

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/KsIE6Q7hXe8>



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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Information on

SEXUAL AND GENDER-BASED VIOLENCE



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

In Spain EVERY child 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 – anyone – hurts or threatens to hurt you or someone you know, remember that you have a 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 any act which is perpetrated **WITHOUT A PERSON'S CONSENT**, based on gender norms and unequal power relations. It includes acts that may cause physical, sexual, emotional, psychological or economic harm or suffering. Perpetrators often use force, coercion, deception or manipulation. Most often SGBV is not recognised or reported.



What types of SGBV exist?

There are many forms of SGBV. Sexual violence and domestic violence (which sometimes overlap) are amongst the most commonly reported types.

- **SEXUAL VIOLENCE**, at least, includes rape/ attempted rape, sexual abuse, sexual exploitation, and sexual harassment. These can take many forms such as unwanted touching of body, injury to private parts, unwanted sexual comments, being forced to have sex with someone, being forced to watch sexual acts, being forced to be naked. Sexual violence is **NOT ALL ABOUT HAVING SEX**. It is about violence, exploitation and abuse of power and/or control.

- **DOMESTIC VIOLENCE** is a term used to describe violence that takes place within the home or family between intimate partners as well as between other family members. This abuse can take many forms and can include physical beatings and assaults, threats and intimidation, bullying, insults and harassment, isolation, controlling money and finances and sexual violence. Usually domestic violence consists of an ongoing pattern of 'coercive' behaviour that is designed to humiliate and control.

- **OTHER EXAMPLES OF SGBV** includes: threats, insults, beatings; emotional abuse; being forced to marry, to have a baby or to have an abortion; being harassed (with looks, words, acts);



harmful traditional practices (e.g. female genital mutilation/cutting, early/child marriage); so-called honour crimes; hate crimes against persons identifying as lesbian, gay, bisexual, transgender and/or intersex (LGBTI); and being transported to another country in exchange for money, sexual acts or labour.

What is sexual consent?

Sexual consent is to agree to engage in sexual activity. Sexual activity without consent is considered sexual violence. Informed sexual consent is always voluntarily and freely given. Consent cannot be given by a person who is drunk or drugged or by someone else on your behalf. There are cases when consent might not be possible due to physical or intellectual disabilities. **REMEMBER:** you can always change your mind, even if you previously agreed to a sexual activity.

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

A person's **SEX** is the biological characteristics that are assigned when they were born, 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.

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, and people identifying as LGBTI can all become victims of SGBV. SGBV is NEVER justifiable.

Who can perpetrate SGBV?

ANYONE can perpetrate acts of SGBV. The perpetrator can be a complete stranger or someone you know, such as a family member, a friend or a romantic partner.

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 your 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 Spain 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



AVAILABLE SERVICES

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

If you experience, witness, or suspect SGBV you can tell a family member, a relative or another adult you trust. There are also other people who can help you in a confidential way, such as teachers, social workers, police officers and doctors. If you have already been in contact with an organization supporting migrants and refugees, do not hesitate to ask for their assistance. Sexual and gender-based violence is a crime. In case you experience or witness any of its forms, you can contact the SPANISH NATIONAL POLICE, CIVIL GUARD AND LOCAL POLICE.

ANAR Help Phone for Children and Adolescents: +34 900 202 010
Chat ANAR: www.anar.org
EMERGENCY CALL: 016 and 062
HATE CRIMES: +34 900 101 062/900 100 091
TELEPHONE SERVICE FOR DEAF WOMEN: +34 900 152 152

What if I need legal assistance?

You can call **016**, free telephone information and legal advice, 24/7 and in 51 languages. The assistance is provided to nationals, migrants, asylum seekers and refugees. You also contact **Foundation ANAR**, a non-profit organization, whose origins go back to 1970, and is dedicated to the promotion

and defense of the rights of children and adolescents at risk and helplessness. The foundation has in operation the Telephone ANAR +34 900 202 010, free and confidential line that operates throughout the Spanish territory 24 hours a day and throughout the year. This phone offers immediate psychological, social and legal help to minors with problems or at risk.

What if I need emotional assistance?

Through the 016, professionals of ATENPRO service will refer you to a person specifically prepared to give an adequate response to your situation, if necessary mobilizing other human and material resources.
016 Service / atenpro-sessi@msssi.es

You also call to Telephone ANAR +34 900 202 010.

What other services are available?

The **GOVERNMENT DELEGATION FOR GENDER VIOLENCE (DGVG)** has created a web page of resources supporting victims of SGBV: www.wrap.igualdad.mpr.gob.es/recursos-vdg/search/SearchLocation.action

You can find some other relevant service providers in the list below:

COMMISSION FOR THE INVESTIGATION OF MISTREATMENT OF WOMEN

The commission is a non-profit organization composed of feminist professionals who work for the defense

of women's rights, for the whole of society, with the aim of achieving an egalitarian society free of violence.

+34 91 308 27 04
comision@malostratos.org
www.malostratos.org

FOUNDATION LUZ CASANOVA

It is a non-profit organization working with homeless people and women and minor victims of SGBV.

+34 91 445 41 69
info@proyectosluzcasanova.org
www.proyectosluzcasanova.org

FEDERATION PROGRESSIVE WOMEN

In the federation you will receive specialized and integral assistance that aims to support your personal recovery and empowerment.

+34 900 502 091
violencia@fmujeresprogresistas.org
www.fmujeresprogresistas.org

ASSOCIATION FOR THE PREVENTION, REINTEGRATION AND CARE OF PROSTITUTED WOMEN (APRAMP)

The goal of APRAMP is that individuals who suffered sexual exploitation and human trafficking recover their freedom and dignity, and assert their rights.

+34 609 589 479
apramp@apramp.org
www.apramp.org

STATE FEDERATION OF LESBIANS, GAYS, TRANSEXUALS AND BISEXUALS

The Federation provides care and support for youth and families LGTB.

+34 913 604 605
www.felgtb.org