

REMEMBER

SGBV is NOT your fault!

Worldwide many women, men, girls and boys experience physical or sexual abuse or other forms of SGBV in their lifetime. Anyone can become a victim of sexual and gender-based violence.

You are NOT alone! Help is available!

There are people who can help you, such as doctors, police officers, and social workers. If you have experienced or are experiencing SGBV, tell someone you trust or contact the organizations listed above.

HELP others stay safe as well!

If someone who has experienced or is experiencing SGBV reaches out to you, listen to them and remind them that SGBV is not their fault and that they are not alone. Tell them that help is available and encourage them to seek assistance. If they agree you can contact the organizations listed above together.



Share the leaflet and the video so that it reaches more people!

<https://youtu.be/KslE6Q7hXe8>



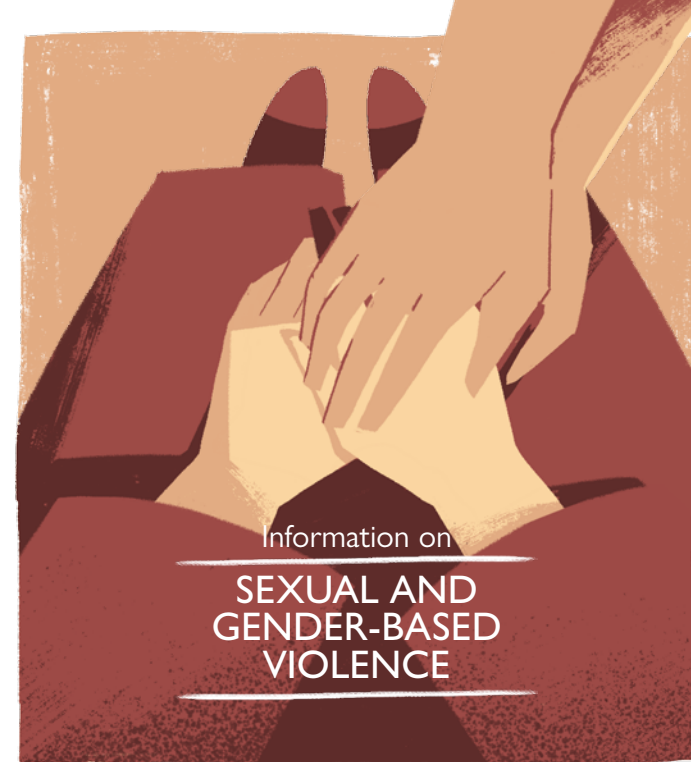
ABOUT US

The PROTECT project aims to strengthen national support services for victims of sexual and gender-based violence. PROTECT also aims to make these services available to refugees, asylum seekers and migrants, be they children or adults and including people identifying as LGBTI.

<https://eea.iom.int/PROTECT-project>



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THIS LEAFLET is designed for someone who has migrated to Belgium from another country. You may have come here seeking protection, employment, to study, or to be reunited with family members.

In Belgium EVERY person has the same rights regardless of age, gender identity, sexual orientation, language, religion or where they come from.

You have the **RIGHT** to enjoy a life free of any form of violence. If someone hurts or threatens to hurt you or someone you know, remember that you have the right to receive help and protection.

You are not alone. **HELP** is available.

SEXUAL AND GENDER-BASED VIOLENCE (SGBV)

What is SGBV?

Sexual and gender-based violence (SGBV) is violence directed against a person based on their sex, gender or gender identity. SGBV includes acts that cause physical, mental or sexual harm or suffering, threats with such acts, coercion and other deprivations of liberty. Perpetrators often use force, coercion, deception or manipulation. Most often SGBV is not recognised or reported.



What is the difference between sex, gender and gender identity?

A person's **SEX** is assigned at birth based on anatomical and biological factors, while **GENDER** is how society believes that people should behave (how they should dress and present themselves, what their roles and responsibilities should be, etc.) according to their biological sex. A person's **GENDER IDENTITY** refers to each person's deeply felt internal and individual experience of gender. This may or may not correspond with the sex assigned at birth, including the personal sense of the body (which may involve, if freely chosen, modification of bodily appearance or function by medical, surgical or other means) and other expressions of gender, including dress, speech and mannerisms.



Who belongs to the LGBTI community?

LGBTI is an umbrella term that intends to emphasize the diversity of biological sex, sexual orientation and gender identity referring, not exclusively, to lesbian, gay, bisexual, transgender and intersex people.

What are the main types of SGBV?

SGBV may be physical or psychological and among others it can take the form of domestic violence and intimate partner violence, economic abuse, emotional abuse, physical assault, sexual abuse and hate crimes against persons who may identify as LGBTI.

● DOMESTIC VIOLENCE AND INTIMATE PARTNER VIOLENCE

Domestic violence is used to describe violence that takes place within the home or family between intimate partners as well as between other family members. Intimate partner violence applies specifically to violence occurring between intimate partners (married, cohabiting, boyfriend/girlfriend or other close relationships), and is defined as behaviour by an intimate partner or ex-partner that causes physical, sexual or psychological harm. This includes acts of physical aggression, sexual coercion, psychological/emotional abuse and controlling behaviours. This type of violence may also include the denial of resources, opportunities or services.

● ECONOMIC ABUSE

An aspect of abuse where the abuser controls a victim's finances to prevent them from accessing resources, working or maintaining control of earnings, achieving self-sufficiency and gaining financial independence.

● SEXUAL ABUSE

Sexual abuse is the actual or threatened physical intrusion of a sexual nature, whether by force or under unequal or coercive conditions.

● HATE CRIME

Hate crime is a prejudice-motivated crime which occurs when a perpetrator targets a victim because of their membership (or perceived membership) in a certain social group (e.g. LGBTI community).

● PHYSICAL ASSAULT

An act of physical violence that is not sexual in nature. Examples include: hitting, slapping, choking, cutting, shoving, burning, shooting or the use of any weapons, acid attacks or any other act that results in pain, discomfort or injury.

What other types of SGBV exist?

There are many other types of SGBV, including harmful traditional practices (e.g. female genital mutilation/cutting (FGM/C), forced marriage and child/early marriage), so-called honour crimes, and trafficking in persons.

To whom can SGBV happen?

SGBV can happen to ANYONE and it is never the victim's fault. Women and men, girls and boys, adults and children, people identifying as LGBTI can all become victims of SGBV. SGBV is NEVER justifiable.

Where can SGBV happen?

SGBV can happen ANYWHERE: in your home country, during your journey to another country, and in the country you are currently living in. It can happen in private homes and in public places, such as at school, at work, and in reception centres.

Is SGBV my fault?

SGBV is NEVER the victim's fault. Gender norms and unequal power relations are the root causes of SGBV. The perpetrator is the only person to blame.

What if I did not fight back?

It is very common not to fight back during an assault because you may panic and feel hopeless or trapped and you don't know what to do to get out of the situation. This does not mean that you consented to the violence.

What are the consequences of SGBV?

SGBV can have both physical and emotional consequences. Physically SGBV can cause bodily harm, pain, infections and women and girls can become pregnant without wanting to, among other consequences. The emotional consequences of SGBV can include trauma, nightmares, insomnia, headaches, and many different feelings such as anger, shame, sadness, guilt, fear. All feelings are valid, and Belgium has professional and confidential services to support victims. You are NOT alone.

REMEMBER

ANYONE can become a victim of SGBV
SGBV is NEVER the victim's fault
SGBV is always UNACCEPTABLE
You can ask for HELP

Those who migrate can be more vulnerable since they don't necessarily speak the language, and don't know the culture and customs of the country of destination and can be without the support of their family and friends. Vulnerability can increase the exposure to SGBV risks.

AVAILABLE SERVICES

What can I do if I or someone I know has experienced or witnessed SGBV?

Most of the forms of sexual and gender-based violence are criminalized in the Belgian Criminal Code. In case you experience or witness any of its forms, you can contact the BELGIAN FEDERAL POLICE at the following numbers:
POLICE: 101 / GENERAL EMERGENCY CALL: 112

There are also a few HOTLINES you can contact. For each of them, the phone call is free of charge, and will not appear on the phone bill (but it will be in your called numbers, so make sure to delete your last call from the phone you use). You don't have to say your name to the person you will talk to. If you need help and you don't speak the language, you will be provided with an interpreter.

EMERGENCY LINE 1712 (NL):

Free hotline for victims of violence, also children.

ECOUTE VIOLENCES CONJUGALES

0800/300 30 (FR)

www.ecouteviolencesconjugales.be
Free hotline for victims of domestic violence.

SOS VIOL: 0800/981 00 (FR)
Free hotline for victims of sexual violence.

LUMI: 0800/995 33 (NL)
Free hotline for victims of violence against LGBTI.

UNIA (Interfederal Centre for Equal Opportunities): 0800/12 800 (FR/NL)
Free hotline for victims of discrimination, racism, and violence based on gender and sexual orientation.

RÉSEAU MARIAGE MIGRATION

0800/90 901

Hotline for victims of
forced/early marriage.

CAW

Centres for General Wellbeing
0800/13 500 (NL)

Free hotline for any question related
to your wellbeing, social and/or legal
situation. Also for victims of violence.

What if I need legal assistance?

CAW

Centres for General Wellbeing
0800/13 500 (NL)

SERVICE D'ACCUEIL DES VICTIMES / SLACHTOFFERONTHAAL

These services provide legal support
to victims (information, assistance,
orientation) during the entire legal
process.

FR: www.victimtimes.cfwb.be

NL: [www.vlaanderen.be/
slachtofferonthaal-bij-een-gerechtelijke-
procedure](http://www.vlaanderen.be/slachtofferonthaal-bij-een-gerechtelijke-procedure)

SERVICE D'AIDE AUX VICTIMES / CENTRA VOOR SLACHTOFFERHULP

These centres provide practical
information and support for victims.
The service can accompany the victim
to the tribunal, police station, doctor,
insurance company, etc. They are
independent from the police.
FR: www.victimtimes.cfwb.be
NL: www.caw.be

COLLECTIF CONTRE LES VIOLENCES FAMILIALES ET L'EXCLUSION

04/221 60 69,
04/223 45 67 (FR)

This collective provides assistance in
any crisis situation. They can provide
shelter and social/legal assistance.
cvfe@cvfe.be - refuge@cvfe.be
Rue Maghin 11, 4000 Liège

CENTRE DE PRÉVENTION DES VIOLENCES CONJUGALES ET FAMILIALES (CPVCF)

02/539 27 44 (FR)

This centre for victims of domestic
violence provides counseling, shelter,
speaking groups and legal support.
info@cpvcf.org
Boulevard de l'Abattoir 27-28,
1000 Brussels

SOS VIOL

02/534 36 36 (FR)

This services provides legal assistance
to victims of sexual violence.
info@sosviol.be
Rue Coenraets 23, 1060 Brussels

INTACT (FGM)

0479/671946 (FR), 0497/55 04 56 (NL)
This legal service provides assistance to
victims of FGM.
Rue Defacqz 1, 1000 Brussels

What can I do if I am in need of psychological or medical assistance?

CENTRES FOR ASSISTANCE TO VICTIMS OF SEXUAL VIOLENCE

These centres are accessible 24/7 and
provide medical, legal, and psychological
support to victims of sexual violence.
If the victim wishes to do so, she/he
can file a complaint on the spot.

ZSG BRUSSEL/CPVS BRUXELLES

02/535 45 42 (FR/NL)
CPVS@stpierre-bru.be
Rue Haute 320, 1000 Brussels

ZSG GENT

09/332 80 80 (NL)
zsg@uzgent.be
C. Heymanslaan 10, 9000 Gent

CPVS LIÈGE

04/284 35 11 (FR)
cpvs@chu.ulg.ac.be
Rue de Gaillarmont 600, 4032 Chênée

CLINIQUE DE L'EXIL

081/77 68 19 (FR)
This clinic specializes in mental health
and psychological support to migrants,
in particular victims of violence.

What other services are available?

GAMS

02/219 43 40
This organization provides support to
victims of FGM such as speaking groups,
psychosocial support and workshops.
Rue Gabrielle Petit 6,
1080 Saint Jean Molenbeek

LE REFUGE BRUXELLES – HET OPVANGHUIS BRUSSEL (FR/NL)

This shelter for LGBTI victims
of violence provides temporary
accommodation and psychosocial, legal,
and administrative assistance.
info@refugeopvanghuis.be

clinique.exil@province.namur.be
Chaussée de Charleroi 85 A,
5000 Namur

CÉMAVIE

02/506 70 91 (FR/NL)
Specialized medical centre for victims
of FGM.
CHU St Pierre, Site César De Paepe,
Rue des Alexiens 11-13, 1000 Brussels

THERE ARE 3 SPECIALIZED
SERVICES FOR VICTIMS
OF TRAFFICKING.

They provide shelter, psychosocial,
medical, legal and material assistance.

PAG-ASA - Brussels
02/511 64 64 (NL/FR)

PAYOKE - Antwerpen
03/201 16 90 (NL)

SURYA - Liège
04/232 40 30 (FR)

