

# Against gender violence

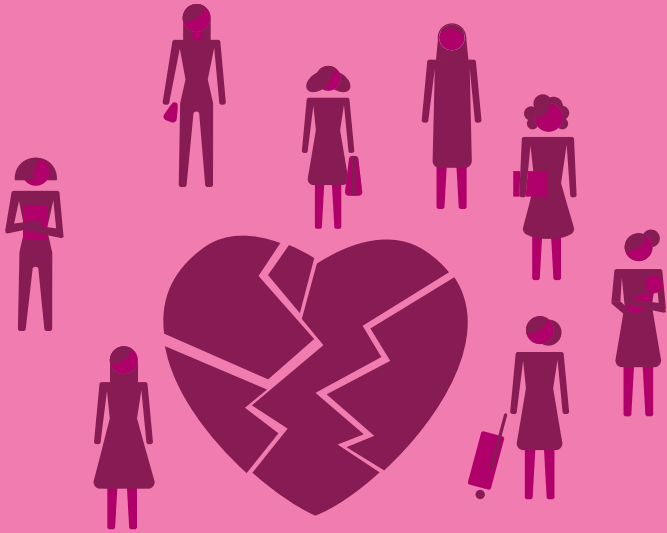


Ajuntament  de Palma

Àrea d'Educació,  
Igualtat i Drets Cívics



# Gender violence / Let's be aware



## What is it?

Gender violence is defined as any act of aggression that has or could have the result of physical, sexual or psychological harm or suffering, including threats, coercion, or arbitrary deprivation of freedom, whether it take place in the public or private realm, and as long as the person responsible for the aggression is or has been a member of the family, or person of analogous affective relations.

## Types of violence

Physical abuse, psychological abuse, sexual aggression, economic control.

### REMEMBER...

Even if a couple's sons or daughters are not abused, violence against their mother can cause them **significant psychological harm, affecting their development.**



## Let's be aware

Have you ever thought your partner was going to kill you?

Has your partner ever made you do anything against your will?

Do you feel isolated, as if there were nowhere to go for help, nor anyone who would believe you?

Are you afraid of your partner?

Do you often feel as if you have to be tactful to keep your partner from getting angry?

Are you afraid to tell your family and friends about what is happening in your life because you don't want to cause your partner trouble?





**Do you ever feel like you've done something wrong but don't know what it is?**

**Have you lost nearly all of your friends since you've been with your partner?**


If you answered **YES** to any or several of these questions, you may consider that you are a victim of violence by your **partner**. This leaflet provides guidelines as to what you can do about the problem.

Remember, turning away and keeping quiet will only make the problem worse, and more difficult to solve with each passing day. The sooner you decide to get help, the better.

# How to protect yourself/ Formal complaint

## What is a security plan?

A security plan is a way to prepare yourself and reduce the risks of a relationship with episodes of violence. To do so, follow these recommendations:



Memorize or make a list of the telephone numbers of people who can help you. Memorize the emergency telephone number.

In case you have to leave quickly, keep handy the most important documents that you will need to take with you, or keep copies of them in the home of a person you trust.

Include your children in the plan and tell them about the importance of keeping it secret.

Do not give information or hints about the plan to avoid the control of the aggressor.

## What to do in case of violence or if you feel afraid

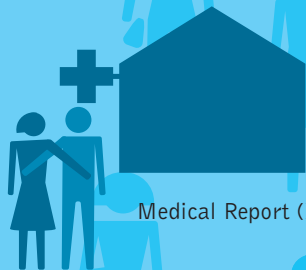
If you are at home, have an argument with your partner and the situation becomes dangerous, do the following:

- 1.** Stay away from areas where harmful objects may be found (kitchen, bathroom, garage).
- 2.** Go to a room from which you can use the telephone and call for help. Lock the door with a key or bolt.
- 3.** If the aggressor loses control, leave the house.
- 4.** Teach your children not to get involved in the argument or fight, to take shelter and ask for help.



## If you have been attacked

If you have injuries, go to your local hospital's Accident and Emergency Department as soon as possible. If possible, go with a person you trust.



If you feel threatened or in danger, call the Police (local/national) or the emergency telephone number **112**. Once you have been treated at the Accident and Emergency Department, ask for a copy of the Medical Report (Informe Médico).

## Filing a formal complaint about the violence

The formal complaint is necessary for prosecution of the alleged aggressor.

Physical, sexual or psychological aggressions can be formally reported.

When making the formal complaint, you should provide details on everything that has happened, whether it has happened before, and if it affects other persons, such as your children.



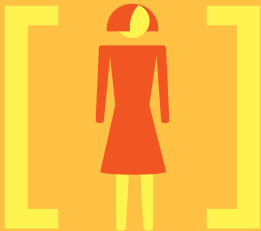
If you have suffered injuries, bring the medical report after treatment at the medical service.

Read and check the content of the formal complaint before signing it.

**FORMAL COMPLAINTS CAN BE MADE  
IN THE COURTS OR ANY  
POLICE STATION**

# Protection order/ Directory

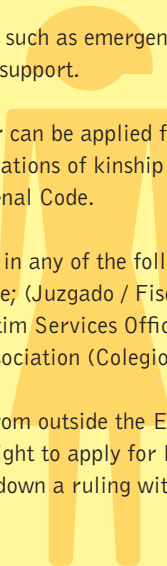
## Protection order



The Protection order is meant to provide swift protection to the victim and family from the aggressor. It is a simple COMPLAINT procedure that SWIFTLY enacts several types of MEASURES:

**CRIMINAL MEASURES** against the aggressor, such as cautionary detention or restraining orders, prohibition of communication or prohibition of residency.

**CIVIL MEASURES**, such as the attribution of the use and enjoyment of the family residence, regulation of the custody and visiting arrangements of the children, alimony.



**SOCIAL MEASURES**, such as emergency lodging, economic aid or psychological support.

The Protection Order can be applied for by the victim or persons who have relations of kinship or affinity referred to in Art. 153 of the Penal Code.

It can be applied for in any of the following places: Court or Prosecutor's Office; (Juzgado / Fiscalía) police stations; Social Services; Victim Services Offices; Legal Counselling Office of the Bar Association (Colegio de Abogados).

Immigrant women from outside the EU with irregular situations have the right to apply for Protection Orders. The judge will hand down a ruling within a maximum of 72 hours.

## Important addresses and telephone numbers

Emergencies 112

Medical emergencies 061

Local Police 092

Av. de San Fernando, s/n

National Police 091

c/ Ruiz de Alda, 8, 3º

Court of Violence Against Women

Nº 1 971 16 94 51

Nº 2 971 72 26 04

Av. Alemania, 5

Permanent Police Court

(Juzgado de Guardia) 971 71 82 24

Av. Alemania, 5

Comprehensive Social Services for

Gender Violence Victim 971 22 74 00

C/ Ferreria, 10, 3º

Social Services 971 22 59 77

Av. Gabriel Alomar i Villalonga, 18, 1º

Aid office

for crime victims 971 45 25 83

Av. San Fernando, s/n

971 71 46 68

Av. Alemania, 5

Civil Law

Counselling Service 971 71 56 10

Trav. d'en Ballester, s/n

Criminal Law

Counselling 971 71 81 41

Av. Alemania, 5

Ministry of Equality 016

Women's Institute 900 191 010