



Coercive control and femicide

Recognise the signs.

Together we can help victims.

**A woman is killed in the Netherlands every 8 days,
often by her partner or ex.**

We refer to this as femicide. What begins as a loving relationship, often characterised by a whirlwind start and an excessive amount of attention, can change into an unsafe situation. The relationship becomes increasingly suffocating as the partner starts exercising coercive control. The victim gradually loses her freedom. Her partner decides what is allowed and what is not. This is also referred to as intimate terrorism.

Femicide affects women and girls of all ages and backgrounds. Any woman or girl can become a victim. You can help stop the violence by recognising the signs. Call the domestic violence and child abuse advice and reporting centre **'Safe Home'** (Veilig Thuis) on **+0800 2000**. You can do so anonymously. You can also chat via the **www.veiligthuis.nl** website. 'Safe Home' provides help and advice. You should contact them even if you are unsure.

Scan de QR-code



www.veiligthuis.nl

Where are you? You haven't responded for fifteen minutes.

If you love me, you will answer now!

Signs of coercive control

Often there are clear signs that things are not going well.

Do you recognise any of the following signs in your own relationship or in the relationship of someone you know?

- Having to focus excessively on your partner's expectations and needs, rather than your own feelings.
- Blackmail or manipulation.
- Always wanting to know where the other person is and who they are with.
- Keeping family and friends at arm's length.
- Not being allowed to go out alone.
- Jealous behaviour and accusations.
- Checking social media or physical monitoring.
- Belittling or disparaging behaviour.
- Intimidation, threat or instilling fear.
- Not being allowed to take decisions independently.
- Making someone doubt her own reality.

Do not ignore your gut feeling. Look out for minor changes in the woman's behaviour. Perhaps she is having less and less contact with friends. Maybe she has suddenly stopped wearing make-up. Another sign is being expected to be reachable all the time. Or if her partner phones her excessively or sends numerous messages.

Oh darling I'm sorry I hit you. But sometimes you make me so angry!

You know I love you though.

Red flags

Coercive control can be so awful that it ends in lethal violence. This is why it is very important to seek help immediately whenever you encounter these red flags. You can do so by seeking advice from 'Safe Home', or by calling 112 if you are in immediate danger.

What are red flags?

- Stalking.
- The threat of murder or suicide.
- The possession or use of weapons.
- Recent violent behaviour.
- Violence during pregnancy.
- Forced sex.
- Attempted strangulation, suffocation or drowning.
- Blocking access to medical care.
- Fear (of talking) when the partner is around.
- Extreme fear for the person's own life or that of her children.
- Increasing violence.

A seriously violent partner is often an indication of other problems in the relationship, such as addiction, psychological problems, unemployment or financial worries.

Help and advice.

If you are concerned or recognise the signs, you should ask for help and advice, even if you are unsure.



Call 'Safe Home'
(anonymously, free of
charge and 24/7)
+0800 2000.



Alternatively you can
chat (anonymously) via
the www.veiligthuis.nl
website.



If you are in immediate
danger, you should
always call **112.**

NB: Ending the relationship may put you in additional danger.
Talk to a professional about how to do this as safely as possible.