



MAP OF RESOURCES

FOR THE PREVENTION AND AWARENESS
OF GENDER-BASED VIOLENCE IN
IMMIGRANT WOMEN



PROGRAM FOR AWARENESS, PREVENTION AND COMPREHENSIVE
PROTECTION ON GENDER VIOLENCE IN IMMIGRANT WOMEN AND
THEIR DESCENDANTS



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The purpose of this guide is to provide information to immigrant women residing in Spain on the resources for prevention and intervention in gender violence that exist in the Region of Murcia.

Here you will find information, telephone numbers of interest, specialized care services and the rights accessible by any woman as a current or potential victim of gender violence.



WHAT IS GENDER VIOLENCE?

Gender violence is a **problem suffered by us, women, as well as our daughters and sons** when they exist, but it affects the whole of society. **There are laws that protect you from gender-based violence** regardless of your nationality, if are legally residing here or not, or if the violence is exercised in the private sphere. In all these situations you are entitled to receive information, specialized attention and free legal advice.

It is not necessary to bring a legal action to the court in order to access these services, because the most important thing is you to take the first step and inform yourself to improve your life and your health.

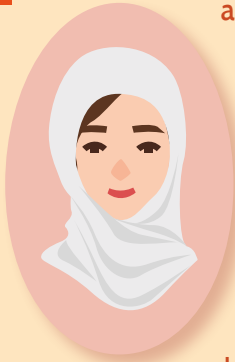


We consider gender violence when a woman is the object of any act of physical and/or psychological violence by whom has been or was her spouse or by whoever had or has had an emotional relationship with her.¹

Remember that, although gender violence takes place to a large extent in the private sphere, that does not mean that it is a private act, **since it affects us all**, and therefore, it harms society as a whole.



¹ (1st Article Organic Law 1/2004, of December 28, on Comprehensive Protection Measures against Gender Violence).



My name is Aicha (*fictitious name*), I am 33 years old and I have 4 children. I came to Spain because I married a man from my town in Morocco older than me, who lived in Spain and who regrouped me when I was pregnant. I did not speak Spanish and I felt very lonely and scared by the delivery, so far from my family. A girl was born and my husband was very disappointed as he wanted a boy. Soon, I got pregnant with the second one and that is when the physical abuse began, forcing me to have relationships, not

giving me money, being jealous and continuously contemptuous, even in front of the girls. My family advised me to hold on as everything would change I gave birth to a son for him. One day at the health centre, with the mediator, I started to cry, but I begged her not to tell anyone because I was very ashamed, since I thought it was my fault and I was afraid of being left alone and have my girls taken away because I believed I had nowhere to go. I finally got pregnant with a boy, however, things did not improve, it got worse every day: more contempt, more relationships that I did not want, much more after the fourth being another girl.

Little by little, I have been learning Spanish and after 10 years I have decided to report: I asked for help in an association, and they have accompanied me in all the steps. At first it was very difficult, but my daughters and my son were suffering a lot, that is not the future I want for them. Now I want them to study, so they can have good jobs tomorrow. I have done a training and I hope that very soon I can start working and get ahead. The only thing I want is to live in peace.





My name is Paola (*fictitious name*) and I was a kindergarten teacher in Colombia. I arrived with a tourist visa 4 years ago and I left my only daughter with my mother there. I started to work as an intern in various jobs where I was not treated well. Then I met José Antonio, who was Spanish and, although we saw each other very little, he made me feel like a queen. He convinced me that it was better for me to work less so that we could spend more time together, that

he was going to take care of me, that he was going to help me fix my papers through a friend and that way I could bring my little girl from Colombia very soon, which is my dream. He was a kind and thoughtful man, except when he drank: he would scream, get jealous and tell me that I was only his. At first, even though he made me uncomfortable, I told myself that it was because he loved me. One day we had a fight because I accepted a job without his permission and there were the first insults and the first shoves. I left, but he looked for me, begged me for forgiveness and asked for my passport with the excuse of preparing the documents for our wedding, and he never gave it back to me using excuses.

My friend sent me the emergency telephone number and urged me to call 016 to get information about my documents, but I did not want to call, I did not think he was mistreating me, I did not trust anyone, I felt a lot of anxiety and I was very afraid to be expelled from Spain.

One morning he became very violent and threatened me to kill me if I left him. He scared me, I locked myself in the bathroom and called 112. I wish I had made that call much earlier. The police helped me retrieve my passport and informed me of everything so that I could report and request a restraining order. Through the social worker, I now go to a service that is helping me to recover psychologically and to regularize my papers. I'm having a hard time, I feel very lonely, I was in love with him, I never thought that all this could happen to me...



Intimate partnerships should be a source of well-being and are of great importance in our lives. Unfortunately, these relationships are often a source of discomfort, difficulties and emotional dependence, instead of being lived from the point of view of love, complicity and autonomy.

The education received, the bad experiences and the lack of support and understanding towards what we feel as women, sometimes make us consider as “normal” certain actions and/or thoughts that are pure acts of violence which we have become accustomed to.



These behaviours can be placed on a scale that ranges from the highest severity (such as physical assaults or death) to milder forms of violence that sometimes go unnoticed, but cause great psychological damage to the woman who receives them.

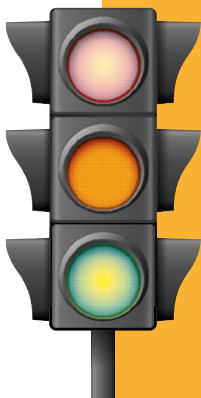
HOW HEALTHY IS MY RELATIONSHIP??



CAREFULLY IF...

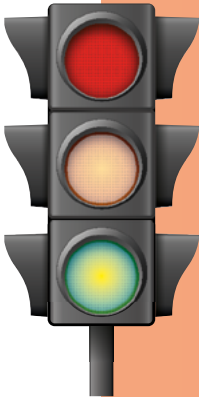
- He lies or cheats on you.
- He ignores you.
- He is jealous or possessive.
- He manipulates or blackmails you into doing what he wants.
- He blames you for all his problems.
- He ridicules or offends you.

REACT IF...



- He controls you and/or spies on you.
- He takes revenge on you by breaking your things.
- He controls your money.
- He undervalues or disqualifies privately or in presence of other people, even your children.
- He aggressively strokes you and/or hits you "playing".
- He pushes or pulls you for you to do what he wants.
- He forces or prevents you from using contraceptive methods.
- He retains your documentation and/or your children's.

ACT WITH NO DOUBTS IF...



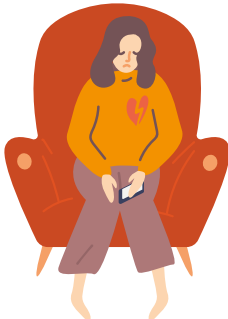
- He abuses you verbally and/or psychologically on a regular basis.
- He does not let you work or study.
- He prevents you from or makes it difficult for you to see your family, friends or neighbours, and little by little he isolates you.
- Sometimes you are very scared.
- He pressures you to have sex or forms of relationships that you do not like.
- He has hurt you physically.
- On some occasion, he has locked you up so that you can't get out.
- She has threatened you with death and/or with objects and weapons.
- You have been afraid for your life.

If you recognize one or more of these behaviours in your relationship or ex-partner, we recommend you to use the resources detailed below.

TEST FOR HIM AND FOR HER

Test yourself and share it with friends if you think they may need it:

<https://web.ua.es/es/dia-violencia-genero/documentos/25n-2012/campana-semaforo.pdf>





RESOURCE BANK FOR INFORMATION AND HELP

If you suffer gender violence in any of its forms, read this information carefully and try to memorize the emergency numbers in case you need to use them in the future.

There are a number of social and economic resources to help you and your daughters and sons depending on the situation in which you find yourself.

1. 016 Is the telephone service for all forms of violence against women.



If you or someone close to you is suffering some type of gender violence, this free and confidential telephone number offers information, advice and psychological support 24/7.

You can speak to them in up to 53 languages and it offers information, both to victims and to people around them, and refer calls to other more specialized services when necessary.

This number will not appear on your invoice, but it must be deleted from the call history of your phone.

Accessibility for people with hearing and/or speech disabilities.



SVIsual: <http://www.svisual.org>



Telesor: <https://www.telesor.es>



DTS / teletext: 900 116 016



Tel: 016



016-online@igualdad.gob.es



WhatsApp: 600 000 016

OTHER INSTITUTIONAL RESOURCES



W **Delegation of the Government against gender violence.**

Ministry of Equality. <https://violenciagenero.igualdad.gob.es>



W **Equality and gender violence prevention website.**

Region of Murcia <https://igualdadyviolenciadegenero.carm.es>



W **Guía de derechos para las mujeres víctimas de violencia de género.**

Ministry of Equality.

<https://violenciagenero.igualdad.gob.es/informacionUtil/derechos/docs/guiaderechos.pdf>

2. 112 Is a telephone available to all citizens, for any type of emergency, free of charge, 24/7.

It provides emergency care to health and social services and has a telephone translation service.



his service allows you to have a MOBILE APP installed on your phone for the entire REGION OF MURCIA, which in an emergency situation sends your GPS position, allows you to use text chat in case you cannot speak and offers simultaneous translation if the language is different from Spanish. It is also accessible to people with hearing and/or speech disabilities.



3. CAVI: Specialized Attention Center for Women Victims of Violence.



CAVI is a free service for women victims of gender violence, Spanish or foreign, who have suffered or are suffering any act of gender violence (physical, psychological, economic and/or sexual) by their partner or ex-partner.

In this service, you will receive psychological care adapted to your situation, personalized advice and management of different resources, information and legal advice, and it also has a translation service.

Moreover, referral to the Psychological Attention Service for Minors Exposed to Gender Violence and other necessary resources is managed by them as well.



INFOLINE FOR APPOINTMENTS CAVI 900 710 061

**REMEMBER: A PRIOR COURT ACTION IS NOT NECESSARY
TO BE SERVED IN THESE RESOURCES.**

IN AN EXTREME EMERGENCY SITUATION



If you live in a situation of gender violence, the most important thing is the protection of your life, your physical integrity and the safety of your sons and daughters.

Try to have your things prepared for a possible flight from home that allows you to leave the house quickly and avoid further complications.

We recommend you take:

- Identity document (Residence Card or Passport) for you and your children and / or photocopies.
- Family book and health cards or photocopies.
- Set of home and car keys.
- A change of clothes for you and your children.
- Mobile phone charged.

You can give photocopies of the documentation to someone you trust to keep them safe.



**SHOULD YOU HAVE ANY DOUBT?
WE HELP YOU
SOLVING THEM:**

Our specific situation may cause us to raise questions and concerns about our case.

We have put together a series of answers that can help you.

What if I suffer gender violence, BUT I STILL HAVE NOT DECIDED IF I WANT TO BRING IT TO COURT?

- First, you need to communicate the situation in which you find yourself to your family or trusted friends so that they can accompany you and offer the emotional support you need.
- Call the specialized telephone 016, where you can be offered help and advice without any type of engagement, in multiple languages.
- The decision to report or not is made by each woman. However, you must know that, if you report it, you will enter a judicial process in which you access **possible protection orders and economic and social aid** (employment, housing, rent, Active Insertion Income-RAI / Minimum Vital Income - IMV).
- In case of emergency, you can go to your health care centre and/or emergency centre, or call 112.



What if I suffer gender violence, BUT I HAVE NO DOCUMENTS?

- Even if you don't have documents, **you are equally entitled to report and to request free legal assistance.** In addition to this, once you have obtained a protection order, a report from the Public Prosecutor or Social Services, you are entitled to obtain a residence and temporary work authorization for yourself and for your minor children.
- If your residence permit is issued for **family reunification** dependent on your aggressor, you can obtain a residence permit and an independent employment.

What's going to happen with MY CHILDREN?²

- Regarding the custody of children, each case is unique and requires **personalized legal advice** to study the possibilities and resources available for the well-being of minors. If there is no sentence that indicates that the abuser exercises violence against the sons and daughters, the normal thing is that a visitation regime is decreed.

And what if I suffer gender violence and I AM UNDER?

- If your partner or boyfriend controls you or physically or psychologically abuses you, you should call 016 and seek the help of your family.
- If you feel that your parents or family are a threat, in addition to calling 016, you can go to the police, social services or a hospital. It is very important to ask for help.
- If I have been a victim of any type of sexual violence, the process is the same. It is recommended to go to a medical centre or hospital previously.
- Remember that no one, not even your parents, can force you to get married, much less if you are a minor. Call 016, go to social services or talk to a teacher you trust.
- If it is your daughter who is suffering violence, inside or outside home, you should call 016 or contact social services or the CAVI centre in your area as soon as possible.



² Your minor sons and daughters and the minors subject to your guardianship, or guardianship and custody, are victims of this violence and Organic Law 1/2004 recognizes them a whole series of rights established within articles 5, 7, 14, 19.5, 61.2, 63, 65, 66 and in Additional Provision 17. (Articles 23, 26 and 27.3 of the Organic Law 1/2004, of December 28, on Comprehensive Protection Measures against Gender Violence).



SHOULD YOU NEED FURTHER INFORMATION,
PLEASE DO NOT HESITATE TO CONTACT US AT:



MujeresLibresYSeguras




@mujereslibresy1



mujeressegurasylibres



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UNIÓN EUROPEA

FONDO DE ASILO,
MIGRACIÓN E
INTEGRACIÓN

Por una Europa plural

This action is developed within the framework of the project Program for the awareness, prevention and comprehensive protection of gender violence in immigrant women and their descendants "Safe and free women" developed by Asociación Columbares