**Don’t Disappear**

Today the Office of the Police and Crime Commissioner (OPCC) launched a video  ‘Don’t Disappear’ to raise awareness of relationship abuse.   This is following our ‘Know this isn’t Love’ coercive control campaign from earlier in the year.  It has been launched under the branding of Victims First.  Victims First supports victims and witnesses of crime across the Thames Valley and is managed by the OPCC.

[‘Don’t Disappear’](https://youtu.be/d6rt8w5HBWw) tells the story of Jamie and Emma; from the seemingly loving early stages of their relationship, to the development of coercive and controlling behaviours such as jealousy and possessiveness, control, love bombing and isolation.

While anyone of any age can be a victim of coercive control, we are particularly keen to promote this to younger people who may have less relationship experience and people who are at the beginning of a relationship.  The aim of the video is to raise awareness of  the red flags – the early signs of coercive control which at the time, may be missed or misinterpreted as acceptable behaviour in a relationship.

We hope the video will help people who may be in controlling relationships to identify with it and potentially seek help.

Your support

We would appreciate your support in promoting the video to your local community through your digital channels including newsletters, websites and social media.

The video can be found at <https://youtu.be/d6rt8w5HBWw>  Below are some suggested social media posts for you to use or amend as necessary.

You can also share posts from our Facebook page @victimsfirstTV and on Twitter @TV\_PCC.   If you would like a downloadable version please contact me.

Anyone who is concerned they may be experiencing this can contact Victims First for support on 0300 1234 148  You can find further information about coercive control at [www.victims-first.org.uk/what-we-do/campaigns/](http://www.victims-first.org.uk/what-we-do/campaigns/)

Social Media posts

* Watch Jamie and Emma’s story.  Signs of coercive and controlling behaviour can be there in the early stages of a relationship. Look out for the red flags.   #DontDisappear
* Relationships based on power and control are not healthy relationships.  Whether you’re male or female, in a heterosexual or same sex relationship, if you can identify with Jamie and Emma’s story and need support, please contact Victims First on 03001234148 #DontDisappear
* It’s not a love story, or ‘normal’ behaviour in a relationship.  It’s relationship abuse.  If you can identify with Jamie and Emma’s story and need support, please contact Victims First on 03001234148
* Early declarations of love, emotional abuse, jealousy and isolation from friends and family are all red flags in a relationship.  Watch Jamie and Emma’s story to understand the signs of relationship abuse #DontDisappear
* Both men and women can be victims or perpetrators of coercive control which can take place in heterosexual and same sex relationships. If you can identify with Jamie and Emma’s story please contact Victims First [www.victims-first.org.uk](http://www.victims-first.org.uk)
* Relationship abuse is not solely physical abuse but emotional and controlling abusive behaviours. If you or someone you know is experiencing this in their relationship, contact Victims First on 0300 1234 148