



SAFE & FREE LIFE

Guidelines for women suffering
from intimate partner violence



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Is this booklet for me?

This booklet was created to help women who have been abused by their male intimate partner.

But it is not always easy to recognize abuse, even for victims themselves. This publication will try to help you figure out if your relationship is abusive and will also give you information on how to be safe and get help if abuse occurs. This publication might be for you if:

- X your partner does things that make you afraid.
- X your partner does things to control you.
- X your partner threatens to hurt you.
- X your partner physically abuses you.

If you think this booklet might be for you, please keep reading. This booklet gives you answers to the following questions:

- X What is intimate partner violence and what are the signs of it?
- X What are the common myths about intimate partner violence?
- X How does intimate partner violence affect my children?
- X What are my rights as a woman?
- X Where do I start to get help?

After reading this booklet you may have additional questions or you may feel like you need to get advice from a specialist. If so, you can call the help lines on the back cover of this booklet. They will provide free, anonymous and confidential counseling by specialists of intimate partner violence. They will listen to what you have to say, help you explore options and provide support. You can also find additional information on the topics covered in this booklet at: www.srep.ro/wompower/platform. If this booklet applies to you, please remember: you are not alone and there is help available.

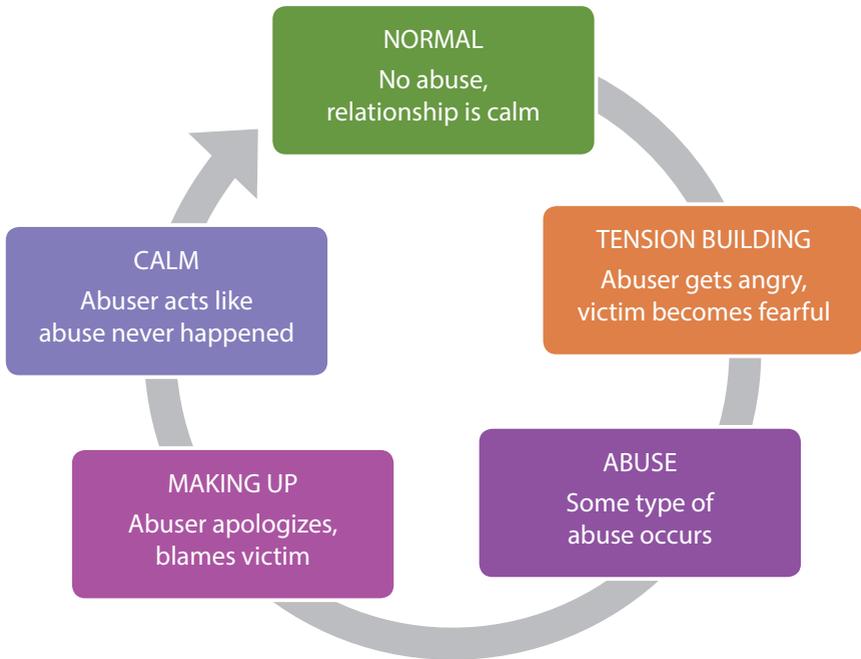
Introduction

Women's rights are an essential component of universal human rights. They reflect the fact that men and women have very different experiences – and that women and girls often face gender-based discrimination that puts them at increased risk of poverty, violence, ill health and poor education.

Women have the right to...

- X a secure life
- X live free of fear
- X love and be loved
- X be treated respectfully
- X be who they are
- X have privacy and individuality
- X have an opinion and share it
- X change and to change their mind
- X say 'no'
- X their personal money and the right to use it
- X ask questions
- X be human, which means not perfect
- X make mistakes
- X make decisions over matters that concern them
- X not please everyone
- X put themselves first
- X change their lives

Every day there are millions of women across our planet who are forced to live without these rights. Often times they are being forced by the people who are closest to them. These relationships often follow a similar pattern, known as the Cycle Theory of Violence.



CYCLE THEORY OF VIOLENCE¹

First, things are normal. Then tension arises, caused by different reasons (a 'bad day at work', drinking, arguing over money). Eventually (physical) abuse takes place, however emotional or mental abuse may have been occurring already. Afterwards the abuser apologizes and says it will not happen again, or denies that anything happened or may even blame the victim. A period of calm then follows, until tensions and violence build up again.

Although most violent relationships start out like this, as time goes on, the 'making up' and 'calm' stages often shrink and eventually disappear, until some form of violence is an everyday occurrence.

¹ Adapted from the original concept of: Walker, Lenore. *The Battered Woman*. New York: Harper and Row, 1979.

Chapter 1

RECOGNIZING INTIMATE PARTNER VIOLENCE

Intimate partner violence is hard to recognise. As a result, victims often do not realize that they are in an abusive relationship. This might be due to the nature of abuse – in which the victim is often manipulated into thinking that they are to blame.

Physical abuse

Physical abuse is the form of intimate partner violence that people are most familiar with, as it is the easiest to identify. It involves the abuser physically hurting the victim by punching, kicking, burning, choking, slapping etc. It can lead to serious physical health problems for the victim such as broken bones, internal injuries or in the most severe cases, even death. It is also important to understand that continuous abuse will often grow in severity.

However, an unhealthy and abusive relationship can exist long before any physical violence takes place. Several other forms of violence can occur, leading up to or are simultaneous to physical abuse and can harm victims in many ways. These include:

Psychological abuse

Along with physical abuse, this is often what victims can most clearly recognize, because it occurs when they are living in fear of their abuser. Often related to this are efforts by the abuser to isolate the victim from friends, family, school, and/or work.

Signs of this include:

- X He becomes angry about little things. His reactions are explosive, so you need to be on guard, you fear him and you do everything you can not to make him angry.
- X He has destroyed your property.
- X He abuses animals.
- X He blames you and others for his problems, as well as for problems with children.
- X He is harsh towards you and uses physical force or he threatens you with violence.

Controlling behaviour is also a sign of psychological abuse:

- X Your partner is possessive, demanding and jealous. The partner is jealous not only of other men, but also of friends and relatives.
- X He controls and limits your movements; he wants to know exactly where you are, calls to check up on you, checks who you are in touch with and wants you to adhere to a curfew.
- X He forbids you to get help or to discuss the situation with others.
- X He withholds access to phone and/or transportation.
- X He constantly makes unfounded accusations.
- X He controls and regularly criticises your appearance, for example your clothes and make-up.
- X As a result, you may have less and less contact with friends and family; you may avoid them to cover up the situation or because your partner demands it.

Putting fear into and isolating victims makes them feel powerless (even when it is not true). Doing so also makes it harder for the victim to leave the situation. Women who are psychologically abused over long periods of time are more likely to suffer from depression, anxiety and insomnia. It can also lead to excessive drug and alcohol use and suicide.

Sexual abuse

Sexual abuse is forcing sexual contact without consent. Signs of this include:

- X You find sex degrading and abusive.
- X He demands sex and becomes angry if you say no.
- X You have sex when you don't want to.

Sexual abuse is typically used by abusers to establish and maintain power and control over their partner. Research indicates that men who assault and rape are more likely to severely injure or kill their wives.

Sexual abuse can cause significant physical health problems for women. It is the form of abuse that victims often have the most difficulty seeking help for. As a result, it can affect them psychologically and emotionally long after the relationship has ended.

Emotional abuse

Emotional abuse involves manipulation and undermining a victim's sense of worth. Signs of this include:

- X You must constantly apologise and you don't know why.
- X He behaves differently when you are together with others.
- X He constantly ridicules you as a woman or mother.
- X He promises that he will change, but never keeps his promises.
- X He demands to be forgiven and no further discussion is allowed.
- X He regularly makes you feel guilty when he gets angry.
- X He regularly says bad things about you to your children, hurting your relationship with them.

In many ways, emotional abuse is more harmful than physical abuse. This is because it usually occurs more frequently, maybe even every day. Emotional abuse is also more likely to lead victims to blame themselves. If someone hits you, it's easier to see that he or she is the problem, but if the abuse is subtle – saying or implying that you are ugly, a bad parent, stupid, incompetent, unworthy of attention and love – you are more likely to think that you are the problem.

Financial abuse

Financial abuse occurs when the abuser makes the victim financially dependent. Signs include:

- X He keeps total control over financial resources including your own.
- X He hides how he spends money and does not allow you to participate in financial decisions.
- X He forbids you to attend school or work.

This form of abuse is often overlooked, but can have lifelong impacts. For one, it can make it even harder for the victim to leave the abusive situation as she does not have money to do so. Even after the abusive relationship has ended, it can negatively affect the victim, especially if she is responsible for debt or bills that have accumulated. If the victim has not been allowed to attend school or work, then trying to enter the workforce can be difficult and may push a victim into poverty, when leaving the abusive relationship.

ARE YOU IN AN ABUSIVE RELATIONSHIP?

To determine whether your relationship is abusive, answer the questions in the table below. The more 'yes' answers you get, the more likely it is that you should seek assistance.

Do you:	Yes	Does your partner:	Yes
X feel afraid of your partner most of the time?	<input type="checkbox"/>	X humiliate or yell at you?	<input type="checkbox"/>
X avoid certain topics out of fear of angering your partner?	<input type="checkbox"/>	X criticize you and insult you?	<input type="checkbox"/>
X feel that you can't do anything right for your partner?	<input type="checkbox"/>	X treat you so badly that you're embarrassed for friends or family to see?	<input type="checkbox"/>
X believe that you deserve to be hurt or mistreated?	<input type="checkbox"/>	X ignore or put down your opinions or accomplishments?	<input type="checkbox"/>
X sometimes feel like you are going crazy?	<input type="checkbox"/>	X blame you for their own abusive behavior?	<input type="checkbox"/>
X feel emotionally numb or helpless?	<input type="checkbox"/>	X see you as property or a sex object, rather than as a person?	<input type="checkbox"/>
Does your partner:	Yes	X destroy your belongings?	<input type="checkbox"/>
X have a bad and unpredictable temper?	<input type="checkbox"/>	X act with excessive jealousy and possessiveness?	<input type="checkbox"/>
X hurt you, or threaten to hurt or kill you?	<input type="checkbox"/>	X control where you go or what you do?	<input type="checkbox"/>
X threaten to take away or harm your children?	<input type="checkbox"/>	X keep you from seeing your friends or family?	<input type="checkbox"/>
X threaten to commit suicide if you leave?	<input type="checkbox"/>	X limit your access to money, the phone, or the car?	<input type="checkbox"/>
X force you to have sex?	<input type="checkbox"/>	X constantly check up on you?	<input type="checkbox"/>

Chapter 2

8 MYTHS ABOUT INTIMATE PARTNER VIOLENCE

There are many false beliefs, or myths that cause society to justify or accept intimate partner violence. We must better understand what they are to ensure that society provides the support that is needed by victims.

MYTH #1: She must do something to provoke or deserve the abuse

It does not matter what she has or has not done. Nobody has the right to harm another person. In many cases, the so-called provocations are a way to blame the victim and take responsibility away from the abuser.

MYTH #2: Only certain kind of men are abusive

Many abusers come from households in which abuse occurred. Intimate partner violence is a learned behavior, so observing it during childhood could lead to violence in adult life. But abusers come from all walks of life and backgrounds. In some cases there might be specific 'triggers' which cause violent acts, such as stress, individual pathology, substance use or a 'dysfunctional' relationship. However, long term patterns of violence are most likely the result of intentional behavior.

MYTH #3: Drinking alcohol is an excuse for intimate partner violence

Drinking may be one of many 'triggers' that lead to violent acts. But to say it is the only cause is too simplistic. For example, many men drink and do not abuse anyone as a result and abusive men often are violent even when sober. If drinking alcohol is part of the problem, then it should be the responsibility of the man to stop drinking.

MYTH #4: She must have known what he was like

Abusers often act differently early in relationships and become violent as time goes on. Thus, victims become aware of abusers violent tendencies only when it is „too late“ (they have moved in together, had children, etc.). Even when they do become violent, abusers typically behave differently in public than in private, so some forms of inti-

mate partner violence go undetected within the community. It is difficult to believe that a person who behaves respectably in public can act so appallingly at home.

MYTH #5: Women must enjoy the abuse, otherwise they would leave

Leaving abusive relationships does not guarantee that violence will stop. In fact, the period when a woman is planning or making her exit, is often the most dangerous time for her and her children. Many women are frightened of the abuser, and with a good reason. Perpetrators often threaten to harm or even kill women and their children if they leave.

MYTH #6: Intimate partner violence is not gender-based

The majority of intimate partner violence victims are women and men are generally the perpetrators. Abuse is enabled through greater physical, social and financial strength of the abuser. Greater physical strength (such as a typical man over a woman) enables the abuser to physically overpower and inflict fear in the victim. Greater social power, based on ideas of 'traditional gender roles' in which men should be dominant leads women to blame themselves and stay. Greater economic power, such as higher incomes that men typically have over women, leads to financial dependence making it harder for women to leave abusive partners. Thus, there is clearly a gender-based element involved.

MYTH #7: It is a private issue – we shouldn't get involved

If you saw a person attack someone on the street, you would probably call the police. Why would it be any different if violence takes place at home between partners? Intimate partner violence is a serious crime that can lead to physical injury, hospitalization and mental health issues for women and children. And in the most extreme cases, to death – getting involved means you might save a life.

MYTH #8: Intimate partner violence is not a significant public problem

No society hoping to promote human rights can at the same time ignore regular physical, emotional and mental violence performed on members of the community. Also, every year, health care systems spend significant time and money to treat intimate partner violence victims. These are resources that could be used for other purposes if a strong effort was made to eliminate intimate partner violence in the society.



Chapter 3

WHY DON'T WOMEN LEAVE?

This is a question asked by many. If you have been in an abusive relationship, you may have asked yourself this question many times. The answer is not simple. It is usually due to a combination of emotional, financial, personal and practical reasons. This can be seen from the answers given by victims of intimate partner violence:

A lack of power or support/blaming themselves

- X I feel so lonely and helpless.
- X I did not know where to go for help.
- X I did not have any friends to whom to turn for help.
- X My parents believed that a family should have both parents.
- X I'm not being physically assaulted, but nobody believes how emotionally violent he is.
- X I read publications where husbands always win.
- X State institutions have no empathy.
- X I tried to control myself, not to provoke him.

Lack of money/housing problems

- X He won't pay alimony and I have small children so I can't work.
- X I accepted the humiliation so I would not lose my home.
- X I have nowhere to go.
- X I am financially dependent on him.

Fear/denial

- X I was afraid that my children will be taken away from me.
- X I was afraid of physical reprisals.
- X I felt isolated, cried, but I was afraid of leaving him.
- X It took such a long time to realise that it is violence against me.

Hope/love

- X My husband moved to another room and it saved the situation for a while.
- X I still believed he would change.

Chapter 4

CONSEQUENCES OF VIOLENCE

As indicated previously, intimate partner violence takes various forms and has different types of consequences for victims, such as:

Physical effects

There are obvious physical injuries inflicted directly by the abuser on the victim, which depend on the degree of physical violence. The longer physical violence takes place, the more likely it will escalate in seriousness. Less immediately obvious, but still important are the indirect effects that long-term violence can cause, such as a predisposition to somatic and psychological conditions. It can create feelings of hopelessness and may lead to self-destructive behaviour, such as substance abuse and/or suicidal thoughts.

Psychological effects

Psychological effects are often more long-term, and many victims feel they are even more difficult to cope with. Violence creeps into life little by little, with its psychological effects beginning to appear over time. These include fatigue, sleeping disorders, headaches, difficulty concentrating and memory problems. Victims may also suffer from nightmares, anxiety and depression.

Violence leads to fear, which hinders all aspects of everyday life. Victims tend to blame themselves and shame makes them stay quiet. As violence continues, it crushes self-confidence and self-esteem. All this greatly reduces the victim's decision-making ability.

Social effects

Physical and psychological effects of abuse often lead to serious social problems that can hinder victims in their efforts to connect with other people during and after violent relationships. Feelings of shame or forced isolation by an abuser often causes victims to have less contact with friends and family and the scope of their social life narrows. Sexual violence in particular makes it difficult to create trust in future intimate relationships. All of these factors can also negatively affect the relationship between a victim

and her children – especially if the children have witnessed the violence. This can cause victims to be less willing or able to reach out for help.

Financial effects

Intimate partner violence can often have financial effects on the victim. The abuser can inflict damage on the victim's financial sustainability as a way to maintain control. It can also lead to many types of exploitation and evasion of responsibilities by the abuser. As a result, after a relationship ends, the victim often receives an unfair division of assets and must get by with little to no child support paid by the abuser. The victim may lack job skills to support herself after leaving the abusive relationship and may face large amounts of debt or have other financial troubles, all of which may force her into poverty.



Chapter 5

CHILDREN IN A VIOLENT RELATIONSHIP

Intimate partner violence always affects children, as they are usually aware of the violence. They may become sensitive to the tense environment and learn to be on guard. They fear for their mother, and may also become the victims of violence themselves. Exposure to violence is damaging for children of all ages. For example, children may also come to believe that violence is an acceptable way to solve disagreements, and may become aggressive or, conversely, submissive. This facilitates intimate partner violence to spread from one generation to the next.

Children want the violence to stop

This often requires parents to divorce or end their relationship. Divorce or the end of a relationship means agreeing on child care, living arrangements, payment of child support and visitation. When ending a violent relationship, it is often difficult to safely agree on issues related to children. Discuss these issues with child-protection authorities and get legal advice. Try to make clear, concrete agreements.

Children may react to violence by acting out in various ways

The child's behaviour may cause guilt and contradictory feelings in the mother. She may see characteristics of the abuser in the child's behaviour and start to think of her child as malevolent. Even after a relationship ends, violence can continue in the family among the children or between the children and the mother. If so, seek help.

There are many options for helping children

One way is to ask for assistance from the staff at the child's day-care centre, school or clinic. If they cannot help, they usually can make referrals to someone who can. Talk with children about their experiences and feelings. Give them permission to express themselves. Tell children that they are not responsible for violence committed by adults. Make sure there are adults in their lives who make them feel safe.



Chapter 6

STEPS TO RECOVERY FROM INTIMATE PARTNER VIOLENCE

Despite the complexities and severe consequences of intimate partner violence, millions of women across the world have been able to leave violent relationships, get back on their feet and live productive and happy lives. However, to do so, it must begin with the first step of reaching out for assistance and taking action. Former victims of violence have said that they have passed through the following stages to reach recovery:

STEP 1. Preparation

Former victims have said that when looking back on their relationships, abuse actually started long before they recognized it. Often the first signs of abuse appeared as early as in the dating stage. But they did not notice the signs because they did not know what abuse was, they were in denial or in love.

STEP 2. Recognition

In this stage, former victims have said, they first became fully aware that the relationship was abusive. This was often because of some occurrence that they could not 'hide' from, such as the first physical assault at them or their child.

STEP 3. Distancing yourself

At this point, former victims typically try to distance themselves physically and psychologically from the abuser. This is often necessary to try and avoid being manipulated by the abuser into 'giving them another chance.' In this stage, victims start telling others about the situation, ask for advice and look for information. Finally, the victim leaves home (often with the support of others).

STEP 4. Ambivalence

After leaving home, women are in a very vulnerable position. They are nervous because they feel insecure and unsure if they can manage on their own. They may be afraid of the abuser (that he might come after her) or he may try to demonstrate that he has

'changed his ways' and that she should come back. It is in this stage that the victim should be looking for and testing long term solutions (i.e. where to live, where to work, how to gain financial independence).

STEP 5. Acknowledgement

At some point, a plan starts to come together for the victim, when she realizes how she can be independent and take responsibility for her own life. Often times, this might be the first point when the woman actually starts feeling hopeful that she might be successful in making this change.

STEP 6. Grieving

Many former victims expressed the idea that they often felt a sense of sadness as they moved towards their new lives. This is due to several reasons. In most relationships, even abusive ones, there are moments or times of happiness, even if they are brief. If there are children involved, the sense of loss may be even stronger, as the family is 'breaking up'. Independence may also mean a loss of financial security.

STEP 7. Recovery work

Most victims of intimate partner violence require specific services to address the damage from prolonged experience in abusive situations. These services, including therapy, peer support and life management, are needed to heal the psychological and emotional scars that are not always noticeable – even to the victims themselves. These services are also very important for helping women to avoid abusive relationships in the future.

STEP 8. Building a new life

The final stage involves actively taking a new direction, such as moving into a new apartment (or a new city), enrolling in school or training, starting a new job, developing hobbies, establishing relationships and living a happy and healthy life. For victims with severe trauma, ongoing counselling or assistance may be needed. However, for nearly all former victims, even in this stage, being able to obtain periodic support, whether from friends or specialists, can be extremely useful.

Chapter 7

RECOVERY AND SAFETY PLANNING

As can be seen from the 8 steps, recovery from intimate partner violence often involves multiple points of vulnerability in which a victim may slip back into an abusive situation/relationship. The road to recovery is different for every woman but it often includes setbacks or stops in progress (or may take big leaps forward.) Even if at some point a victim goes back to the abuser, she is hopefully more aware and better prepared to continue with the process until she is eventually recovered and able to move on with a violence-free life.

It is also important to note, that sometimes, if the abuse has not been severe, has not continued for a long period of time and the abuser accepts responsibility for his actions and seeks help, he may be able to change. If this is so, then reconciliation would be possible – but only in a ‘new’ relationship – one in which he understands responsibility, she understands her rights and partners are equal.

However, neither outcome will be possible if the victim does not seek help first!

In each stage of the recovery process, a key concern must be safety. When getting help and leaving a violent relationship, this is especially true. One way to try and ensure this is through the use of a safety plan, which is used to point out any risks to safety that may arise. Key elements of safety planning are described in the next section.

SAFETY PLANNING

Safety plans should be made and updated according to your life situation, even before you are ready to leave the relationship! Guidelines for improving safety include the following:

- X Tell an outsider about the violence, for example a close friend or family member, a neighbour or a professional.

- X Think of excuses to use to get out of home, such as taking out the trash, having a cigarette, getting the post or walking the dog.
- X Think of the best escape routes from your home, and in a crisis always take refuge in a room that has an exit.
- X Save the 112 number or national helpline on speed-dial. You can store the number on your mobile under a false name.
- X Agree with a friend or family member on a code message by phone or text to alert them that you are in trouble so they can call for help.
- X Keep a bag nearby, already packed with your most important belongings, a bit of cash or a bank card.
- X Find out where you can flee: close friends, family, a shelter, etc.
- X Learn your rights, for example regarding assets and your children. You are allowed to get info without your partner's knowledge.
- X If you use a computer to find information, clear your Internet browser history.
- X If you have children, speak with them about safety and your safety plan. Teach them to call close friends, family or 112 for help. If you flee your home, try to take your children with you.
- X When you are attacked, shield your head, stomach and abdomen and call out for help so someone could hear you and call 112.
- X Compile evidence of threats and violence; write them down, keep a diary, save text messages and take photos. Go to the doctor, even if you do not want to file a police report.
- X Because violence is hard to anticipate, it is safest to leave when the abuser is not home. Take your own and your children's identity documents, insurance and bank

loan documents, important personal items and medications as well as any proof of violence with you. If you and your partner have joint assets, transfer half into your own name. Your partner may prevent you from accessing them later.

- X Change your online banking codes and other passwords if your partner knows them.

Violence does not always stop when the relationship ends; it may continue as various types of threats and harrassment. Meeting the abuser after the relationship ends poses a risk of renewed violence!

- X If violence continues, continue to compile evidence. The following will keep you safer after the relationship ends:
 - get a new, ex-directory phone number;
 - conceal your address and whereabouts;
 - get a restraining order;
 - do not stay in touch with the abuser;
 - avoid situations in which you are alone with the abuser;
 - agree on meetings, for example visitation with children, in a public place;
 - vary your daily routines and the routes you take;
 - alert people of the situation at your job, day-care and school.
- X Consider your safety when you use technological devices such as mobile phones, computers and GPS, as they allow you to be tracked.
- X Post as little information about yourself as possible on social media, and check your privacy and security settings.
- X In case of threat, request a restraining order.
- X File a report to the police.

Chapter 8

EU LEGISLATION

Violence against women is a violation of fundamental freedoms and rights, such as the right to liberty and security, as mentioned in the Charter of Fundamental Rights of the European Union (EU, 2000).

All Member States of the European Union have signed the Beijing Platform for Action (BPfA), which drew attention to the issue of violence against women in 1995. That document states that it is an important strategic objective for the international community to prevent and eliminate violence against women and makes clear demands on the governments of various states to introduce and enforce legislation to combat violence.

The EU institutions such as the European Parliament and the European Commission enacted this principle in several resolutions, directives and policy programmes and made combating all forms of violence against women part of the mandate of the EU.

The European Commission has taken important decisions towards this end, particularly drawing up the Strategy for equality between women and men 2010–2015, which stresses that gender-based violence is one of the key problems to be addressed in order to achieve genuine gender equality.

The commitments of the European Union to combat all forms of violence against women, including intimate partner violence, are also shown in the Stockholm Programme (2010–2014) in the policy area of freedom, security and justice. It requires the Commission and the Member States to introduce criminal legislation or other support measures necessary to protect victims of crime.

The European Commission also presented a 'Victims' package' in May 2011 composed of two main instruments: the European protection order applicable in civil matters and a draft directive establishing minimum standards on the rights, support and protection of victims of crime.

Both the European protection order in civil matters and the proposed new directive stipulate that „a person should be considered a victim regardless of whether a perpetrator has been identified, apprehended, prosecuted or convicted and regardless of the familial relationship” and that „victims need support and assistance even before reporting a crime”.

The Council of Europe Convention (also known as the Istanbul Convention) on preventing and combating violence against women and intimate partner violence is based on the understanding that violence against women is a form of gender-based violence that is committed against women because they are women. It is the obligation of the state to fully address it in all its forms and to take measures to prevent violence against women, protect its victims and prosecute the perpetrators. Failure to do so would make it the responsibility of the state.

The convention leaves no doubt: there can be no real equality between women and men if women experience gender-based violence on a large scale and state agencies and institutions turn a blind eye.

The convention has been signed by 33 countries and ratified by 7 countries (Albania, Austria, Bosnia and Herzegovina, Italy, Montenegro, Portugal and Serbia).

INTERNATIONAL NGOS/COMMISSIONS WORKING IN THE FIELD OF VIOLENCE AGAINST WOMEN AND USEFUL LINKS

European Institute of Gender Equality eige.europa.eu

Gender Equality. Grouping enjoying participatory status with the Council of Europe
www.coe.int/t/e/ngo/public/groupings/Gender_equality

Women Against Violence Europe www.wave-network.org

Amnesty International web.amnesty.org/actforwomen

European Women's Lobby www.womenlobby.org

International Directory of Domestic Violence Agencies www.hotpeachpages.net

References

Cycle of violence

www.domesticviolence.org/cycle-of-violence

Review of the Implementation of the Beijing Platform for Action in the EU Member States: Violence against Women –Victim Support, Publications Office of the European Union, 2012 ISBN 978-92-9218-061-4

Convention on the Elimination of All Forms of Discrimination against Women

www.un.org/womenwatch/daw/cedaw/text/econvention.htm

Signs of Abuse and Abusive Relationships, Domestic Violence and Abuse

www.helpguide.org

Open your eyes. Booklet for victims of Domestic Violence. Naisten Kulttuuriyhdistys 2001

[Link to PDF in Finnish: www.hotpeachpages.net/lang/speak/paanavausSUOMI.pdf]

[Link to PDF in Estonian: www.hotpeachpages.net/lang/speak/paanavausVIRO.pdf]

„Domestic violence should not happen to anybody. Ever. Period.” Domestic Violence Handbook, www.domesticviolence.org

Myths about domestic violence

www.womensaid.ie/help/whatisdomesticviolence/myths.html

Why domestic violence victims don't leave, Leslie Morgan Steiner, TEDxRainier, November 2012. www.ted.com/talks [Link to video]

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Get help!

If you or someone you know have been a victim of violence against women or intimate partner violence, please see the list of country help lines below in order to find help and

 AUSTRIA 800 222 555	 LATVIA 672 229 20 / 80002012
 ESTONIA 1492 / 5594 9496	 ROMANIA 112
 FINLAND 112	 SPAIN 016
 GREECE 15900 / 197	 SWEDEN 20 50 5050
 EUROPEAN HELP LINE 112	



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