



Self-protection measures for women



Generalitat de Catalunya
Departament d'Interior

mossos d'esquadra





Male violence in the couple setting

consists in physical, psychological, sexual or economic violence exercised against a woman and perpetrated by the man who is or has been her partner or with whom she has or has had a similar affective relationship.

Act nº 5/2008 of 24 April on the Right of Women to Eradicate Male Violence

If YOUR PARTNER...

- › ... calls you or sends you messages continuously
- › ... asks you to explain all your movements

Those are control strategies

- › ... doesn't like you going out with women friends or seeing your family

That's meant to isolate you

- › If you're afraid of him
- › If he insults or humiliates you
- › If he threatens to take your children away from you

That's intimidation

- › If he has hit or shoved you
- › If he's forced you to have sex

That's aggression

WHAT YOU HAVE TO KNOW ...

- › Personal situations like losing a job, economic problems or the consumption of alcohol or drugs can foment violence, but they are **not the cause of it.**
- › Male violence is not a private matter: **you have a right to be listened to, helped and protected**

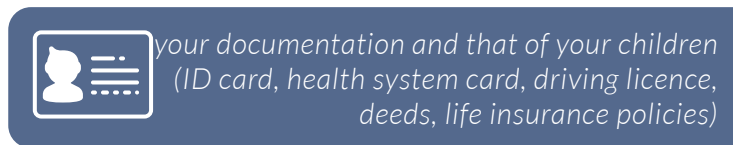
IF YOU'RE LIVING WITH THE AGGRESSOR

plan your safety

- **Explain your situation** to the people closest to you.
- **Ask the neighbours you trust most** to call the police if they hear disturbances.
- **Report any type of violence**, physical or verbal. Keeping violence secret protects the aggressor and makes it harder to protect yourself and your children.
- **Keep the emergency phone number 112** always present.
- **Work out an escape plan:**
 - ▶ **Tell the people you trust who you might need or who can help you** if you have to leave home in a hurry.
 - ▶ **Prepare a suitcase with the indispensable minimum of items** for yourself and your children; it's advisable to leave it with a person of confidence outside your home.



emergency kit for you and your children



IN CASE OF AGGRESSION

during the aggression

- › **Call the emergency phone number 112 for help.**
- › If you feel you're in danger, **leave home** immediately.
- › If you can't leave home, **go to a room where you can lock yourself in** and call for help from the neighbours.
- › Don't go into any room or area where there are dangerous objects (such as the kitchen or the garage).
- › If you haven't been able to hide, make as much noise as you can and **call for help** from the neighbours.
- › Protect your **vital zones** at all times (head, neck and chest) with some object or your hands.



112
emergencies

after the aggression

- › **Call 112 immediately and ask for help.**
- › If the aggressor has left the home, lock the door and leave the key in place, and close all windows and other possible entrances.
- › If you've been able to leave home, **look for a safe or busy place** and wait for the police or the ambulance to arrive.
- › **Go to a health centre** and remember to keep the reports they give you after examining you concerning the aggression.
- › If you've suffered **sexual aggression or sexual abuse**, go to a health centre, where you'll be examined. Store carefully the clothes you were wearing at the moment of the aggression, and don't shower, drink water, clean your teeth or rinse your mouth out – don't do anything that could destroy any item that could serve as proof of the aggression you've suffered.

IF YOU WANT TO BREAK UP THE RELATIONSHIP

- › **Never tell the aggressor that you intend to break up the relationship** until you've prepared the basic safety conditions for avoiding a situation of risk in your coexistence.
- › **Inform the social services or specialised services** (of information and attention to women and of specialised intervention), where you'll be able to receive psychological attention and social and legal advice.
- › You must have a **safe place to go and live**; if you can't find one, go to the social services of the municipality where you're registered or to the police so that they can organise a place of shelter for you.

IF YOU'RE NO LONGER LIVING WITH THE AGGRESSOR

- › **NEVER** agree to be alone with him or to go "somewhere quieter" to talk.
- › Use all the **safety measures** available to you (for example, alarm service, change the door lock, reinforce the closures of doors and windows, etc.)
- › **Look around you** when you leave home and work to check for the aggressor or his vehicle.
- › Use your car's central locking system, and while you're driving check the mirror to ensure you're not being followed.
- › **Avoid the habitual routines** or places you used to visit with the aggressor.

SAFETY ON INTERNET AND

THE SOCIAL MEDIA

using your landline and mobile phone

- › **Cut off all communication** (messages, WhatsApp, e-mail) with the aggressor. Don't delete messages you've received: they can help you in legal proceedings.
- › **Don't answer** calls or messages from unknown numbers.
- › If you can, change your mobile phone number and only give it to persons of your full confidence.
- › Make a note of unknown numbers and the date and time of the calls, and don't delete missed calls or messages.
- › If you think the aggressor might have manipulated your mobile, format it to prevent him from stalking you from an external program.

using internet and social media

- › Block your computer with a **password**.
- › **Change the passwords** of all the services you have active (mail, social media, e-banking, etc.)
- › **Check the degree of privacy** you're using on the media.
- › Delete or block the aggressor and any shared contacts who could give him information.
- › If you need to maintain anonymity, eliminate all your profiles and open new ones.
- › If you have e-mails or messages from the aggressor on the social media, take screenshots so that you can present them as proof of violence.
- › **Don't post any personal details, photos or comments that might indicate exactly where you are, the places you go to, working and leaving times, etc.**

IF YOU HAVE CHILDREN

- Explain to them **that violence can never be permitted and nothing justifies it.**
- Explain to them that if a situation of violence occurs, **they must protect themselves and must not interfere.**
- You can establish a **codeword** for situations of risk so that when they hear it they know they have to go for help.
- **If you decide to leave home, leave with your children:** this will not affect your right to obtain their custody.

IF YOU WANT TO REPORT THE AGGRESSOR

- **You can report** him to a station of the Mossos d'Esquadra, your Local Police or directly to the Prosecution Service, the courts of violence against women or a duty court.
- You're entitled to **legal aid** from the specialised duty solicitor or from any lawyer you may choose.
- At the moment when you file the report, the Mossos d'Esquadra will carry out a risk assessment to establish the **police's monitoring and protection measures.**
- Once the report has been forwarded to the competent court the **legal proceeding** will commence.



900 900 120
Contra la violència
masclista Atenció 24 h

interior.gencat.cat/victimesviolencia

Telephone nº:

Person who has attended to you:



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112
emergències