

## 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>



Funded by the European Union's Rights, Equality and Citizenship Programme (2014-2020)



Information on

## SEXUAL AND GENDER-BASED VIOLENCE



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

In Hungary 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** include: 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

### 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 Hungary 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 in this regard as well.

Sexual and gender-based violence is a crime. If you experience or witness SGBV in any of its forms, you can contact the HUNGARIAN POLICE at the following numbers:

EMERGENCY CALL: 112 or 107

CRIME STOPPERS: +3680 555 111

SMS LINE for hearing impaired people: +3620 900 0107

### What if I need legal assistance?

You can contact the **HUNGARIAN HELSINKI COMMITTEE (MAGYAR HELSINKI BIZOTTSÁG)** for free legal assistance.

HHC is a non-governmental human rights organization that protects human dignity through legal and public activities. They provide help to asylum seekers, refugees, detainees and victims of law enforcement violence.

+361 321 4323, +361 321 4327, +361 321 4141

[helsinki@helsinki.hu](mailto:helsinki@helsinki.hu)

[www.helsinki.hu/en](http://www.helsinki.hu/en)

[facebook.com/helsinkibizottsag](https://facebook.com/helsinkibizottsag)

Services are available in English. In case of need interpretation to various languages are available as well.

### What other services are available?

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

#### MENEDÉK - HUNGARIAN ASSOCIATION FOR MIGRANTS

Menedék helps the social integration of refugees and migrants through a set of social, educational and cultural programs. They feel particularly responsible for migrant children.

+361 322 1502

[menedek@menedek.hu](mailto:menedek@menedek.hu)

[www.menedek.hu/en](http://www.menedek.hu/en)

[facebook.com/menedekegyesulet](https://facebook.com/menedekegyesulet)

Services are available in English and various languages.

#### HÁTTÉR SOCIETY

Háttér Society is the largest and longest operating lesbian, gay, bisexual, transgender, queer and intersex (LGBTQI) organization in Hungary. They provide support services to LGBTQI people, protect the human rights of LGBTQI people and counter discrimination against them.

+361 329 2670, +361 238 0046

[hatter@hatter.hu](mailto:hatter@hatter.hu)

[www.en.hatter.hu](http://www.en.hatter.hu)

[facebook.com/HatterTarsasag](https://facebook.com/HatterTarsasag)  
Information and Counseling Hotline  
(every day 18:00-23:00)

Hotline: 13737 (toll free), +361 329 3380

Skype: [segelyvonal](https://www.skype.com/name/segelyvonal)

Chat: [www.chat.hatter.hu](http://www.chat.hatter.hu)

(Mondays and Wednesdays 18:00-23:00)

[lekisegely@hatter.hu](mailto:lekisegely@hatter.hu)

[hotline@hatter.hu](https://hotline@hatter.hu)

Legal Aid Service

+361 6333 455 (weekdays 8:00-20:00)

[legalaidd@hatter.hu](mailto:legalaidd@hatter.hu)

In case of need the services are available in English as well.

#### NANE WOMEN'S RIGHTS ASSOCIATION

NANE is a non-governmental organization that aims to combat violence against women and children. They provide assistance through their different helplines.

Please ask about their English speaking helpline operators' availability via email or facebook message.

[www.nane.hu/en](http://www.nane.hu/en)

[info@nane.hu](mailto:info@nane.hu)

[facebook.com/NANEegyisulet](https://facebook.com/NANEegyisulet)

Helpline for victims of domestic and

sexual abuse: +3680 505 101 (toll free)

Monday, Tuesday, Thursday, Friday:

18:00-22:00, Wednesday: 12:00-14:00

#### KÉK VONAL CHILD CRISIS FOUNDATION

The primary task of Kék Vonal is to listen to children and young people, and help those who are in need. Adults who are concerned about a child's safety and wellbeing can also contact them for professional advice.

[www.kek-vonal.hu/index.php/en](http://www.kek-vonal.hu/index.php/en)

Helpline for children: 116 111

(toll free, 0-24)

Hotline for abused and missing children (and for adults who are concerned about a child): 116 000 (toll free, 0-24)  
[116000@kek-vonal.hu](mailto:116000@kek-vonal.hu)

In case of need the services are available in English as well.

Please contact them in office hours at +361 354 1029, or write to them: [info@kek-vonal.hu](mailto:info@kek-vonal.hu)