

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 suffered 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 THE PROJECT

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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PHAROS
CENTRE OF EXPERTISE ON HEALTH DISPARITIES

Information on

SEXUAL AND GENDER-BASED VIOLENCE



IN SLOVENIA EVERY child has the same rights, no matter their age, where they come from, which language they speak, what is their religion, nationality, gender identity or sexual orientation, or any other background.

You have a **RIGHT** to be safe and 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 a right to receive help and protection.

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

SEXUAL AND GENDER-BASED VIOLENCE (SGBV)

What is SGBV?

is any act which is based on unequal power relations and beliefs about how people should behave and what they are supposed to do because of their sex.

It includes acts that cause or may cause physical, sexual, psychological or economic harm or suffering. They are done against a person's will, with force, deception, manipulation.



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, such as unwanted comments or gestures. These can take many forms such as unwanted touching of body, injury to private parts, being forced to have sex with someone, to watch sexual acts or to be naked. Sexual violence is **NOT ABOUT HAVING SEX**. It is about violence, exploitation and abuse of power and/or control over another person.

If you think or suspect that violence is happening to you or even if you are unsure, you can ask for help.



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, for example how they should dress and present themselves, what their roles and responsibilities should be 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.

What if I am asked sex in exchange for money, help, transportation or crossing border or for other things?

Nobody has the right to force you to have sex or to get you to agree to have sex in exchange for something you may need or want.

If someone forces you to have sex in exchange for money, help or other goods, it is sexual exploitation and a form of sexual violence.

In Slovenia, if you are under 18, this is considered a crime.

To whom can SGBV happen?

SGBV can happen to ANYONE and is NEVER the victim's fault. Women and men, girls and boys, adults and children can all become victims of SGBV.

Sometimes violence is directed at someone because of who they love or because they are vulnerable. No matter what, violence is NEVER justifiable.

Who can perpetrate SGBV?

ANYONE can perpetrate acts of SGBV. The perpetrator can be someone you know, like a close family member, a friend or a romantic partner, but it can also be a complete stranger.

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 public places and private homes, at work, in detention centres and prisons, during random stops on your migration journey and at checkpoints.

Is SGBV my fault?

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

What if I did not resist the violence?

It is very common not to resist 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 or infections. Women and girls can become pregnant without wanting to. 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. Slovenia 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 or someone you know experience or witness SGBV you can tell a family member, a relative or another adult you trust.

You are NOT alone. You can always ask for help from the staff of the asylum or accommodation center where you live or from your legal representative or guardian.

There are also other people who can help you in a confidential way, such as teachers, social workers, police officers and doctors. In addition, you can contact migrant and refugee organizations, women's and youth organizations.

You can call the following telephone numbers to contact emergency services:

SLOVENIAN POLICE: 112
EMERGENCY MEDICAL ASSISTANCE: 112

List of useful contacts in Slovenia

SOCIAL WORK CENTERS

SLOVENIA: The list of local social work centers with accompanying contacts is available on the website of the Ministry for Labour, Family Social Affairs and Equal Opportunities:

www.mddsz.gov.si/si/delovna_podrocja/sociala/izvajalci/csd

ASSOCIATION SOS HELP-LINE FOR WOMEN AND CHILDREN – VICTIMS OF VIOLENCE

provides help, support and counseling to women and children who have experienced or are experiencing violence. They run two shelters for women and children in Ljubljana.

p.p. 2726, 1001 Ljubljana
SOS Help-line: 080 11 55
(Mondays to Fridays 12.00-22.00;
weekends and holidays 18.00-22.00,
available only in Slovenian)
drustvo-sos@drustvo-sos.si
www.drustvo-sos.si

ASSOCIATION FOR NONVIOLENT COMMUNICATION

is dedicated to preventing and reducing violence and its consequences. They offer programs for victims of violence as well as for perpetrators of violence.

Vojkova cesta 1, 1000 Ljubljana
01 434 48 22 / 031 770 120
info@drustvo-dnk.si
www.drustvo-dnk.si

INSTITUTE EMMA, CENTER FOR VICTIMS OF VIOLENCE

provides specialized assistance to children, adolescents and women victims of violence.

Tržaška 2, 1000 Ljubljana
01 425 47 32 / 080 21 33
zavod.emma@siol.net
www.zavod-emma.si

**ASSOCIATION AGAINST
SEXUAL ABUSE** provides help to
children and adult victims of sexual
abuse through counselling, education,
prevention and advocacy.

Masarykova ulica 23, 1000 Ljubljana
080 28 80
spolna.zloraba@siol.net
www.spolna-zloraba.si

**KLJUČ SOCIETY - CENTRE FOR
FIGHT AGAINST TRAFFICKING
IN HUMAN BEINGS** offers care
and (re)integration programmes for
victims of trafficking.

PP 1646, 1001 Ljubljana
Free Phone Line (Monday to Friday
from 9.00 A.M to 1.00 P.M.): 080 17 22
E-mail: info@drustvo-kljuc.si
www.drustvo-kljuc.si

**SLOVENE PHILANTHROPY,
ASSOCIATION FOR THE
PROMOTION OF VOLUNTARY
WORK** is active in the field of
migration, particularly the protection of
unaccompanied children.

Cesta Dolomitskega odreda 11,
1000 Ljubljana
01 430 12 88
info@filantropija.org
www.filantropija.org

ASSOCIATION LEGBITRA
works in the field of LGBT human
rights advocacy and youth social care
services.

Trubarjeva 76a, 1000 Ljubljana
01 430 51 44
info@legebitra.si
www.legebitra.si

**TRANSFEMINIST INITIATIVE
TRANSAKCIJA** provides support
to transgender and gender non-
conforming persons in Slovenia.

info@transakcija.si
www.transakcija.si