



# TELL VIOLENCE

## **NO! NE! NON! NEIN!**

YOU HAVE THE RIGHT TO SAFETY AND A LIFE FREE FROM VIOLENCE.



**zavod emma**  
center za pomoč žrtvam nasilja



**UNHCR**  
The UN Refugee Agency

# **TELL VIOLENCE**

## ***NO! NE! NON! NEIN!***

Brochure was created under the umbrella of "Psycho-social support and SGBV prevention and response activities in Slovenia" project, which is funded by The UN High Commissioner for Refugees (UNHCR) and implemented by Slovenian Red Cross, in collaboration with Institute EMMA - Center for helping victims of violence."

The UN Refugee Agency (UNHCR) is mandated to provide international protection to refugees. UNHCR, together with States, thus shares the responsibility for ensuring that persons under its mandate are protected against sexual and gender-based violence.

**Sexual violence and gender based violence** are types of violence, which are based on gender norms and unequal power relationships. Such violence ranges in the following forms: domestic abuse, rape, sexual abuse, sexual harassment, work place intimidation, trafficking and forced prostitution.

Even though anyone, women, men, boys and girls can be targets of such violence, it most often turns out, that women and girls are at greater risk of such violence.

Violence against women does not only affect an individual, but it concerns society as a whole, just as much as other (economic, health, social, political) societal issues.

**Violence against women** – gender based violence is a consequence of gender inequality in society and unequal power relationships between genders. It originates from cultural patterns of certain traditional customs and traditions, upbringing and religious beliefs.

**Men** can be victims of violence as well, but in practice that happens less often. Such violence is absolutely unacceptable and also a criminal act.

**Action against violence** consists of prevention and response to any form of violence either in family or society and ensuring that both genders have equal opportunities.

Say NO to Violence!

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## Violence against women

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Violence against women involves acts such as domestic violence, marital rape or any other form of sexual assault, harassment at workplace, trafficking women and girls for the purpose of sexual or any other kind of exploitation, forced prostitution, abortion of female foetuses or infanticide of girls, harmful traditional practices, such as female genital mutilation, forced or premature marriage, honour killings, etc.

Violence against women is a widely spread issue. It is present all over the world, regardless of how developed a certain society or country is. Victims of violence are of different origin, race, nationality, sexual orientation etc. Violence against women is any act that is perpetrated against a person's will and includes psychological, physical, sexual or economic abuse.



Perpetrator can be a family member (husband, son, father, brother, uncle), someone familiar (friends, acquaintances, boss) or an unknown man.

Women often blame themselves, but the responsibility always lies within the perpetrator and him alone. Regardless of what the other person says or does, abuse or violence of any kind is never the victim's fault.

Research shows that 95% of the violence is caused by men. However, men and boys are victims of violence too, often verbally harassed by women.

Say NO to Violence!

## Forms of violence

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### Physical violence

is any use of physical force, which causes pain, fear or humiliation to other person, regardless of caused injuries.

Some forms of physical violence:

- hitting with a hand or different objects,
- pulling hair,
- pushing,
- »banging against the wall«.



### Psychological violence

is any act causing psychological harm to an individual, such as fear, humiliation, sense of inferiority, feeling threatened or other forms of mental distress.

Some forms of psychological violence:

- defamation and insult,
- yelling,
- extortion,
- threats of physical violence.

## Forms of violence

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### Economic abuse

is unjustified control or monitoring of the behaviour of an individual in terms of the use and distribution of money, preventing him/her to have his/her income at disposal, including joint assets of family members.



Some forms of economical abuse:

- restricting access to employment,
- restricting access to person's individual or joint financial resources,
- not complying with economic responsibilities towards family members, such as alimony,
- forcing victim into taking loans or signing contracts

### Stalking

is repeated, long-term and unwanted intrusion in privacy and life of a certain person, which causes him/her fear for his/her safety.

Some forms of stalking:

- repeated observation,
- repeated forced effort to get into direct contact or contact over the phone and/or e-mail.

## Forms of violence

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### Sexual violence

It can take on a number of different forms. All forms have in common that abuse takes place against victim's will. Person, who is a victim of sexual violence, can seemingly agree, but does so under constraint. It is also possible, that the victim does not resist the perpetrator, because it can be safer for the victim in the act of violence, to agree to it (even if just seemingly). That is why, when deciding if certain act is violence, we consider mostly, whether the victim has a feeling that their body is only means to satisfy the needs of another person.

Sexual violence can happen in any cultural environment in type of conflict (civil war, localized conflict...) in prisons and police custody.

Most common forms of sexual violence are:

- rape,
- forced sexual intercourse,
- sexual torture,
- humiliation,
- sexual slavery,
- genital mutilation,
- forced incest.



Sexual violence against men is usually a way for a perpetrator to subordinate victims, to show their power over them or humiliate them.



## Trafficking in Human beings

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### Trafficking in Human beings

Is a type of modern-day slavery, because it is a severe violation of several human rights. Trafficking denies person's freedom and dignity and constitutes serious criminal offence, because it violates victim's right to safety, sexual integrity and freedom of movement, speech, expression and thought.



Some forms of human trafficking:

- forced prostitution,
- forced labour,
- forced begging,
- forced marriage,
- illegal adoption,
- sexual abuse of children with intent of financial benefit,
- recording of sexual abuse of children,
- servitude,
- forced criminal activity,
- trafficking organs, tissues and blood.

## Impact of violence

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Impact of violence depends on multiple factors, such as features of the abuse, response from the environment, support from social network, personal traits, mechanisms for coping with stress etc.

Some social consequences of violence:

- retraction from environment – cutting contact with other people,
- lack of social network,
- tension, unease,
- feeling weak,
- feeling fear, shame or guilt,
- self-destruction and loss of trust.

Health-related consequences of violence:

- pregnancy,
- sexually transmitted diseases,
- neurotic reaction (depression, anxiety, panic attacks),
- sleep disorder, eating disorder (anorexia, bulimia, malnutrition, dehydration),
- alcohol and substance abuse,
- difficulties concentrating,
- aggression towards self and others,
- sexual issues,
- post-traumatic stress disorder - PTSD.



## Violence against children

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Use of violence to punish children constitutes a violation of child's rights. In many cases it can cause serious physical or psychological trauma in children; sends a message to children, that violence is acceptable and a suitable method for solving conflicts or forcing others to do something that is asked of them.

Violence leaves consequences on the entire psycho-physical development of a child. Children can be scared, angry, have learning and behavioural difficulties in school or problems sleeping.

Abused children can become aggressive and destructive. Their self-image is negative and become reluctant to trust people. Children who have experienced violence are more likely to develop psychological issues (depression, anxiety), become addicted to legal or illegal substances, become violent themselves or have problems with solving conflicts.



Children are victims even if they merely witness violence.

## Violence prevention

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In case the authorities in Republic of Slovenia become aware of the violations, it is their duty to prevent, stop and punish the perpetrators and grant suitable compensation for the victims.



Prevention and ending of violence is often made more difficult due to lack of response from the society. Witnesses of violence, for example, believe they should not interfere into family's relations. But violence is not personal issue of a single woman or a man, who is suffering, but a criminal act, which is why the society needs to respond and send a message to the perpetrators, that their behaviour is unacceptable and not tolerable.

Women, children, adolescent boys and girls, the impoverished, socially endangered persons, elderly, asylum-seekers and refugees are particularly vulnerable to violence. Asylum seekers, who look for help have to be treated individually and be provided with an interpreter, who has an adequate knowledge of the procedure and legislation and knows how to assist the victim. Persons looking for help are often not familiar with the role of social, health and judicial institutions in Slovenia. The best way to provide assistance, is to include a non-governmental organisation, which can help with social advocacy and further referrals to institutions and organisations, responsible for providing psycho-social support for the victims of violence and perpetrators as well.

## Are you suffering from violence?

If you suffer from violence, you should look for help. Also programmes offering assistance to perpetrators exist.

You can look for help at:

- the Police,
- social services
- non-governmental organisations,
- your own social environment.

### Police



Any time your partner is violent towards you, call **113**. Police has the duty to respond every time your safety is at risk and act accordingly.

At **080 12 00** you can anonymously report on violence that you are aware of.



If you cannot call the police, you can report on violence in the following days at Police station or you can also report it at the public prosecutor's office **Reporting the violence at the Police station** (record, gathering evidence, handing it over to public prosecutor's office). There is also a possibility of being accompanied by a person you trust or by the interpreter.

Say NO to Violence!

## Are you suffering from violence?

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### Social services (Center za socialno delo - CSD)

After receiving a report on violence taking place, CSD will:

- initiate procedure, ensuring that the victim of violence is professionally assisted;
- initiate a procedure, ensuring the protection of a minor;
- provide assistance and professional treatment for the perpetrator.

Violence victims have the right to be accompanied by a trusted person and interpreter.



### Social environment

Look for support from family, friends, acquaintances, co-workers and tell them, what has happened or is still happening to you. They can help you find professional help.

## **Non-governmental organisations**

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You can find help at the non-governmental organisations, especially if you have no one to talk to. They can help you find a safe space.

Non-governmental organisations specialised in professional support to victims of violence offer following forms of help free of charge:

- phone-counselling to persons suffering from violence,
- personal counselling to persons who have or still are suffering from violence,
- psycho-social aid for persons suffering from violence,
- self-help groups for persons suffering from violence,
- accompanying to institutions for persons suffering from violence,
- social advocacy for persons suffering from violence,
- socialising – individual help to children and youth suffering from violence,
- safe accommodation in safe-house or a crisis centre for persons suffering from violence,
- counselling for victims of trafficking,
- crisis accommodation for victims of trafficking,
- help organising their return home for victims of trafficking,
- help victims of trafficking (re) socialising and work-inclusion,
- workshops for primary and secondary school students,
- social skills trainings for male perpetrators of violence against women.

## IMPORTANT PHONE NUMBERS

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Please let us know, if you want to express a complaint or/and appreciation about project activities and/or project staff providing them, by sending an email to: **zeroviolence@rks.si**. Thank you!

- **POLICE** 113
- **SOCIAL SERVICES**
  - Ljubljana Vič 01/ 200 21 40
  - Ljubljana Center 01/ 475 08 00
  - Logatec 01/ 759 06 70
  - Maribor 02/ 250 66 00
  - Velenje 03/ 898 45 00
  - Postojna 05/ 700 12 00
- **Institute EMMA, Center for victims of Violence** 030 77 79 70  
080 21 33

My phone numbers:

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