


Kids' Coercive Control Web



**Written By
Children And
Young People**

**To help you
understand
what they are
going through**

NOT ALL
THE
HURTING
IS
PHYSICAL

HURTING Us Inside



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.

FRIGHTENING
US



W I D E <sup>eyes
staring
at YOU.</sup>

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.**

Using Children



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.

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 - being too
US FOR: sensitive

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

HURTING Us With Money



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.

NOT GIVING US MONEY WE NEED. *Only spend. buying their favourite food.*

Spending all the money on drink, gambling and smoking.

Giving our siblings money but not us.

Asking
~ for ~
receipts.

Making Us Do Things Using THREATS



THREATENING TO:

- KILL themselves
- KILL the other parent
- leave if we don't do something
- HURT US

PUTTING PRESSURE ON US

Putting

RESPONSIBILITY

on us.

THREATENING US
WITH SOCIAL WORK

Making
Us Feel
ALONE



MAKING US BE ALONE.

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.

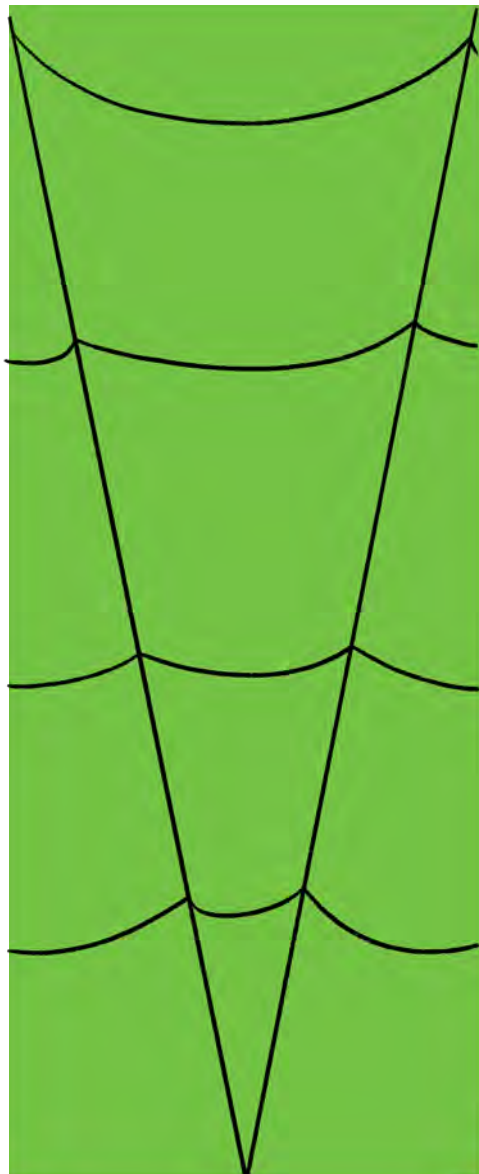
Using Their
Privilege



*Their needs
always
come first*

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



By the
Empower kids Team
hosted by



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