

CPS-Informed Coercive Control Evidence Checklist

Goal: To help you build a strong case that the Crown Prosecution Service can pursue

Why This Matters

Coercive control cases are about **patterns** not one-off incidents.

The CPS needs to see **repeated or continuous behaviour** that caused **fear, alarm, or distress** and affected your **day-to-day life**.

Evidence helps them see the full picture, even when you've been made to doubt your own reality.

Keep this simple truth in mind:

Every note, message, photo, and date you record is one more piece of truth they can't rewrite.

Step 1: How to Safely Store Your Evidence

- Create a **private folder** in Google Drive or Dropbox (free and accessible from phone or laptop).
- Use a **neutral name** (e.g., "Work Notes" or "Receipts").
- Upload screenshots, photos, and documents regularly.
- If this isn't safe, **email copies to a trusted friend or relative**.
- Keep a backup on a **USB stick** or **burned CD** (labelled something ordinary, like "holiday pics").
- Never store evidence on shared devices or shared cloud accounts.
- If you suspect monitoring, use **incognito/private mode** or a **safe device** at a library or friend's house.

Step 2: Keep a Timeline & Log

Record incidents in a simple format like this:

- **Date:** (DD/MM/YYYY)
- **Time:** (Approx.)
- **What happened:** (Describe behaviour, words, or actions)

- **How it made you feel:** (Fear, shame, confusion, panic, etc.)
- **Impact:** (Stopped you going out, couldn't sleep, withdrew from family, etc.)

Even the smallest incidents help show the *pattern* and emotional impact — that's what the CPS look for.

Step 3: Digital & Communication Evidence

Save or screenshot:

- Texts, emails, WhatsApp messages, DMs (including deleted message notifications).
- Missed call logs, call durations, blocked call attempts.
- Social media posts or comments targeting, shaming, or threatening you.
- Evidence of stalking or monitoring (location sharing, tracking apps, spyware, "find my" misuse).
- Proof of online accounts he controls or demands access to.

 **Tip: Screenshot entire conversations with visible names, dates, and timestamps.**

Step 4: Financial Control Evidence

The CPS recognises **economic abuse** as part of coercive control. Gather:

- Bank statements showing withdrawals or debts in your name.
- Evidence of denied access to funds or joint accounts.
- Screenshots of messages where you're made to ask for money or permission to spend.
- Proof of forced financial decisions (e.g., loans, credit cards, cancelled payments).
- Receipts or notes of withheld child maintenance or shared bills.

 **Tip: Save PDFs from online banking in your evidence folder.**

Step 5: Isolation & Monitoring Evidence

This shows how you were cut off from your friends, family, and professionals (Health Visitors, Teachers, GP)

Keep a record of:

- Messages or comments telling you not to see certain people.
- Witness statements from friends or family noticing your absence.
- Proof of controlled movements (e.g., being driven everywhere, checked locations).
- Screenshots showing access to your accounts, emails, or phone without consent.

 **Tip: Tell friends or colleagues to write what they've observed, the small details matter.**

Step 6: Threats, Humiliation & Intimidation

Evidence that shows how you were made to feel unsafe or worthless:

- Voice notes or texts containing threats, insults, or controlling statements.
- Photos of damaged items, punched walls, or destruction during arguments.
- Notes of physical intimidation: blocking doorways, trapping you, shouting close to your face.
- Witness accounts from children, neighbours, or friends who heard or saw it.
- Police call records or screenshots of 999 calls.

 **Tip: Don't delete messages, even if you think they sound small or subtle. Patterns prove control.**

Step 7: Emotional, Physical & Medical Impact

Show how the behaviour affected your health and daily life.

- GP or hospital visit records.
- Mental health notes or therapy records.
- Letters about stress, anxiety, sleep issues, or panic attacks.
- Medication lists showing prescriptions for trauma, depression, or anxiety.
- Missed work notes, school absences, or messages explaining illness or exhaustion.

 **Tip: Ask your GP to note that your stress is linked to domestic circumstances.**

Step 8: Evidence from Children, Schools, or Services

- School reports noting behavioural changes in children.

- Messages or emails with school staff about safety concerns or parental conflict.
- Notes from social workers, counsellors, or domestic abuse teams.
- Letters or records from police or housing officers documenting your situation.

 **Tip:** These third-party records are powerful because they confirm external concern.

Step 9: Supporting Witnesses

Encourage trusted people to document what they've noticed:

- Friends, relatives, neighbours, colleagues.
- Notes, texts, or letters describing your distress or incidents they witnessed.
- They don't have to give formal statements immediately, just write what they recall.

 **Tip:** Keep all names and contact details in your evidence folder.

Step 10: Visual or Audio Proof

- Photographs of injuries, damage, or property destruction.
- Screenshots showing tracking devices or apps.
- Short voice recordings of abuse (only if safe and legal to do so, never provoke a situation).
- CCTV, doorbell, or neighbour footage if relevant.

 **Tip:** Label every photo with the date and what it shows.

Step 11: Victim Personal Statement (VPS)

When police or CPS prepare a case, your **Victim Personal Statement** lets you describe:

- How the abuse made you feel.
- How it changed your daily life.
- The ongoing emotional impact on you and your children.

 **Tip:** Keep a running document of your feelings and experiences so your VPS is accurate and complete when the time comes.

Safety Reminder

- Only gather and store evidence **when it's safe to do so**.
- **Do not share or confront your abuser with it.**
- Prioritise your **immediate safety** over collecting evidence.
- If you feel unsafe, call **999** or contact **Refuge (0808 2000 247)** for immediate help.