**
"SMASHING THINGS")

Driving like they want to kill you.

Following us around the house.

HURTING OUR PETS.

SHOUTING & SCREAMING

USING CURSE WORDS

Making **FUN** of us

Ignoring Us

Name calling

keeping secrets

BLACK MAILING US

NO PATIENCE

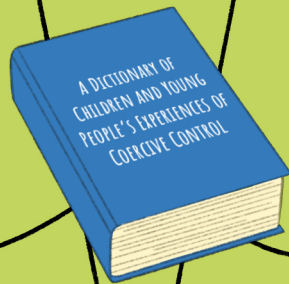
Not replying to our texts.

NOT ALL THE HURTING IS PHYSICAL

HURTING
Us With
Money



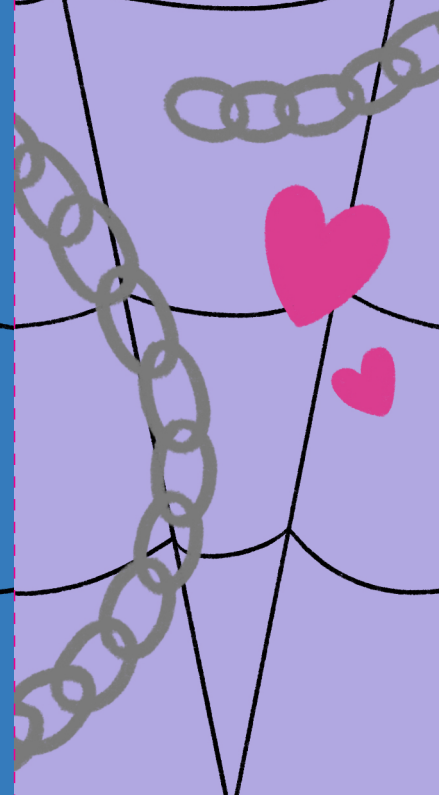
Making
Us Do
Things
Using
THREATS



Making
Us Feel
ALONE



Using Their
Privilege




Barnardos
Because childhood lasts a lifetime
(CHY 6015/RCN 20010027)

TÚSLA
An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



Saying:

**-I'M TRAINING YOU FOR
THE REAL WORLD**

- CHILDREN SHOULD
BE SEEN AND
NOT HEARD

- I'M THE PARENT AND
YOU WILL OBEY ME.

- WE KNOW
NOTHING

- I'M THE BOSS AND
I'M ALWAYS RIGHT

-I'M THE ADULT
AND I KNOW

Taking our phone off us when we visit them.

Acting CREEPY
towards friends.

Not allowed to:

- Go outside to meet friends.

- Talk to our friends on the phone.

-see family.

- Have friends over.

-PLAY

BREAKING AND CONFISCATING OUR PHONE.

- KILL themselves
- KILL the other parent

- leave if we don't do something

- HURT US

PUTTING PRESSURE ON US

Putting

RESPONSIBILITY

on u.s.

THREATENING US WITH SOCIAL WORK

Only food and heating if they say so. **NOT ALLOWED TO TOUCH THEIR FOOD.**

ALWAYS TALKING ABOUT MONEY

Trying to buy
our LOVE and
FORGIVENESS.

Complaining if we **NOT** *really* spend.

GIVING US
MONEY WE
NEED

Spending all the money.

Giving our siblings money but not us.

on drink,
gambling
and
smoking.

Asking
for

Asking
for
receipts.