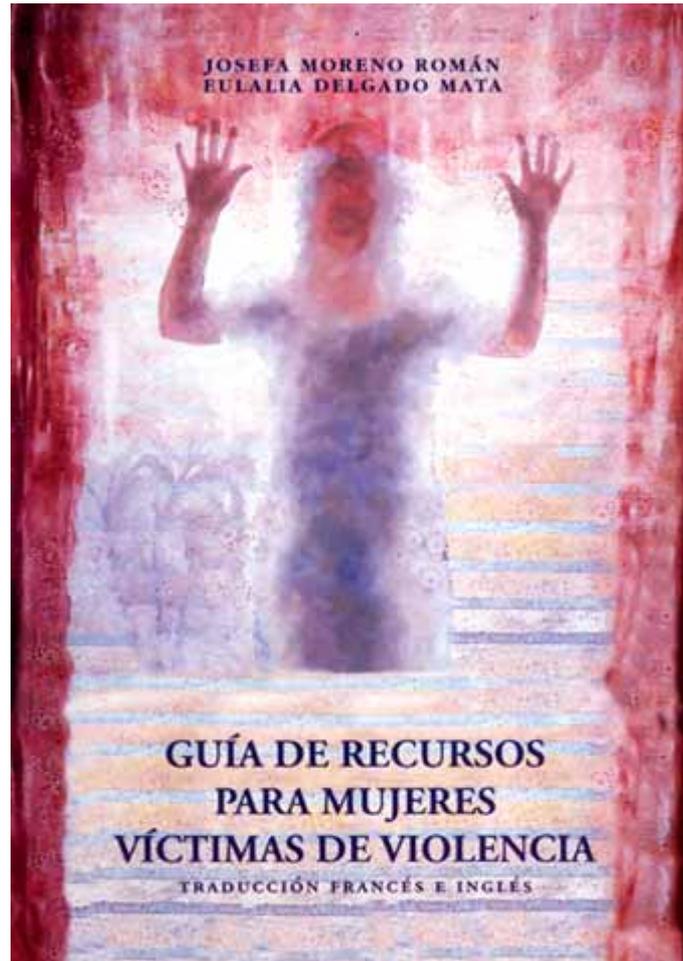


JOSEFA MORENO ROMÁN



A GUIDE OF RESOURCES FOR WOMEN VICTIMS OF VIOLENCE

*SO ALL MEN AND WOMEN CAN LEARN TO LIVE
IN EQUALITY AND FREEDOM.*

PRESENTATION

In the city of Granada, the National Police receive approximately three hundred and fifty denouncements of violent abuse every year, over the last two years, twenty one women have died in Andalucia for these reasons.

No administration, local, regional or national, can avoid this problem, thinking that only the judges should take care of this. Violence against women is a government issue and it demands active policies and specific initiatives.

The effective fight against the violence that women suffer should take place in the public life, because it is a flagrant violation of the human rights which we have to overcome with all the force and all the instruments of the democratic system. The social and cultural origin, the different aspects which it affects and the characteristics of the legal regulation at this time, has meant a scattering of services and therefore difficulty, if not impossibility, to resolve the problems created by violence of gender.

This faultiness of the treatment of violence repercussions directly on women, that become victims of a system that offers partial solutions to the problem and that, between other measures, decides to evacuate the victim from her home that, in some cases, is even uprooted from their town of residence.

For this reason, we understand that a law that covers the issue of violence of gender as a whole, is a privileged instrument to give guarantee and coverage to social changes, because of the obligation that it imposes on certain actions and the pedagogy it develops, becoming a motor of change.

But whilst this doesn't happen, we will have to find, with specific actions, how to cover the effects of this problem. This guide has the intention to concentrate all the information of the existing resources in Granada giving the victims of violence and the people who work with them, an efficient and useful instrument.

Convinced that the acts of violence of gender are a serious attack against our society, I understand that we, institutions and citizens, should build with the support of the precise legal instruments, a cohabitation based on new values of respecting equality between men and women, and the defense of fundamental rights, without exclusions.

Granada, february of 2003.

Asunción Jódar Miñarro
Councillor for Women and Institutional Relations
Of the City Council of Granada

INTRODUCTION

In 1975, the United Nations was the first organisation that paid attention to the seriousness of violence against women. In 1980, it made the following declaration: "Domestic violence against women is the most numerous covered up crime in the world", pointing out that this type of aggression towards women is the cause of the highest death rate, non natural, of women between 15 and 45. According to the United Nations Development Program (PNUD), a quarter of women worldwide suffer violent abuse at home. In 1996 a UN report for women's rights recognises that domestic violence against women is comparable to torture and should be legally penalized.

Violent abuse against women is a violation of human rights, such as, the right to live, to freedom, to health and security, to be protected under conditions of equality and not to be inflicted torture or cruel, inhuman and degrading treatment.

The 20th of December of 1993, the General Assembly of United Nations approved the Declaration for eliminating violence against women. In the article 1 of this document it defines this type of violence as *"every act of violence based on belonging to the female sex that can result in physical, sexual, psychological harm to her, also the threat of these acts, to coerce or the arbitrary deprivation of freedom, either in public or in private"*.

Violent abuse against women has always been present in society, finds its deepest roots in a patriarchal system, which allows men to dominate public space and also use their strength in private, specially with their family. The object of violent abuse performed by men against women, is the submission to the norms of this patriarchal society that has led to a real situation of inequality, which needs to be maintained using strength and violence. We can state that violent abuse against women is a structured violence, because it is built on a socio-cultural foundation. There is no doubt that violence performed against women (abuse, sexual harassment, sexual assault, etc) is not other than a demonstration of the inequality between sexes. The battle against the violence of gender needs to imply a change from a patriarchal society into one of equality, where nobody is inferior, where the power performed by the strongest (men) does not disallow the other half of society (women). A society, where we can all work, live, where we can be people in equality.

There are no social, economic or cultural frontiers for violent abuse against women. There is no prototype profile for women victims of violent abuse and nothing predestinates a woman to become a victim.

In a relationship, violence appears progressively, and seen from inside, its increase is not evident. The first aggression is not identified normally as the beginning of what is called the violence cycle, it is seen as an isolated episode. Most women do not know that they are involved in this cycle. The understanding of the violence cycle on behalf of the social agents responsible for attending these women, is essential so as to understand the reactions of the victims to their situation.

This cycle explains why it is so complicated for some women to defend themselves from the abuse they are receiving and try to get away from their aggressor, after the aggression stage. Outside the period connected to the impact of the aggression, it will be very difficult for a woman to move towards resolving the situation.

The violence cycle has various stages. In the first, or *tension stage*, violence builds up through the sum of small incidents or conflicts. In the second, or *aggression stage*, there is an explosion of violence: the aggressor moves into action. This violence is shown through psychological, physical, sexual and-or economic abuse. Then comes the third called the *calm or remission stage*. This stage is defined by a reinforcement that the aggressor gives to the victim so as to keep her with him. The strategy consists on compensating the victim, so she puts aside the idea of protective measures, and reinforces the emotional dependency between them.

This cycle always completes itself, as time goes on the stages shorten and the woman is in greater danger.

The woman, who is involved in this cycle, needs time to understand what is happening and when she decides to ask for help, has already completed the cycle a few times.

A woman who suffers violence can stay in this situation an average of 10 years. We can find an explanation to this analysing the psychological mechanisms that take place in an abusive situation. Violent abuse victims can present *learnt defenselessness* and-or "*Domestic Stockholm Syndrom*", among other psychological responses to her situation. This feeling of defenselessness produces a weakening effect on their ability to resolve problems and therefore make it impossible to leave their relationship. In the second case, the *Stockholm Syndrom* causes the woman to identify with the most positive side of her aggressor, denying the violent side of him. These and other psychological responses explain why a woman continues in an abusive situation.

Violence against women is a social problem that affects us all, women and men. So we are all responsible for changing this society for another where women do not have to suffer the scar of violence, for the simple reason of being born a woman. It is our responsibility to achieve a more equal and free society.

VIOLENCE CYCLE

THE AIMS OF THE GUIDE

Violent abuse against women constitutes a social problem; in order to prevent and eradicate it, needs the intervention, collaboration and action from all the social agents. Only from coordinated action can we talk of success in preventing and fighting the violence of gender.

The analysis of violence against women should be made from a multidisciplined perspective, as the abuse affects all areas of a woman's life: Economic, social, psychological, employment, education, health, etc. This multidisciplined intervention will guarantee successful actions and will provide the victim with the necessary resources to abandon the situation that she is in.

That a woman remains in a violent situation will depend, in many occasions, on the attention she receives, on how protected she feels, on the replies she receives from the different resources and professionals. So that no woman has to remain in a violent situation, it is necessary that all the resources (social, health, legal, police, etc.) and the people that belong to them (social workers, psychologists, policemen and women, judges, public prosecutors, lawyers, etc.) are conscious of the problems of this type of violence and, secondly, that they are coordinated.

As Town councils are the institutions that are closer to citizens, it will be at this municipal level, the most adequate for the development of policies directed toward prevention and the fight against violence of gender. Following this line, the Granada Town council through the councillor for women, in its 3rd Plan for Equal Opportunities between Genders, recalls as its general aim: *To obtain the rejection of any type of expression of violence against women, and to eradicate this sort of violence from our city.* To accomplish this aim, the councillor for women has started a PROGRAM OF ACTION AGAINST THE VIOLENCE TOWARDS WOMEN. This program, based on the principles that guide the *3rd Plan for Equality*, intends to tackle this problem of violence through sensitization, prevention, action and coordination between all the instances that work with women victims of violent abuse or in a situation of risk.

In the same way, this *3rd Plan* includes, amongst other measures directed towards fighting against violence towards women, the making and publication of a Guide of Resources, available to professionals and women victims of violence.

The elaboration of this guide pretends to be a useful tool that provides and helps the access to the existing resources in our city, as much for women (individually and associatively), as for the professionals and social agents that work in the fields of prevention and struggle against the violence, so as to contribute in this way to the eradication of this social problem, in favour of a free and equal society.

RESOURCES

LEGAL AND POLICE RESOURCES

POLICE COURT

ADMINISTRATIVE DEPENDENCY: Ministry of Justice.

ADDRESS: Edificio "La Caleta". Avda. de la Constitución, s/n.

Tlfn: 958 028 717/18 **Fax:** 958 028 719

RESOURCE DESCRIPTION: Reception of denunciations. Cautionary measures for people who break the law: Arrest, prison, medidas de alejamiento...

Professionals that attend : Justice civil servants.

Opening hours: 9 to 14 and from 17 to 20 hours.

REQUIREMENTS: Be a victim of an offence. Present ID.

PUBLIC PROSECUTION.DOMESTIC VIOLENCE SERVICE

ADMINISTRATIVE DEPENDENCY: Public Prosecution for the High Court of Justice.

ADDRESS: Edificio "La Caleta". Avda. de la Constitución, s/n.

Tlfn: 958 028 744/43 **Fax:** 958 028 746

RESOURCE DESCRIPTION: Guarantees legal procedures, adopts measures, judicial guarantee and protection to victims. Carries out procedures related to offences and faults from domestic violence.

Professionals that attend: A female Prosecutor and a female civil servant.

Opening hours: 9 to 14 hours

VICTIMS ASSISTANCE SERVICE OF ANDALUCIA. SAVA

ADMINISTRATIVE DEPENDENCY: Council for Justice and Public Administration of the Andalusian Regional Council. Provincial Department.

ADDRESS: Edificio "La Caleta". Avda. de la Constitución, s/n.

Tlfn: 958 028 759/60 **Tlfn/Fax:** 958 028 758

E – MAIL : igzafra@ins.junta-andalucia.es

shoniagerrero@hotmail.com

RESOURCE DESCRIPTION: Public Service of assistance to anyone victim of an offence or fault, affected directly or indirectly.

Services: Psychological assistance.

Intervention at the moment of the crisis

Legal and social advice.

Will be accompanied to make denunciation, to police, legal and health actions.

Emotional and personal support.

Information of the benefits of free legal defense and procedure to obtain .

Information and proceedings for economic help and other contributions.

Procedure for public contributions Ley 35/1995.

Request for protection measures

Professionals that attend: Legal advisors, psychologists, and social workers(all women)

Opening hours: from 8 to 20 hours.

REQUIREMENTS: Be a victim of an offence or fault

LAWYERS ASSOCIATION OF GRANADA. LEGAL GUIDANCE SERVICE

ADDRESS: Cárcel Alta, nº3.

Tlfn: 958 228 420/227 714 **Fax:** 958 224 377

E - MAIL: soj@icagr.es

WEB PAGE: <http://www.icagr.es>

RESOURCE DESCRIPTION: 24 hours Legal support and management of free legal support.

If the woman has made the denunciation and brings it to the service, it will open a file and assign a lawyer automatically, having 30 days to bring the rest of the documents.

Professionals that attend: the professionals are members of a group specialized in violence of gender. (a)

Opening hours: Mondays to thursdays, from 10 to 12 hours (b)

REQUIREMENTS FOR OBTAINING FREE LEGAL ASSISTANCE: Insufficient economic resources to litigate. Not exceed yearly the double of the minimum wage.

Necessary documents: (c)

ID / Residence card
Cadastral certificate (d)
Copy of denunciation
Family book
Census certificate
Certificates of work centres and Social Security
Certificate of wages by your company
Certificate of a pension
Certificate of unemployment benefit and how long for(INEM)
Certificate of other administrations, in case of other benefits.
Any documents that clarify the economic situation

OBSERVATIONS:

- (a) The assigned lawyer will be the same for the penal (abuse) and civil (separation, divorce,) procedures of the applicant.
 - (b) We give numbers from 9.00 am. Maximum 30 numbers per day
 - (c) Must present Certificates/Documents, positive or negative.
 - (d) In Granada C/ Mesones, 51
- The person that is not recognised for this legal assistance benefit has the obligation to pay the wage of the lawyer that had been assigned.

FAMILY ASSISTANCE SERVICE- S.A.F.

ADMINISTRATIVE DEPENDENCY: Provincial Brigade of Judicial Police. Police Head Office.

ADDRESS: Duquesa, nº 15.

Tlfn: 958 808 069 **Fax:** 958 808 059

E - MAIL: sgarcia@dgp.mir.es

RESOURCE DESCRIPTION: Police assistance to women victims of violent abuse in the family and offences against sexual freedom.

Professionals that attend: A woman Inspector and two policemen.

Opening hours: 9 to 14.30 and from 16 to 21.30. Phone for appointment.

OBSERVATIONS:

Emergency telephone 24 hours: 091
You can ask to be attended by policewomen.
If necessary, there is a translators service.

LOCAL POLICE

ADMINISTRATIVE DEPENDENCY: Granada City Council.

ADDRESS: Huerta del Rasillo, s/n

Tlfn/Fax: 958 248 212

Opening hours: 8 to 15 hours

South District. C/ Torre de las Damas.

Tlfn: 958 130 152 Fax: 958 183 490

North District: C/ Rey Badis, s/n

Tlfn: 958 185 030 Fax: 958 185 031

RESOURCE DESCRIPTION: Immediate help to women victims of violence.

Professionals that attend: Local Police

Opening hours: 24 hours

OBSERVATIONS:

Telephone for Emergencies 24 hours: 092

EMUME. WOMEN AND MINORS GROUP. GUARDIA CIVIL

ADMINISTRATIVE DEPENDENCY: Guardia Civil Command.

ADDRESS: Avda. Pulianas, s/n.

Tlfn: 958 185 400 **Fax:** 958 162 808

E - MAIL: cmd.granada.uopj@guardiacivil.es

WEB PAGE: <http://www.guardiacivil.es>

RESOURCE DESCRIPTION: Police action for victims of violence offences: Violent abuse, sexual abuse, etc.

Professionals that attend: Guardia Civil specialized in the matter.

Opening hours: 8.30 to 14.30

OBSERVATIONS:

Telephone for Emergencies 24 hours: 062

You can ask to be attended female Guardia Civil

SOCIAL RESOURCES

MUNICIPAL CENTRE FOR WOMEN'S ASSISTANCE

ADMINISTRATIVE DEPENDENCY: Councillor for Women of the Granada City Council.

ADDRESS: C/ Mariana Pineda nº 6 Bajo (next to the City Council).

Tlfn: 958 248 116 **Fax:** 958 248 152

E - MAIL: mujer@granada.org

WEB PAGE: <http://www.granada.org/mujer>

RESOURCE DESCRIPTION: The Centre, a result of the 3rd Plan for Equal Opportunities between Genders, is a local public service directed towards the Granada women and their social and personal promotion.

Services that, in development of the Municipal Program for Action against Violence towards Women, offer the victims of physical, psychological, and sexual abuse:

- Information and assistance at the moment of crisis.
- Social assistance: Valuation, derivation, and intervention in supporting women victims of violence: emergency and refuge homes, help to make the denunciation.
- Psychological Assistance: Orientation and, individual and group therapy. (a)
- Legal Assessment. (b)
- Tele-assistance for women at risk.

Opening hours: From 10 to 13 hours.

REQUIREMENTS: Any woman resident in the city of Granada can use the centre. According to the valuation made by the professionals and their demands, the women may access more specialized resources.

OTHER RELATED ACTIVITIES: Appearance on trials carrying out public action in the cases that are necessary and prevention and sensitization activities, such as youth workshops, campaigns against violence (the white bow campaign "Men against violence towards Women", Citizens Pact for a Granada free of Violence towards Women,), courses, seminars, round table discussions

OBSERVATIONS:

- a) In agreement with the CICODE of the University of Granada
- b) In agreement with the Women's Association "Lawyers Collective" of Granada
- c)

ANDALUCIAN INSTITUTE OF WOMEN. PROVINCIAL SECTION.

ADMINISTRATIVE DEPENDENCY: The Andaluz Institute for Women. Councillor of Presidency of the Andalusian Regional Council.

ADDRESS: Avda. de la Constitución, 20, planta 2ª, ofc. 212

Tlfn: 958 025 800 **Fax:** 958 025 818

TLFN. FOR INFORMATION 24 HOURS: 900 200 999

E - MAIL: cmujer@iam.junta-andalucia.es

WEB PAGE: <http://www.iam.juntadeandalucia.es>

RESOURCE DESCRIPTION: related to victims of violence the Andalusian Institute for Women offers:

Information and direct attention.

Psychological Assistance: support and orientation.

Social Assistance.Procedures for admission of a violent abuse victim in a Centre and Refuge home, benefits for women victims of abuse, administration of resources and access to specific programs.

Legal Defense Service: advice in legal matters.

REQUIREMENTS: any woman that needs attention, information and advice for taking action in the case of violence of gender.

OTHER RELATED ACTIVITIES: Sensitization measures, prevention campaigns, etc.

CENTRE FOR WOMEN OF THE COUNTY COUNCIL OF GRANADA

ADMINISTRATIVE DEPENDENCY: Granada Province Deputation.

ADDRESS: Palacio de Bibataubín. Plaza de Bibataubín, s/n

Tlfn: 958 247 112 /14 **Fax:** 958 247 100

E - MAIL: cmujer@dipgra.es

WEB PAGE: <http://www.dipgra.es/cpmujer.htm>

RESOURCE DESCRIPTION: Information, psychological assistance and derivation to Andalusian Institute for Women.

Professionals that attend: Social worker and Psychologist (women)

Opening hours: 8 to 15 hours.

OTHER RELATED ACTIVITIES: sensitization campaigns and prevention in women associations, schools, etc.

MUNICIPAL CENTRES FOR SOCIAL SERVICES

ADMINISTRATIVE DEPENDENCY: Councillor for Social Welfare. Granada City Council.

RESOURCE DESCRIPTION: Centres for social assistance.

Services: Information, valuation and advice (SIVA)

Help service at home.

Prevention of situation of risk.

Social cooperation

Professionals that attend: Social workers, Psychologists and Legal advisors.

Requirements: Be a resident in Granada. Appointment.

Opening hours: 8 to 15 hours.

ADDRESSES:

Municipal Centre fo Community Activities ALBAYZIN

Address: Plaza de Aliatar, s/n.

Tlfn.: 958 273 450

Centre for Social Services BEIRO

Address: C/ Dr. Fleming, 6 bajo.

Tlfn.: 958 208 368

Centre for Social Services ZONA CENTRO

Address: C/ Lepanto, 7.

Tlfn.: 958 248 165

Centre for Social Services CHANA

Address: Avda. Virgen de la Consolación, s/n.

Tlfn.: 958 286 999

Centre for Social Services GENIL

Address: Avda. Cervantes. Placeta de la Quinta.

Tlfn.: 958 133 600

Centre for Social Services NORTE

Address: Plaza del Rey Badis, s/n.
Tlfn.: 958 158 815/31

Centre for Social Services RONDA

Address: Plaz. de la Ilusión, s/n
Tlfn.: 958 207284

Centre for Social Services ZAIDÍN

Address: Carretera de la Zubia, s/n. "Centro Cívico"
Tlfn.: 958 130 985

HEALTH RESOURCES

ANDALUCIAN HEALTH SERVICE

ADMINISTRATIVE DEPENDENCY: Councillor for Health. Andalusian Regional Council.

SERVICES:

Emergency Service: healthcare, making of injury report and communicate it to the police court.

Social assistance: advice and information of resources, rights to denounce and derivation to Andalusian Institute for Women, opening hours from 8 to 15 hours.

Professionals that attend: Health and Social workers.

HOSPITALS:

HOSPITAL OF TRAUMATOLOGY

ADDRESS: Carretera de Jaén s/n.

Tlfn: 958 021 600

UNIVERSITY HOSPITAL " VIRGEN DE LAS NIEVES"

Centralita: 958 020 000

MATERNITY AND CHILDREN'S HOSPITAL

ADDRESS: Ribera del Beiro.

Tlfn Information: 958 020 043

SURGICAL CENTRE (RUIZ DE ALDA HOSPITAL)

ADDRESS : Av. de las Fuerzas Armadas, 2.

Tlfn Information: 958 020 009

"SAN JUAN DE DIOS" HOSPITAL

ADDRESS: San Juan de Dios, s/n.

Tlfn Information: 958 022 314

UNIVERSITY HOSPITAL "SAN CECILIO"

ADDRESS: Av. Doctor Olóriz, 16.

Tlfn Information: 958 023 000

EMERGENCIES ANDALUCIAN NUMBER 902 505 061

HEALTH CENTRES:

ALBAYZIN Health Centre

Address: Plaza San Nicolás, s/n.

Tlfn: 958 206 798

ALMANJAYAR Health Centre

Address: C/ Pintor Joaquín Capulino Jáuregui, s/n.

Tlfn: 958 158 061

SALVADOR CABALLERO GARCÍA Health Centre

Address: C/ Dr. Azpitarte, 6.

Tlno: 958 285 694

LA CALETA Health Centre

Address: Avda. del Sur, 11.

Tlfn: 958 274 866

CARTUJA Health Centre

Address: Casería del Cerro, s/n.

Tlfn: 958 152 016

LA CHANA Health Centre

Address: C/ Virgen de la Consolación, s/n.

Tlfn: 958 295 906

ZAIDÍN Health Centre

Address: C/ Poeta Gracián, s/n.

Tlfn: 958 120 510

LAS FLORES Health Centre

Address: C/ Profesor García Gómez, 8.

Tlfn: 958 523 871

MIRASIERRA Health Centre

Address: Camino Bajo de Huétor "Residencial Laura".

Tlfn: 958 183 793

ZAIDIN SUR Health Centre

Address: Avda. de América, 8.

Tlfn: 958 811 466

EL FARGUE Health Centre

Address: C/ Real, s/n.

Tlfn: 958 546 313

GRAN CAPITÁN Health Centre

Address: C/ Gran Capitán, 10.

Tlfn: 958 206 288/ 270 158

CASERÍA DE MONTIJO Health Centre

Address: Crta de Jaén, s/n.

Tlfn: 958 150 468

PARQUE NUEVA GRANADA Health Centre

Address: C/ Matilde de la Torre, s/n.

Tlfn: 958 161 634

GÓNGORA Health Centre

Address: Crta de la Sierra, 11. Edificio AMALTEA.

Tlfn: 958 811 107

CERRILLO MARACENA Health Centre

Address: C/ Pozo, s/n.

Tlfn: 958 153 285

VELUTTI Health Centre

Address: C/ Tinajillas, esquina Navarrete.

Tlfn: 958 805 922

OTHER RESOURCES

THE GRANADA ASSOCIATION OF WOMEN AGAINST VIOLENT ABUSE

ADDRESS: Aptdo. de correos 728 Granada

Tlfn: 647 526 633

E - MAIL: asociamnt@terra.es

WEB PAGE: <http://www.contramalostratos.org>

RESOURCE DESCRIPTION: this association gives guidance, advice and support to the woman that has suffered violence of gender or is in a situation of threat.

Services:

Legal and social advice.

Psychological support to women and their children.

Courses for selfesteem, personal relations and family.

Workshops for the development of social skills and any other of interest.

Professionals that attend: Social worker, Legal advisor and a Psychologist (all women)

Hours: Telephone appointments.

OTHER RELATED ACTIVITIES:

Lessons for support and assesment for looking for employment infomation and professional outcome.

Sensitization campaigns, talks, conferences...

Trips and meetings.

ASSOCIATION OF WOMEN FOR SUPPORT AND DEFENSE WOMEN VICTIMS OF VIOLENT ABUSE "ACTIVA"

ADDRESS: c/ Dr. Martín Lagos, nº 4, 5º C.

Tlfn/Fax: 958 254 306

E - MAIL: arrayanps@correo.cop.es

RESOURCE DESCRIPTION: this Association has services for women victims of violence of gender and their children:

Psychological support: Therapeutic intervention with women and their children.

Social support: Search and administration of resources for the women and their children: economic support, training and employment insertion, access to nurseries and schools, integration in leisure activities, derivation to other resources and other professionals.....

Legal support: Application of legal measures for the cases of nonfulfillment of the contents of court Rulings, agreements for regulating separation process, etc.

Professionals that attend: Two psychologists and a lawyer (all women).

Opening hours: from 10 to 14 hours.

WOMENS DEPARTMENT. CC OO.

ADMINISTRATIVE DEPENDENCY: Worker's Unions Trade Union

ADDRESS: Av. de la Constitución, 21, 2ª planta, Bajo Izq.

Tlfn: 958 201 361 **Fax:** 958 284 376

RESOURCE DESCRIPTION: Information and derivation of the corresponding resources.

Professionals that attend: person in charge of this area

Opening hours: from 9 to 14 hours

OTHER RELATED RESOURCES: Legal Defense, in the case of work discrimination.

WOMENS DEPARTMENT. UGT.

ADMINISTRATIVE DEPENDENCY: Worker's General Union Trade Union. UGT

ADDRESS: Av. Constitución, 21, 7ª Planta

Tlfn: 958 274 149/ 92/ 74 **Fax:** 958 280 545 / 958 204 478

E - MAIL: unión@granada.ugt.org

RESOURCE DESCRIPTION: UGT, through its department for women, offers the following services:

Information, assessment and derivation.

Programs of Support for women in work Centres.

Professionals that attend: Expert in Gender Equality.

Opening hours: from 17 to 19 hours.

OTHER RELATED ACTIVITIES:

Sensitization toward violent abuse.

Prevention campaigns of moral and sexual harassment at work.

Assistance in the previous cases.

OBSERVATION:

Possibility of translator, if necessary.

SOME IMPORTANT ADVICE THAT YOU SHOULD BEAR IN MIND IF YOU ARE AT RISK OF SUFFERING VIOLENCE:

§ Have, close to you and in a safe place, important telephone numbers: police, hospital, a neighbour, a relative, etc.

§ Think of a key word or sign that you can give a relative, neighbour, or friend, in case of an emergency, they can ask for help from outside.

§ You should have outside your house and in a safe place, a suitcase with your clothes and your children's clothes, documents such as: ID, passport, social security card or number, savings account and bank receipts, pay cheques, spare keys, and any document you think is important. All this will be very useful, in an emergency.

§ Do not ever allow your aggressor accompany you to the health centre, police office, assistance centre, etc. Do it with a relative, a friend, or a neighbour. This way you will avoid that he controls the information that you give.

§ When you go to a hospital, you must tell the professionals that attend you the facts as clearly as possible and ask them to take note of them on your injury report. They are obliged to give you a copy of this report. **Never forget to ask for it.**

§ Equally, when you go to the police office or the police court to make the denunciation, tell the facts as complete as possible, read the report before signing it and do not do it so until it reflects all the things you think are important, written according to your version. **Do not forget to ask for a copy.**

YOU SHOULD KNOW

- that violent abuser will not only not change, but will get more violent. [
- that whoever says he loves you would not dare to abuse you or your children.
- that you are not guilty of what is happening, there is only one person who is guilty, your aggressor.
- there is no reason that justifies violence towards you.
- that the violent behaviour that you are receiving is an offence, and you can denounce it.
- that the person that hits you does it to control, dominate, and submit you.
- that even though it is difficult to start a new life, it is possible and you deserve to live without fear, without control, without submission or cheating.
- that you and your children have the right to live freely and far from violence.
- that you can live without violence and not all men abuse. Only a coward does this or someone who, because of their insecurity and fears, thinks he is more of a "man" using violence against you.
- there are professionals prepared to help and listen to you(without judging you), to understand your indecisions, your fears and anguish, and they are there for when you decide to use them.
- that you do not break your duty of cohabitation, and therefore it is not abandonment,if, for reasons of security or other justified reasons, you have to leave your home, as long as you put forward legal action for your separation within 30 days.

VIOLENCE INDICATORS

A WOMAN IS BEING ABUSED WHEN HER PARTNER:

- ignores her feelings frequently.
- ridiculizes or insults her in public or privately.
- uses his approval as appreciation, fondness, prize or punishment.
- humiliates her publicly or privately with insults ,criticisms,shouting, etc.
- avoids socializing in her company.
- controls the money and takes all the decisions.
- does not allow her to work or obligates her to carry all the house responsibilities.
- does not work or does not share the money.
- threatens her, frequently, with abandoning her or with hurting her and her children.
- harasses her with things he imagines she is doing.
- manipulates her with lies and contradictions.
- does not allow her to have friends.
- obligates her to have sexual relations against her will.

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