

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 Belgium from another country. You may have come here seeking protection, employment, to study, or to be reunited with family members.

In Belgium 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 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 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 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 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



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 you 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.

TELE-ONTHAAL: 106 (NL)
TELE-ACCUEIL: 107 (FR)

Both Tele-Onthaal and Tele-Accueil provide support if you have problems. This can also be

a problem related to violence.

ECOUTE ENFANTS: 103 (FR)
103ecoute.be

This hotline is specifically for children. Whenever you want to discuss a problem you are facing, you can dial 103.

AWEL: 102 (NL)

This hotline is specifically for children and adolescents. You can call this

number for any kind of problem you would like to discuss.

SOS JEUNES: 02/512 90 20 (FR)

Not a free hotline! This organisation helps young people who have difficulties. Their hotline is not for free.

CHILD FOCUS: 116 000 (FR/NL)

Child focus is the centre for missing and sexually exploited children. Child Focus provides psychological and legal support to the victims of abduction and (sexual) exploitation.

SOS ENFANTS: 02/542 14 10 (FR)

Not a free hotline!
This organisation provides support to children victim of violence.

NUPRAATIKEROVER.BE

(online chat, NL): 02/ 669 40 50

MAINTENANTJENPARLE.BE

(online chat, FR): 081/22 54 15, 081/22 54 35
Both Nupraatikerover.be and Maintenantjenparle.be provide support for young people who were victims of violence, and of sexual violence in particular.

CHILDREN'S RIGHTS HOTLINE

(Kinderrechtencommissariaat), (NL):
0800/20 808

This hotline is available for anyone under 18 who wants to file a complaint regarding their situation. This can also be regarding a problem related to violence.

What if I need legal assistance?

SOS ENFANTS: 02/542 14 10 (FR)

SERVICES DROIT DES JEUNES: www.sdj.be (FR)

CENTRUM ALGEMEEN WELZIJNSWERK (CAW): 0800/13 500 (NL)

TZITEMZO: 09/233 65 65 (NL)

CHILD FOCUS: 116 000 (FR/NL)

What can I do if I need emotional assistance?

NUPRAATIKEROVER.BE (online chat, NL): 02/ 669 40 50

MAINTENANTJENPARLE.BE (online chat, FR): 081/22 54 15, 081/22 54 35

ECOUTE ENFANTS: 103 (FR)

AWEL: 102 (NL)

SOS JEUNES: 02/512 90 20 (FR)

What other services are available?

VERTROUWENSCESTRUM KINDERMISHANDELING (NL):

www.vertrouwenscentrum-kindermishandeling.be

AIDE À LA JEUNESSE:

www.aidealajeunesse.cfwb.be

CENTRUM ALGEMEEN WELZIJNSWERK (CAW):

0800/13 500 (NL)

CENTRES PSYCHO MÉDICO SOCIAUX (CPMS) (FR):

www.enseignement.be/index.php?page=26028