



Coercive Control

A victims perspective

Jemma Cadle

My Experience



Continuous Calls & texts

Come to my house (night times)

Damage property

Lied about having illnesses (cancer, mental health assessments)

STI's

Suicide (me and him)

Death threats to my family and friends,

Turn up at school/Nans/Work (or threat of)

Convinced mutual friends it was me, 'just talk to him'

Aggression (uncontrollable screaming)

Drug Use

Violence or threat of, especially strangulation

Obsessed with violence and porn

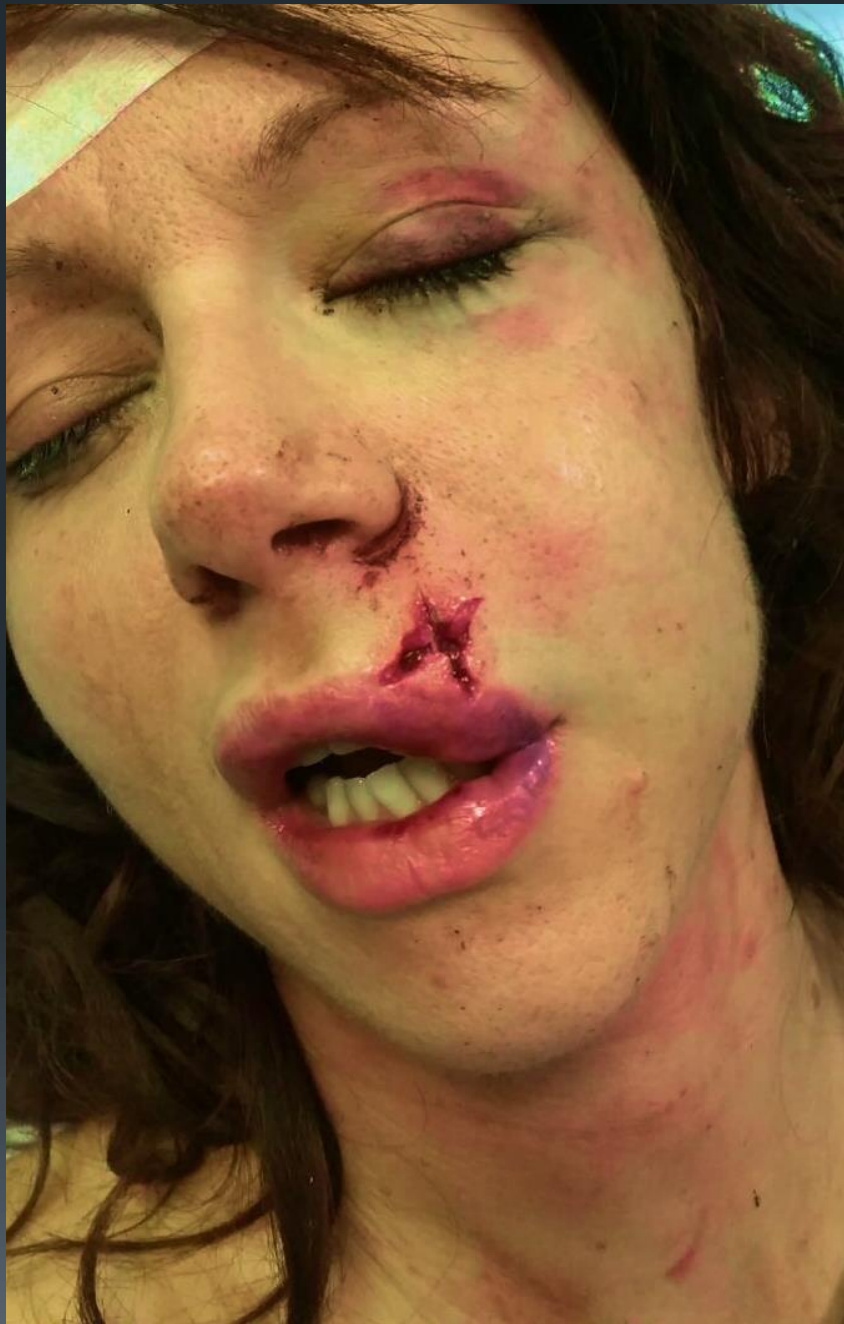
Sexual Coercion

Stalking & Harassment



My Response

- Answer calls in time (difficult at night)
- Torture- Sleep deprivation
- Answer door quickly
- Sexual coercion
- He had control



Supporting Victims

**If the agencies do not understand coercive control
how can the victims be helped?**

- **Trust**
- **Communication**
 - Be un-judgmental
 - Keeping themselves safe is not to be criticised
 - Work with victim
 - Experts at dealing with perpetrator- LISTEN
 - Look at the bigger picture

**When communication is strained perpetrator has
better opportunity of breaking her down**



Contact Jemma:

jemmacadle@icloud.com