

Help with domestic violence

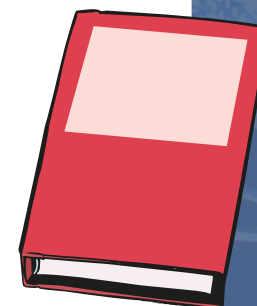
Information for women
in easy language



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What is domestic violence?



Many women are insulted by their partner.

Many women are threatened by their partner.

Often the partner even hurts the woman.

Or the partner does not let the woman do what she wants.

All of this is **domestic violence**.

This is also **domestic violence**:

- ▶ The partner forces the woman to have sex.
- ▶ The partner shouts at the woman.
- ▶ The partner stalks the woman.



Domestic violence means:

The violence happens at home or in the family.

Sometimes it is not the partner but somebody else.

For example:

- ▶ parents
- ▶ siblings
- ▶ a flatmate
- ▶ a supervisor
- ▶ son or daughter
- ▶ female partner



This is also **domestic violence**.

Recognising warning signs.

Women want to be loved by their partner.
In a family everybody should feel comfortable.
Sometimes there are arguments.
That is normal.



But:

If the arguments happen
especially **often** or are especially **bad**:
Then this is a **warning sign!**

A warning sign is a sign of danger.
If there are **warning signs**, you have
to be careful.
So it doesn't get worse.

Talk to someone

If you experience violence:
Talk to somebody about it!

For example:

- ▶ a friend
- ▶ a supervisor
- ▶ the refuge adviser
- ▶ with the workshop council

This is important.



If you don't dare, or nobody can help you:
The **advice centres for women** will help you!

The **advice centres for women** have the duty
to remain silent. That means that you can
talk to us about anything, that worries you.
We won't tell anyone.



The advice centres for women

Help from the **advice centres for women** **doesn't cost anything.**



Many women don't know:
What can I do?



When the partner treats the woman badly
the woman is often **scared**.

Then the woman cannot decide
what she wants to do.

Because:

- ▶ Often the woman still loves her partner.
- ▶ But the woman is also scared of her partner

The advice centres for women help

The **advice centres for women** help with
many questions and problems:

- ▶ What should I do?
- ▶ My partner doesn't hit me.
Is it still violence?
- ▶ Where do I go when I leave my partner?
- ▶ What happens to my children?
- ▶ Can I stay in Germany
if I'm from a different country?
- ▶ I don't want to leave my partner.
- ▶ How else can I protect myself
against violence?
- ▶ I have left my partner.
But I am still scared.



Help in emergencies



If you are in danger and need protection **immediately**:

Call the **police**!

The telephone number is: **110**.

The police can take you to safety.

The police can send your partner away,
so you are safe at home.

That is the law.

The law is called **Gewalt-Schutz-Gesetz**
(law on protection against violence).

You can also go to a **women's refuge**.



Going to a women's refuge

In the **women's refuge**

you and your children are safe.

The address is secret.

If you want to go to the **women's refuge**,
phone us.

Telephone 0 23 25 / 4 98 75

On the phone we will tell you
how you can go to the **women's refuge**.



You can also search on the internet
for information on the **women's refuges**:

www.frauen-info-netz.de

Help for women from other countries

A lot of women don't have a German passport. These women don't dare to leave their partner.

Because:

These women are scared of having to leave Germany if they leave their partner.

Even if you don't come from Germany and do not speak German well:

- ▶ You can go to a **women's refuge!**
- ▶ You can call the police!
- ▶ You can get advice:
A translator can be present at the advice.



This booklet is also available in **Turkish** and **German**.



If you are in danger and need protection:
The **advice centres for women** help you!
Together we will find a safe place.

Advice centres for women

Here you will get help and support

Frauen-Haus Herne

You can phone here night and day.

Telephone 0 23 25 / 4 98 75

Schattenlicht

Advice and contact centre for women and girls, Herne. **Telephone 0 23 23 / 98 11 98**

Advice centre for victims of human trafficking Herne

Telephone 0 23 23 / 9 94 97 19



Help-telephone violence against women

Telephone 0 80 00 / 11 60 16

You can phone here night and day.
You do not have to pay for your phone calls.
You also don't need to pay for calls from your mobile. The advisors speak different languages.

Information about this booklet

Many of these texts are from the booklet "Hilfe bei Häuslicher Gewalt" (Help with domestic violence) from the Frauen-Beratung EN (advice centre for women).

Thank you for permission to use these texts.



The pictures are from © Reinhild Kassing, Kassel.

Brigitte Martin designed the booklet.
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