

# Spot the Red Flags

## Domestic Abuse and Coercive Control

In our day-to-day lives, it's normal to see changes in the behaviour of those around us. If you've had conversations that made you worry about a colleague or friend, or if you've noticed strange or troubling actions, pay attention to those signs, as they could be red flags indicating domestic abuse and coercive control.

Domestic abuse comes in different forms, some more subtle than others. They are all a way to control someone by manipulating them so they lose their freedom bit by bit. It can be hard to spot the warning signs but recognising the red flags early on is essential for providing support to those who may be experiencing it.



**Trust your instincts and take action.**

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Monday

Have you noticed that John has been absent from work a lot lately? He's usually so reliable, it's unusual for him.

09:34 ✓✓

Yeah, I asked him if he was ok but his answers were pretty vague. Something's not right. 🚩

10:12 ✓✓

Tuesday

Have you seen how often Sheila's boyfriend shows up?

12:45 ✓✓

Yes, it's a bit strange. It's like he's monitoring her every move or something. A bit concerning, don't you think? 🚩

12:56 ✓✓

Wednesday

Kim appears rather uneasy lately, especially when it's time to head home, don't you find?

17:34 ✓✓

Yep! They're always anxious when I ask if they're doing something nice in the evenings. I do wonder if everything's ok. Maybe there's something going on at home? 🚩

17:52 ✓✓

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18:03 ✓✓



Thursday

Have you noticed that Claudia gets dropped off and collected by her partner every single day?

10:34 ✓✓

Yep! Especially when she loves walking and cycling so much. She only lives 10 mins away, it's a little bit unusual. 🚩

10:37 ✓✓

Friday

Noticed anything off about Marek lately? He seems so withdrawn.

14:12 ✓✓

I've picked up on that too. Do you think it could be work-related stress or something going on at home? I'm a bit concerned. 🚩

14:43 ✓✓

Saturday

Ever notice how Paula always seems to have an injury of some sort, but there's never a clear explanation of how she got them?

15:12 ✓✓

Yeah, I've asked her but she kind of brushes it off and is vague about it. It's not like she's involved in any extreme sports or anything. It's concerning. 🚩

15:46 ✓✓

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15:55 ✓✓



Sunday

Have you noticed that Magda never has money when we go out for drinks?

18:11 ✓✓

Yeah, I have. I asked her if she needed help, and she mentioned that her partner handles their finances. Apparently, he sometimes forgets to give her money.

18:24 ✓✓

I don't think he forgets; I have a feeling there's something going on. 🚩

18:38 ✓✓

Monday

Noticed how often Sam's partner contacts them during work hours?

11:02 ✓✓

Yeah, they're always on a call or texting, it's becoming a bit excessive.

11:09 ✓✓

It seems like there's something more going on. 🚩

11:16 ✓✓

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11:18 ✓✓

