Kids' Coercive Control Web

Written by Children & Young People

Power and Control

FRIGHTENING US

- ALWAYS BEING WATCHED
- Pouncing when laughing.
- WIDE eyes staring at YOU.
- Standing over us.
- "SMASHING THINGS"
- Driving like they want to kill you.
- Following us around the house.
- HURTING OUR PETS.

HURTING Us Inside

- SHOUTING & SCREAMING
- USING CURSE WORDS
- Name calling
- Ignoring Us
- Making FUN of us
- keeping secrets
- BLACKMAILING US
- NO PATIENCE
- Not replying to our texts.

HURTING Us With Money

- NOT GIVING US MONEY WE NEED.
- Spending all the money on drink, gambling and smoking.
- Giving our siblings money but not us.
- Only food and heating if they say so.
- NOT ALLOWED TO TOUCH THEIR FOOD.
- Only buying their favourite food.
- ALWAYS TALKING ABOUT MONEY
- Complaining if we spend.
- Asking for receipts.
- Trying to buy our LOVE and FORGIVENESS.

Using Their Privilege

Saying:

- I'M THE BOSS AND I'M ALWAYS RIGHT
- I'M THE ADULT AND I KNOW
- WE KNOW NOTHING
- I'M THE PARENT AND YOU WILL OBEY ME.
- CHILDREN SHOULD BE SEEN AND NOT HEARD
- I'M TRAINING YOU FOR THE REAL WORLD
- Making themselves BIGGER.
- Their needs always come first

Making Us Do Things Using THREATS

- THREATENING TO:
  - KILL the other parent
  - KILL themselves
  - leave if we don't do something
  - HURT US
- THREATENING US WITH SOCIAL WORK
- Putting RESPONSIBILITY on us.
- PUTTING PRESSURE ON US

Denying and Blaming

- BLAMING US FOR:
  - the arguments
  - making them ANGRY
  - making a mess
  - their unhappiness
  - being too sensitive
- NEVER TAKING RESPONSIBILITY
- Saying "It's not a big deal".
- Telling us what they did was deserved.
- PRETENDING IT DIDN'T HAPPEN
- Making excuses
- Telling lies

Making Us Feel ALONE

- MAKING US BE ALONE.
- BREAKING AND CONFISCATING OUR PHONE.
- 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

Using Children

- Using us as a referee.
- THREATENING to LEAVE and TAKE us.
- Asking us about the other parent.
- Telling us whose side to be on.
- ALWAYS BRINGING US UP IN ARGUMENTS.
- Forcing us to get involved.

A Dictionary of Children and Young People's Experiences of Coercive Control

By the Empower Kids Team hosted by Barnardos

Because childhood lasts a lifetime

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TUSLA

An Ghníomhaireacht um Leanaí agus an Teaghlach

Child and Family Agency