

# Say NO to violence

Violence is a complex issue that often manifests in subtle ways that are difficult to detect. Violence can take several forms, which often overlap in various ways. Violence causes numerous damages and injuries to individuals or whole groups by using physical force or psychological pressure. Not even the person engaging in violent behavior may be aware of doing it.



## TYPES OF VIOLENCE Source: SIMI

<b>Domestic violence</b>	includes violent or any other behavior between relatives, close friends, ex-partners, or household members with the aim of maintaining power and control over the other person;
<b>Physical violence</b>	using physical force of any kind to cause harm, injury, or pain to another person or to maintain control over them;
<b>Psychological (emotional) violence</b>	using verbal attacks, inappropriate behavior, or manipulation to cause psychological and emotional harm, fear, and suffering to the victim;
<b>Economic violence</b>	restricting or controlling financial and other resources available to another person in order to limit their financial independence;
<b>Material violence</b>	physically damaging/destroying objects to cause fear, harm, or humiliation to another person;
<b>Social violence</b>	controlling/restricting social relationships and interactions, leading to deliberate isolation of the victim from family, friends, community, or other sources of support;
<b>Cyberviolence</b>	harmful behavior towards another person through electronic means of communication (social networks, the Internet...);
<b>Obstetric violence</b>	physical and psychological violence and inappropriate treatment of a woman and her child during pregnancy, childbirth, and after;
<b>Sexual violence</b>	any sexual act or behavior committed without the other person's consent.

Have a look at the “violence meter” that classifies the intensity of violence:

Source: <https://www.ipn.mx/genero/inicio/violentometro-banner.pdf>

# Gray zone

## When another person or group is:

- lying
- not taking you seriously
- telling hurtful jokes
- feigning indifference, ignoring you
- excessively jealous
- stalking you
- making false claims about you
- mocking you
- insulting you
- publicly humiliating you
- blackmailing you
- threatening you

**Tread carefully, violence tends to escalate.**

# Orange zone

## When another person or group is:

- trying to intimidate you
- controlling or forbidding something (contact with friends and family, your finances, movement, looks, free time, phone, social media)
- damaging/destroying your personal belongings
- touching you unsolicited
- aggressively caressing you
- hitting or punching you “as a joke”
- pinching or scratching you
- pushing or dragging you
- slapping you in the face

**Do not tolerate violence, seek help.**

# Red zone

## When another person or group is:

- kicking you
- keeping you locked up, isolated
- threatening you with objects, weapons
- sharing intimate content without your consent via digital media
- controlling your reproductive health (banning contraception, refusing to use other means of protection)
- forcing you into pregnancy
- forcing you into sexual acts you are not comfortable with
- forcing you to have sex
- sexually abusing you
- raping you
- threatening to kill you
- trying to kill you

**Act immediately, you need professional help!**

## DO NOT UNDERESTIMATE ANY TYPES OF VIOLENCE!

Violence has severe physical, psychical, and social consequences for its victims and survivors. It can cause long-term trauma or post-traumatic stress disorder (PTSD). Preventing and combating violence is important for protecting human rights and improving the quality of life of individuals and the society as a whole.

### QUESTIONS TO ASK YOURSELF

- Is there anyone who is physically threatening me, causing me pain or injury?
- Is there anyone who is manipulating my feelings and thoughts?
- Is there anyone who is repeatedly humiliating, insulting, or ridiculing me?
- Is there anyone who is repeatedly verbally attacking or threatening me?
- Is there anyone who is emotionally blackmailing me or causing me psychological harm?
- Is there anyone who is restricting access to my finances or preventing me from accessing my money?
- Is there anyone who is deliberately damaging my property to intimidate or humiliate me?
- Is there anyone who forbids me from contacting my family and friends?
- Is there anyone who is limiting my social life and relationships?
- Is there anyone who is checking my phone, how I dress, or how I spend my time?
- Is there anyone who is stalking or following me?
- Is there anyone who is harassing me through electronic means of communication such as social media or the Internet?
- Is there anyone who has publicly shared intimate content without my consent?
- Is there anyone who has forced / is forcing me into any form of non-consensual sex?

**If your answer to at least one of these questions is yes, seek help!**



## SIMI STANDS WITH VICTIMS OF VIOLENCE

- legal consulting (resolving residence situations / family law)
- social consulting and psychosocial support
- intercultural work services (interpreting, assistance)
- upon prior agreement, contacting other service providers and state authorities (social and legal child protection authority (OSPOD), police, etc.)
- thematic workshops

## SIMI CONTACTS

Email: poradna@migrace.com

Legal and social consulting: +420 224 224 379

Psychosocial counseling: +420 602 200 985

**In case of emergency, please call - The Police of the Czech Republic on line 158**

## NON-STOP HELPLINES

Bílý kruh bezpečí (+420) 116 006

Acorus (+420) 283 892 772

ROSA women's center (+420) 800 60 50 80

## ADDITIONAL RESOURCES

"Don't be a victim" leaflet:



A list of support services and helplines for victims of violence:



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