

**If someone is forced to do things against their will, this is abuse.**

If a person often feels scared, lonely or hurt within their relationship, then something is not right. It is not ok for them to feel like they are walking on eggshells. Everyone should feel safe and happy within their relationships, and not feel like they have to go along with everything their partner says in case they become angry. It is against the law in England and Wales to use coercive control. This is when someone tries to control another by using threats or fear. If they do not comply with the rules there will be punishments to scare, frighten and humiliate them.

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