

HOW TO GET OUT OF VIOLENCE

Admit
to being in a condition of violence

Understanding
that one is never responsible
for the violence suffered

Understand
that it's never too late to ask for help

Overcoming
fears and the embarrassment of being judged

Knowing
how to ask for help is the only way out

WHAT TO DO

Contact and ask in your area
ANTI-VIOLENCE CENTRES
where you will find free welcome, listening,
protection for you and your children in houses
with secret addresses

Receiving
legal, psychological, social assistance
and job orientation

In case of harassment in the workplace

Talk to trusted colleagues, to the employer
as long as they are not the harassers.
Write everything down; time, place,
presence of witnesses,
Collect messages, mail. Record phone calls.

Call on:
Provincial Equality Advisor
Lawyer
Trade union organization

WHO TO CONTACT

IF YOU ARE IN DANGER

Carabineer **112**

State Police **113**

Emergency

Counseling

Health Emergency **118**

Anti -violence & Anti-stalking **1522**
free and active 24 hours a day
guarantee of anonymity

App **1522**

Polizia di Stato



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FIDAPA BPW ITALY
FEDERAZIONE ITALIANA DONNE ARTI
PROFESSIONI AFFARI

International Federation of Business and Professional Women

Biennio 2021-2023

National President
Fiammetta Perrone

**National Task
Force Violence**

National Referent
Liliana Pitarresi



BPW-ITALY

dice

NO
alla
Violenza

Districts referents

TASK FORCE VIOLENCE

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SARDINIA • Rina Salis

#ASSERTIVEWOMEN=EMPOWEREDWOMEN#

*"Women aware and convinced of their value,
their needs and rights can become agents
of change and therefore be
protagonists of their future"*

GENDER VIOLENCE

Violence against women is a violation of human rights and a form of discrimination against women, including all acts of gender-based violence that result in or are likely to result in physical, sexual, psychological or economic harm or suffering, including threats to commit such acts, coercion or arbitrary deprivation of liberty, whether in public or private life.

Article 3 lett. a) of the 2011 Council of Europe Convention on preventing and combating violence against women and domestic violence (so-called Istanbul Convention).

This broad definition refers not only to male abuse against women, but to all forms of abuse centered on gender hatred and sexist discrimination.

PHYSICAL VIOLENCE

All forms of violence against the person, body, property; bodily force is used to intimidate, strike, prevent or force the woman to do something against her will.

PSYCHOLOGICAL VIOLENCE

A form of violence, transversal to all the others, it indicates a series of disqualifying behaviors and attitudes of women; through the use of words, sentences, the man intends to manipulate, mortify, intimidate the victim, denigrate her in her role as a woman, mother, wife, worker up to damaging her self-esteem and ability to self-determination.



ECONOMIC VIOLENCE

Any form of control over the economic sphere; the woman does not have the possibility of making personal purchases, but on the contrary she finds herself in a position of dependence on her partner for any economic choice.

SEXUAL VIOLENCE

Sexual violence is any sexual act imposed with the use of physical force or threat or with the use of blackmail. Even in the couple the law recognizes as violence the sexual act without our consent.

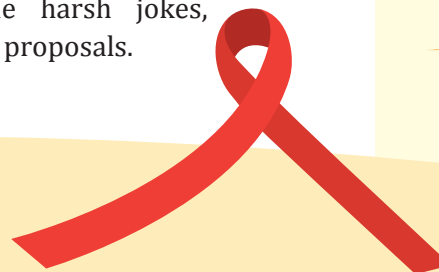


STALKING

It is a series of threatening or harassing behaviors, repeated over time and directed at a specific person, aimed at the repetitive search for eye or physical contact, non-consensual communications, verbal or written threats or a combination of behaviors that cause a damage to the victim, affecting his life habits or generating a serious state of anxiety or fear or, again, generating fear for his own safety or that of a loved one.

SEXUAL HARASSMENT

These are humiliating behaviors of a sexual nature, often taking place in public places, in the workplace, for example harsh jokes, insistent or blackmailing proposals.



HOW TO RECOGNIZE THE FIRST SIGNS IN A COUPLE RELATIONSHIP

Does he constantly contact you?

He asks you where are you, what are you doing? If these questions are repeated over a short period of time, pay attention.

Check your email?

Does it ask you for the login passwords of your social networks? Does it tell you that this in a couple is normal?

Does it accompany you everywhere?

At work, at a friend's house, shopping in stores...

He is jealous?

Constantly asking questions about your past, your ex partners, expressing negative comments about the way you dress or maybe constantly advising you on how to dress; does he ask you for specific information about your colleagues/friends and show annoyance?

Does he demand strong attention from you?

Does it stop you from seeing your friends? From taking care of your personal interests? Criticizing those around you such as friends, colleagues, family members until isolating yourself?

Does he abuse you physically and psychologically?

Does he slap you? Does it rip your hair? Does it humiliate you? Does it offend you? Does he blackmail you? Does it make you feel like a bad mother?

Be careful.. after a slap comes.. the other

