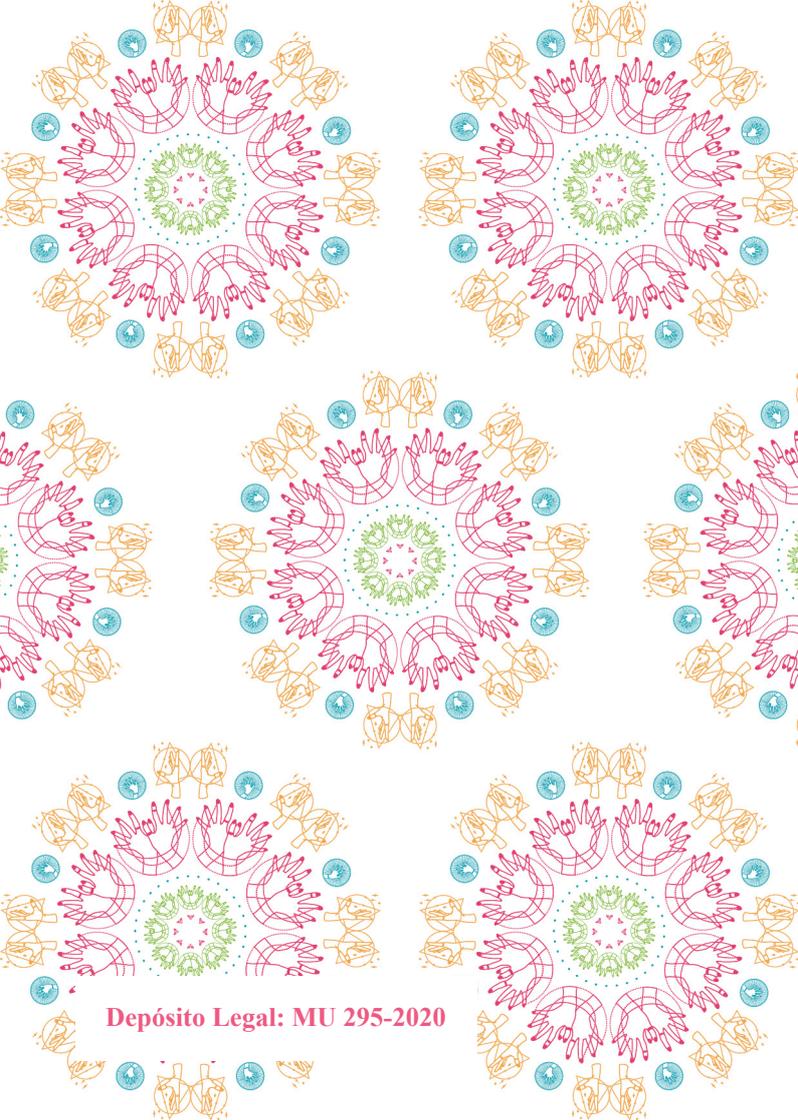


Guide to the
specialised
resources
available to
the immigrant



**En
Buenas
Manos**

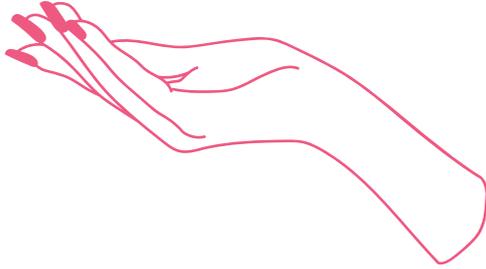


Depósito Legal: MU 295-2020

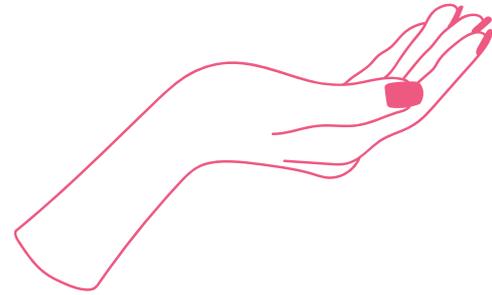


1. What is domestic violence, violence against women or male violence?
2. How to know if it is happening to me?
3. What is domestic violence?
4. Situations of risk
5. It is important to know that you are not alone
6. What to do if you are going to file a police report?
7. What to do in a situation of risk?
8. What to do if you need advice on your situation?

1.



What is domestic violence, violence against women or male violence?



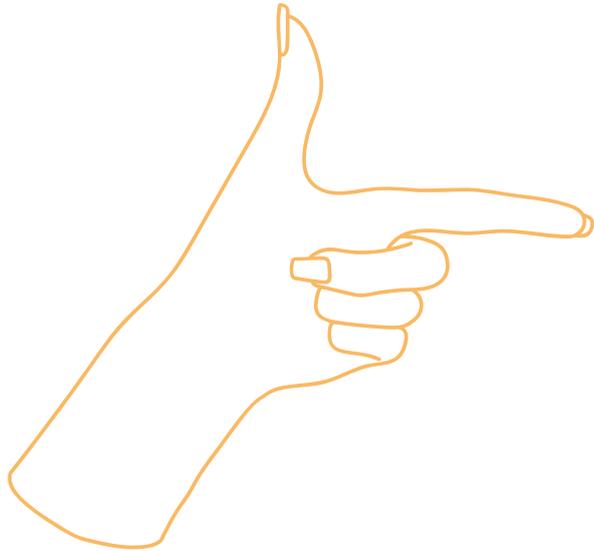
Domestic violence affects women simply because they are women.

This type of violence affects women, regardless of their culture, country, age, financial status or whether they are educated or not. This type of violence threatens the integrity, dignity and freedom of women. Violence that results in harm - physical, sexual or psychological suffering - as well as threats, coercion or deprivation of liberty, whether in public or in private.

The risk of suffering this type of violence may increase for women who are vulnerable: those with a disability, with a low income, migrant women, homeless women, minors or those from different ethnicities.

2.

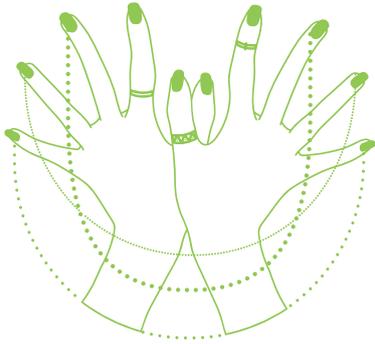
How to know if it is happening to me?



The best indicator of what our partner is like is to think about if he makes us feel good or bad

- Easily irritated and/or breaks things when angry.
- Excessively jealous and possessive.
- Criticises you and wants you to change the way you dress.
- Always wants to know where you are and who you are with.
- Punishes you with silence and indifference.
- Criticises and separates you from your family and friends
- Blames you for things that go wrong and for your fights, making you feel guilty.
- Forces you to have sex with him even if you don't want to.
- Spends all the money even if it is needed for the household.
- Controls your money.

3.



What is domestic violence?

Domestic violence gradually escalates, that is, it begins very subtly and as the relationship progresses, the episodes of violence get worse.

Episodes of Domestic Violence tend to occur cyclically, interspersing periods of calm and affection with situations that can be life-threatening. This type of dynamic involves the establishment of emotional dependence and possessive links which are difficult to break, both for the aggressor and for the victim.

I.
Phase of
build up of
tension

II.
Phase of
aggression

III.
Phase of honey-
moon period or
reconciliation

Aggressor

Victim

I. Phase of build up of tension

- Sudden mood swings
- Disconcerting behaviour
- Verbal violence

- Anxiety
- Feels guilty
- Complacent behaviour

II. Phase of aggression

- Physical aggression
- Psychological aggression
- Sexual assault
(It doesn't have to be all three)

- Fear
- Feeling alone
- Decision-making

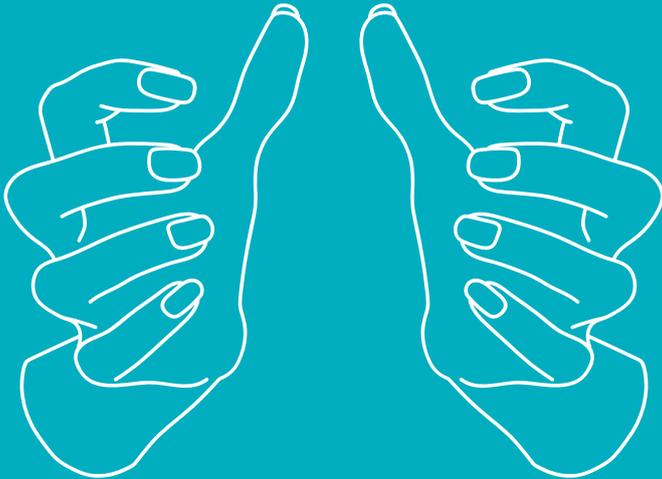
III. Phase of honey- moon period or reconciliation

- Remorse (not in all cases)
- Promising to change
- Tries to win you over

- Believes in his remorse
- Excited and hopeful for the promised changes
- Feels the need to give him a chance

4.

Situations of risk

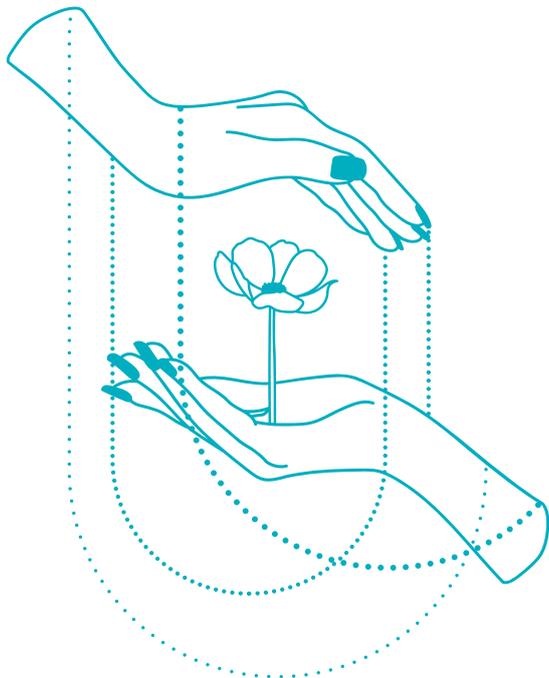


Observe if your partner or ex-partner:

- Has mistreated other women
- Pursues and harasses you.
- Threatens to hurt you or hurt himself if you leave.
- Pushes, shakes or hits you.
- Kicks, slaps or punches you.
- Squeezes you tightly, pulls your hair, pinches you, etc.
- Attacks and/or threatens you with knives, razors, firearms, etc

5.

It is important to know...



...that you are not alone

“You are the most important person in your life”

In these situations, do not stay silent, tell someone you trust.

Ask for and look for help, because there is a way out.

Getting away from the violence is not an easy process. You may need several attempts, but don't be discouraged because you will get stronger each time.

You must take control of your life, positively valuing any progress you make however small it might be.

A lack of knowledge and information lead us to FEAR leaving the situation, so it is necessary to know about the resources that are available to us.

Violence against women in Spain is a crime and there are resources available to help you escape from it.

Even if you are in Spain without a residence permit or if your permission is for family reunification because of your partner, you can ask for help and report your situation, without it leading to you being deported.

A police report is not the only solution to get away from the violence, you can seek advice and support from specialised services, which are free.

6.



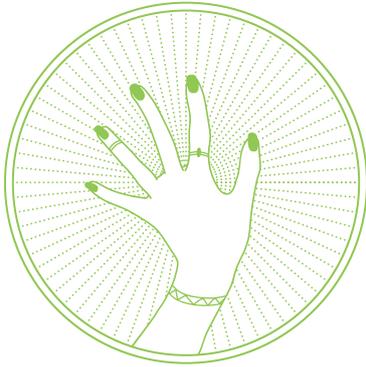
What to do if you are going to file a police report?

It is important to know what legal rights you have against domestic violence. The rights recognised by law for women who are victims of domestic violence are rights which refer above all to information, comprehensive free social and legal assistance; labour and economic rights. These are rights which protect the victim.

You can report the abuse to the National Police, Local Police, Civil Guard or Police Court.

You should receive legal advice. You have the right to a lawyer free of charge who will accompany you when you file the report, inform you of all your rights and advise you on the statement that you will make which it is very important for the subsequent trial, along with all the evidence that you can provide (photographs, emails, screen shots of mobile phone messages, medical and/or psychological reports, etc). All this information will be provided to you and translated by an interpreter.

When you file the report, you may be accompanied by a family member or person you trust.



For your safety, request a protection order when you file the complaint. In the protection order, criminal and civil measures can be taken in your favour and in favour of your children, if you have them.

Criminal measures may consist of:

- Prohibition of the aggressor approaching the victim and communication by any means.
- Prohibition of the aggressor from residing in certain places.
- If the aggressor had the right to carry or use weapons, suspension of that right.
- In the event that provisional detention is agreed, the deprivation of liberty.

Civil measures, which will last for 30 days. If you want to extend them, it is important that you notify your lawyer to start a civil family procedure.

These measures may consist of:

- Use of the family house that the aggressor will have to leave.
- Custody of your underage and/or disabled children.
- Food allowance for your children.
- Establishment of a visiting regime.
- Suspension of custody.
- Suspension of the visiting regime.

If you reside in Spain without permission, the corresponding sanctioning process will not be initiated and if there is a sanctioning process already in place or a deportation order has been agreed, these will be suspended.

7.

What to do in a situation of risk?

Call 112

112 is a telephone resource that provides a quick and effective response to urgent situations of domestic violence.

From 112, the necessary resources are mobilised to deal with the specific situation: police, health services, psychological care, specialised legal assistance, emergency accommodation and referral to other resources.

The woman who is suffering abuse from her partner or ex-partner can call herself, or anyone close to her can call on her behalf.

24 hour free-call number.
Available in 51 languages



8.

If you need advice on your situation

Specialised Care Centres for Women Victims of Violence (CAVI)

These are services that offer comprehensive, personalised and free assistance, during the time necessary to be able to break up and leave the situation of abuse.

- It is not necessary to have filed a police report to make an appointment.
- The services are free of charge.
- They offer comprehensive care for as long as each woman needs.
- The team is made up of Social Workers, Psychologists and Legal Advisers.
- The service is accessed by requesting an appointment by calling 901 101 332.



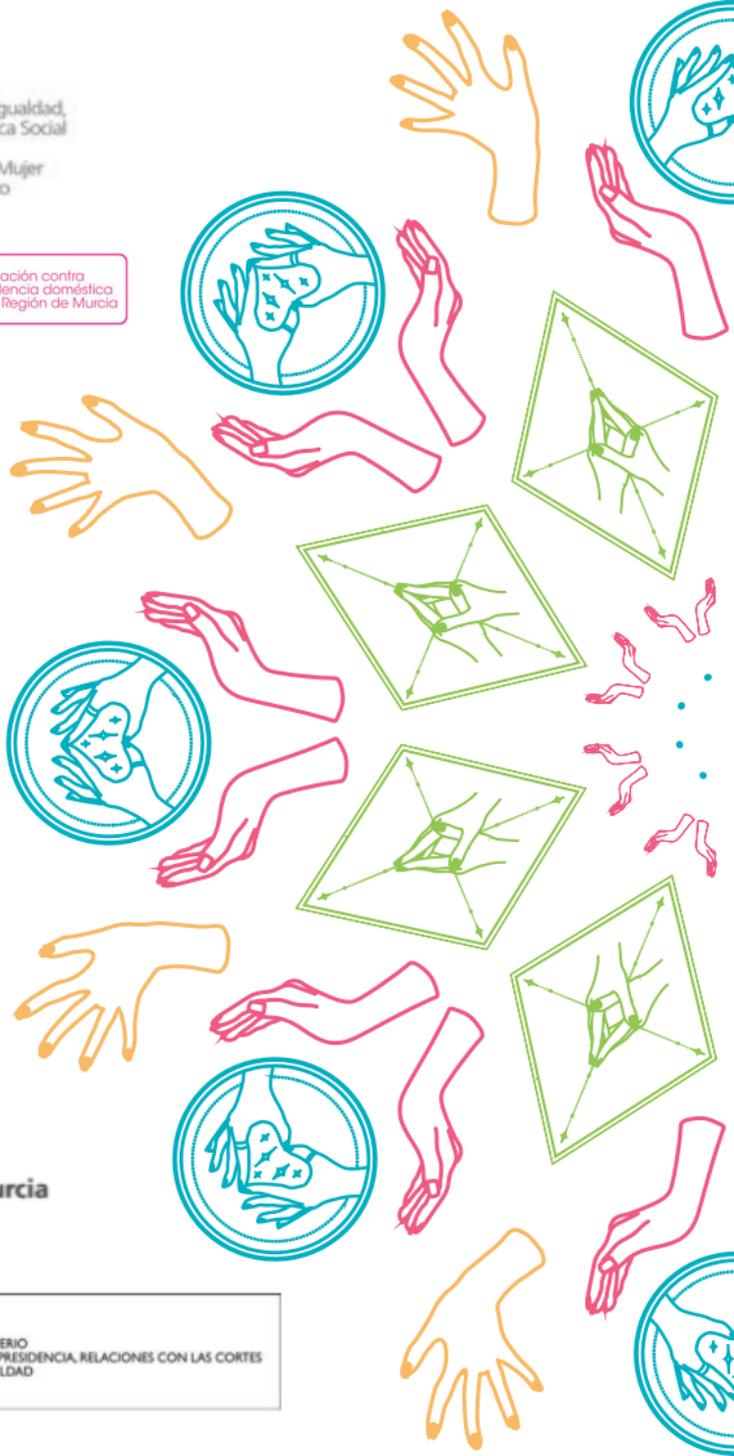


Región de Murcia
Consejería de Mujer, Igualdad,
LGTBI, Familias y Política Social

Dirección General de Mujer
y Diversidad de Género



Asociación contra
la violencia doméstica
de la Región de Murcia



Región de Murcia



GOBIERNO
DE ESPAÑA

MINISTERIO
DE LA PRESIDENCIA, RELACIONES CON LAS CORTES
E IGUALDAD