

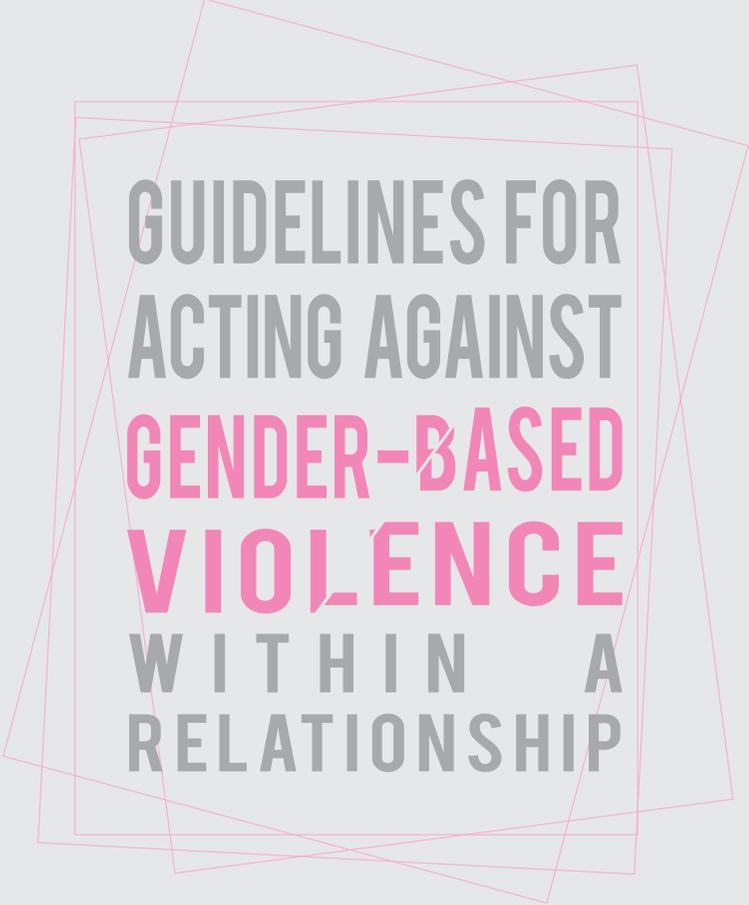
**GUIDELINES FOR
ACTING AGAINST
GENDER-BASED
VIOLENCE
WITHIN A
RELATIONSHIP**



Instituto de la Mujer
CASTILLA-LA MANCHA



Castilla-La Mancha



**GUIDELINES FOR
ACTING AGAINST
GENDER-BASED
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RELATIONSHIP**

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*“The safety and survival
of women who are victims
of gender-based violence
is closely related to
the gains and rights
that women as a whole
may achieve”*

Ángeles Álvarez

Equality between women and men is one of the most appreciated values of advanced democracies such as Spain and, particularly, Castilla-La Mancha. However, while legal equality is a fact that should be irrefutable, a large number of barriers still exist today that prevent equality from being fully effective.

These obstacles are expressions of gender-based structural inequalities – precisely those where the origin of male violence lies – and, as has been said, have not yet been completely overcome, which means that women cannot fully enjoy their rights and freedoms, the public space and, in general, their human rights.

People's concern about violence perpetrated against women has been generating increasing awareness of the causes and consequences of gender violence. The male chauvinism that imprisons many women in the cage of psychological, physical, sexual, financial, environmental and other kinds of abuse also cuts short the lives of many others for no other reason than belonging to the female gender, causing, as well as the irreparable loss of a life, a great deal of suffering in their loved ones, especially their children, who are also direct victims of this violence.

This scenario of social injustice for women also harms society as a whole, since discrimination and violence mean that half the population's capabilities

are not put to full use. Consequently, equality policies and those specific to gender-based violence are the main instruments for removing the impediments that sustain situations of inequality and violence.

Fortunately, violence against women and their children is no longer a problem confined to the private and family sphere; however, we have to be aware that on numerous occasions it continues to remain silent and unseen, even normalized and reinforced by the persistence of male stereotypes and roles.

One of the most cruel forms of gender-based violence occurs within an intimate relationship, either current or past, leading to great devastation for women and their children. Particularly worrying is the violence of control exerted over young girls, limiting their freedom to exercise their right to develop their personality according to their own wishes and expectations. In this regard, we should remember how gender-based violence has expanded through the use of ICTs.

But we should not ignore other dramatic forms of male violence, such as the sexual trade of women and girls, sexual harassment or harassment at work for reasons of sex, female genital mutilation, forced or arranged marriage, or the different manifestations of sexual violence that have been generating so much social concern in recent times.

In Castilla-La Mancha we are combating gender violence and male chauvinism law in hand. With the impetus provided by the Institute for Women, professionals and experts, women's associations and feminist organizations, in 2018 all the members of the Regional Cortes unanimously passed the Law for a Society Free of Gender Violence.

The efforts made by all of us in recent years have led us to obtain:

- more resources and aid for female victims of gender-based violence and their children*
- more equal opportunity in education*
- more prevention and awareness-raising*
- more visibility of and attention to sexual violence and other manifestations of violence against women.*

After three years of hard work and sisterhood alliances, today we have a courageous law, with identifiable measures and a budget to implement them, one which recognizes the various manifestations of male violence and incorporates the guidance set by the State Compact against Gender Violence.

This is the context in which this guide operates, aiming to be a useful and agile instrument for understanding what gender-based violence is, how to identify it and what we can do when faced with it. Here

you will find the resources to prevent gender-based violence, and also the means to provide the necessary integral and specialized intervention that supports the full recovery of its victims.

Ending violence against women is the responsibility of society and of men as well. Abusers, rapists, assailants, sex traffickers, harassers... have no place in an upstanding society like that of Castila-La Mancha. It has become essential to commit to masculinities that oppose the hegemonic model in order to continue moving towards a more equal, balanced and inclusive society.

As we stated, gender-based violence manifests itself in many ways but has only one motive: male chauvinism, which perpetuates and legitimizes violence; and only one person is responsible for it: the perpetrator, for nothing, absolutely nothing, justifies violence.

Araceli Martínez Esteban

Vice Councillor and Director of the Institute for Women

***In the face
of atrocities we
have to take
sides (...)
Silence
encourages
the tormentor***

Elie Wiesel

Nobel Peace Prize winner

1986

“This guide provides information and guidance on gender-based violence within a relationship with a partner or former partner.

However, the services attached to the Castilla-La Mancha Institute for Women serve and support the victims of sexual assault as well as all other forms of gender violence recognized under Act 4/2018 of 8 October for a Society Free of Gender Violence in Castilla-La Mancha.”

INDEX

You are a woman in a situation of violence	1	13
The Concepts	1	15
Warnings	1	18
The Abuser	1	20
Defensive Strategies of the Abuser	1	23
The Stages of Violence	1	25
Psychosocial Characteristics of Women in a Situation of Gender-Based Violence	1	26
Forms of Gender-Based Violence	1	28
The Progression of Gender-Based Violence	1	33
Gender-Violence Pyramid	1	34
“Red Flags”	1	36
The Jigsaw of Control/Power	1	38
Cycle of Violence	1	39
Learned Powerlessness	1	42
Indicators of Violence	1	44
Other Forms of Violence: Harassment	1	45
Roulette of Domination and Control	1	46
Roulette of Equality	1	47
Myths about Gender-Based Violence	1	51
What is Rape Within a Relationship?	1	54

You are a woman in a situation of gender violence

When your boyfriend, husband or partner beats you up, insults you, threatens you, makes you feel humiliated, stupid and useless...

YOU ARE A WOMAN IN A SITUATION OF VIOLENCE

If he prevents you from seeing your family or staying in touch with your friends...

YOU ARE A WOMAN IN A SITUATION OF VIOLENCE

If he doesn't let you work or study...

YOU ARE A WOMAN IN A SITUATION OF VIOLENCE

If he takes the money you earn or doesn't give you what you need for the family's basic needs, when he could do so...

YOU ARE A WOMAN IN A SITUATION OF VIOLENCE

If he controls you, harasses you and decides for you...

YOU ARE A WOMAN IN A SITUATION OF VIOLENCE

If he belittles you or makes fun of your actions...

2	59	Benefits and Risks of Breaking Up
2	61	Psychological Intervention
2	68	The Trap of False Signs
2	70	Time, Effort and Courage
2	71	Women's Rights
2	72	Family Mediation
2	73	Mediation Banned in Situations of Violence
2	77	How to Act When Suffering an Assault
2	81	Legal Defence
2	99	Starting family proceedings
2	106	The Doctor(s)
2	108	What to Do When Being Violently Attacked
2	110	Plan your Flight
2	113	Safety Measures
2	119	The Family
2	121	Sons and Daughters
2	124	What is Parental Child Abduction?
2	130	Threat Therapy. Parental Alienation (PAS)
3	135	Organic Law 1/2004
3	137	Act 4/2018 of 8 October for a Society Free of Gender Violence in Castilla-La Mancha
3	149	Resources Against Gender Violence
3	151	Specialized Programmes of the Castilla-La Mancha Regional Government
4	171	Phrases
	175	Bibliography

YOU ARE A WOMAN IN A SITUATION OF VIOLENCE

If he punishes you by refusing to talk to you or remains deaf to your protestations...

YOU ARE A WOMAN IN A SITUATION OF VIOLENCE

If you are constantly being undermined in the presence of your children, inviting them to ignore you...

YOU ARE A WOMAN IN A SITUATION OF VIOLENCE

If he imposes sexual relations on you.

The concepts

VIOLENCE

From Latin. Derived from the word vis, "strength", "power". By **violence** we understand acts of physical or psychological coercion exerted on a person to undermine their will and force them to perform a particular act.

"... Violence is almost always exerted to intentionally subjugate another person. Whoever commits an assault seeks to impose their point of view on the other. The victim of violence, for her part, has her personality nullified to some extent."

Andrés Montero Gómez

Psychological violence is:

"... the hardest one to delimit.

It involves something more serious than an insult.

It includes:

- *Intense and continuous humiliation.*
- *Threats of physical violence.*
- *Constant control and monitoring of the other's actions.*
- *Mood swings without any logic.*
- *Continuous disapproval..."*

Javier Medina

1
19

"The difference between assault and abuse is defined by its objective. While aggression is defined by the injury it causes, abuse is described by words such as subjection, humiliation, dominance, fear, enslavement, etc."

Quoted by Dr. Juan Antonio Cobo Plana

"In abuse the effect caused far exceeds the physical action behind it."

Dr. Juan Antonio Cobo Plana

"Abuse is any behaviour aimed at controlling and subjugating another human being by resorting to fear and humiliation, and through physical or verbal attacks."

Susan Forward

"Sadistic, repeated and prolonged aggression occurs above all in situations of bondage (...) especially when the victim is a captive or is incapable of escaping the tyranny of her tormentor and is subjugated by physical force or by financial, legal, social or psychological impositions. (...) The chains and walls of the home cannot be seen clearly, they are almost always invisible, though no less real or insurmountable."

Luis Rojas Marcos

The perfect outcome of aggression is for the victim to admire her tormentor.

Victoria Sau

1
17

"The laws may set the capital principles; (...) but those fundamental requirements will have barely any value if we do not add to them the immediate impulse to adapt social circumstances in egalitarian terms to the enacted law."

Pérez del Campo Noriega, A M.

"Reform for reform's sake has little chance of resolving the problems of violence against women. Those can only be resolved by creating new non-patriarchal social relations."

Cecym Documents

"Violence against women is a cornerstone that illustrates the limited concepts of human rights and highlights the policy of abuse against women.

- *It is not random violence.*
- *The risk factor is being a woman.*
- *The message is domination: either you stay in your place or you will have to fear.*
- *Violence against women is paramount in maintaining those political relationships in the home, at work and in every public sphere."*

Lori Heise

1 Warnings

18 He does not hit you for being tall or short, fat or thin, stupid or smart, a graduate or an illiterate...

he hits you for being a woman.

“This irrational craving for dominance, for control and for power over the other person is the primary force that fuels domestic violence between couples.”

L. Rojas Marcos

- What is happening to you **is happening to many women** in our country and the rest of the world.
- It occurs in **all social groups**, without distinction of age, social class, religion or race.
- Abusers do not only come from fringe sectors. They can be lawyers, journalists, policemen, doctors, judges, politicians, civil servants, military men, etc.
- The man who beats a woman uses violence as an effective tool for dominating and instilling fear.
- The abuser has strongly internalized the traditional values of male superiority.

- Violence is, in many cases, a desperate attempt to regain lost supremacy in the only area where he can exercise power with impunity.
- The abuser is convinced that you belong exclusively to him and, as a result, he can do whatever he likes with you.
- In many cases, the assailant justifies his violent conduct by attributing it to your inappropriate behaviour, because you do not respect his wishes or do not give him the all-absorbing attention he requires.
- The abuser will try to “educate” and “correct” you so that you will play the role he has assigned you within the home. He has a rigid, stereotyped and sexist conception of masculinity and femininity.
- The victim will often blame herself for a situation that puzzles her.
- You will start to be vigilant for unexpected attacks of anger and for behaviours you will never be able to control.
- You should know that all your attempts to channel the situation will be useless.
- You are not to blame for his lack of self-control. **You are the sounding board and the victim of his frustrations.**

The abuser

basic concepts

- He uses violence to break down the victim's will.
- The foundations of his domestic abuse are determined by age and gender.
- He is not mentally ill.
- He selects the victim and chooses the place of the attack.
- He has sexist attitudes and stereotypical beliefs about women.
- He sees his power within the family environment permanently threatened.
- He imposes social isolation from the family environment as a strategy to break down his partner's independence and self-esteem. Imposing isolation often goes beyond the psychological and descends into physical immobility in which he keeps his partner sequestered within the home itself.
- He constantly criticizes, seeking to create insecurity and foster dependency.
- He does not take responsibility for his violent acts, nor does he consider that he has a problem.
- He has considerable persuasive powers. With strangers he uses seduction to impose his criteria.
- He rationalizes his violent behaviour, justifies and minimizes it.
- He uses all sorts of strategies to achieve a single goal: to prevent the woman from getting away or to force her to return to his side.
- He attributes the problem to the conduct of the victim, of the family, to work or to the socio-economic situation.
- His social image is in direct contrast to the one he has in the private domain.
- Outside the home he can be well-mannered, upbeat, friendly, seductive, caring, attentive, respectful.
- One of his strategies is to convince the woman that she cannot live without him, when in reality he is the one who "functionally" depends on her.
- He manipulates his partners, exercising control over their material assets.
- He uses visits to his children to get close to his victim and continue to abuse her.
- He tends to manipulate and tries to seduce the professionals with his double-faced game.

- He views his emotional balance as being dependant on having absolute control over the other.
- He always asks for a second chance.
- He blames jealousy for invading and controlling the woman's life.
- He usually has a history of violence in his birth family.
- He will repeat his violent conduct in any successive relationships he has with other women.

“You cannot tell a violent man from general “male normality.” He may be friendly, seductive, attractive and “gentlemanly”, with the attitudes of a model citizen. This allows him to disguise himself and go unnoticed in the world outside his own family, to hold a doctorate from a university, to be a government official, a teacher, a psychologist, an actor, a judge, a businessman, a worker, a policeman, an athlete, a politician, an unemployed worker, a doctor, a cook or a scientist.”

Graciela Ferreira

The abuser's defensive strategies

The defensive strategies used by the assailant obtain excellent results by **transferring responsibility for the assault to the victim**, causing a **double victimization** when he declares that she lies, is crazy or provoked him.

THEY
JUSTIFY

He rationalizes the attacks in a way that puts a positive spin on what he did.

THEY
MINIMIZE

He downplays the importance of the aggression to distance himself from the damage he caused, arguing that it was not so serious: *“I didn't hit her, I only pushed her.”*

THEY DIVERT THE PROBLEM

They tend to blame their behaviour on being unemployed, on too many expenses, on their problems with alcohol, etc. Through this mechanism they shift responsibility to issues unrelated to themselves.

THEY FORGET

They maintain that they does not remember, that they are not aware of what they are being blamed for. They openly deny the attacks, using this mechanism as a defence to undermine the credibility of the victim's narrative.

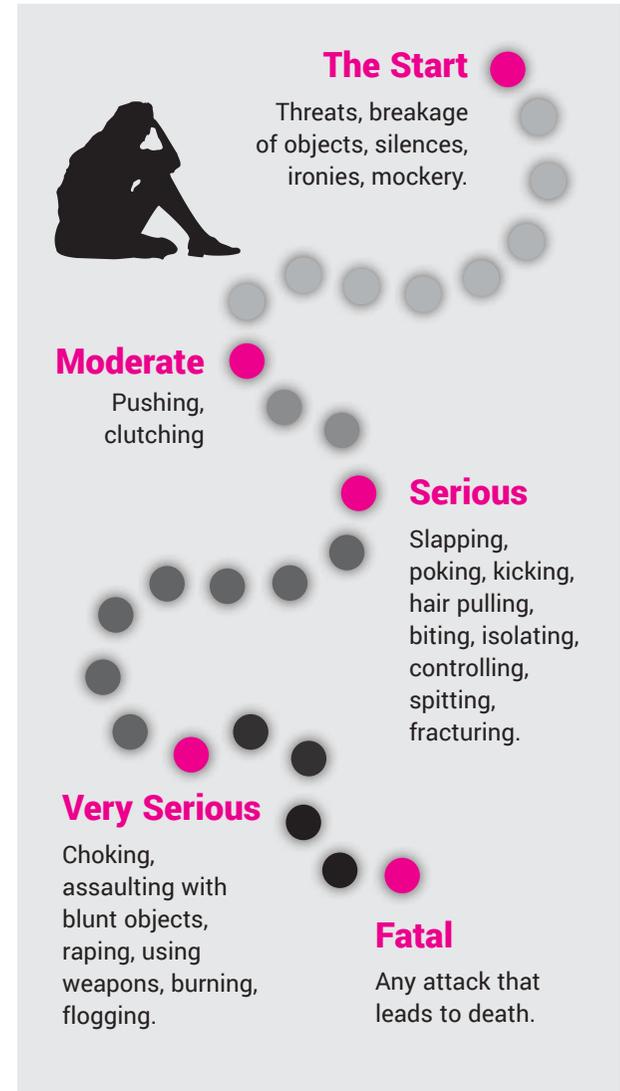
THEY RATIONALIZE

They are consistent in their explanations of conducts and facts. The real explanation and motivation would not be accepted by the moral authority of personality if the social environment did not accept such behaviours to be legitimate.

THEY PROJECT

They attribute responsibility for violent conduct to the victim.

The Stages of Violence



Psychosocial characteristics of women in a situation of gender-based violence

These characteristics should be considered as **after-effects**, not as precursors of abuse

- self-esteem.
- Internalization of male chauvinism, of dependency on males and, in general, on all figures of authority.
- Fear.
- Stress.
- Acute psychological shock.
- Anxiety attack.
- Depression.
- Disorientation.

- Reclusion and isolation caused by continuous social deprivation.
- Submission/Subordination/Dependency.
- Uncertainty.
- Doubts and indecisions due to emotional block.
- Takes responsibility for events (self-blame).
- Demotivation, lack of hope.
- Lack of real power to resolve the problem (Helplessness/Indecision).
- Experience and transmission of sexist roles.
- Generally a parental history of family violence.
- Little or no leeway in taking decisions about life as a couple and about her own life.
- Low internalization of social and democratic values.
- Severe eating disorders. (bulimia/anorexia).
- Sleep disorders.
- Irritability and unwarranted reactions of outrage.

1 Forms of gender-based violence

Pressure tactics. Bullies, manipulates the children, threatens to withhold money.

Disrespect. Interrupts, doesn't listen, doesn't answer, manipulates the interpretation of your words, berates your friends and family. Does not respect your rights or opinions.

Abuses authority and trust. Invades your privacy, does not respect your correspondence, reads your diary, listens to your phone conversations. Interrogates your children about your activities, punishes you with silence.

Does not keep his promises. Fails to abide by agreements, assumes no responsibility, does not assist in the care of the children and does not involve himself in household chores.

Emotional tyranny. Does not express feelings, does not offer support, does not respect your feelings.

Financial control. Denies you the right to work or interferes in your work. Prevents you from accessing money.

Personality-destroying behaviour. Alcohol or drug abuse. Threatens suicide.

Isolation. Prevents or hinders you from seeing friends or family, controls your correspondence and phone calls, tell you where you can and where you can't go.

Harassment. He calls you constantly on the phone in an unhealthy urge to control you. Follows you.

Bullying. Angry and threatening gestures. Intimidating physical proximity, flaunting of physical strength. Shouting, reckless driving of vehicles.

Destruction. Destruction of possessions, breakage of objects against walls.

Sexual violence. Degrading treatment of your sex, coercion to have sexual relations against your will (rape may or may not involve physical force.)

Physical violence. Hitting, punching, hair pulling, slapping, clutching, biting, kicking, bone fractures, bruising, arm twisting, pushing, strangling attempts, causing a miscarriage, throwing against walls, throwing objects, using weapons, burning, murdering.

Verbal violence

Degrading remarks, insults, humiliating observations about a lack of physical attractiveness, inferiority or incompetence. Shouting, insulting, accusing, jeering, swearing, making humiliating gestures.

Over time **continued humiliation destroys self-esteem and seriously affects dignity.** A woman in a situation of gender-based violence starts out in a process in which she accepts criticism and ends by understanding and approving violence as "punishment for her faults".

It also includes threats of physical violence and verbal eruptions of violence. Death threats are frequently reported by victims of gender-based violence. It is a widely-used resource by the abuser and is often put in practice.

Emotional violence

It is aimed at depriving the victim of self-esteem.

It includes:

- The destruction of objects with special sentimental value.
- Abuse of pets.
- Deprivation of basic needs (food, sleep, etc.).
- Insistence on considering the victim to be crazy, stupid or useless.
- Blaming her for everything that happens.
- Ignoring her presence.
- Looking at her with contempt.
- Expressing jealousy and continuous suspicions.
- Leaving her in the lurch.
- Never explaining anything to her.
- Lying to her.
- Inducing her to suicide and/or threatening her with committing suicide himself.
- Treating her like a little girl.
- Alternating between praise and humiliation.
- Giving her gifts and then taking them back.
- Undermining her before her children.

- Demanding that she guess his thoughts, wishes or needs.
- Hitting doors.
- Inspecting her drawers and belongings.
- Opening her personal correspondence and listening to her telephone conversations.

The effect is cumulative and over time their repetition has destructive consequences on the victim's personality.

Financial violence

This occurs after seizing control of their financial resources.

The abuser usually provides insufficient maintenance for the family's needs and blames the woman for being "incompetent", accusing her of not "managing" properly.

This implies that women are not involved in making decisions about how to manage spending money.

Social violence

He controls external relationships (family, friends, phone calls).

He sabotages family encounters.

He prevents the woman from going to activities with him or forcibly imposes her presence.

He does not assume responsibility for his children.

He plays the victim in public, saying that she abuses him.

He reports the victim to the police.

This includes constant control of activities, leading the victim to isolate herself so as not to infuriate the abuser. He thus avoids “exposing himself” to friends or family.

The victim becomes accountable for every one of her movements.

The result for the victim is public humiliation and self-isolation.

Violence within a relationship does not start suddenly

The process involves incremental mechanisms.

The abuser’s control tactics may differ from one to another and the progression towards gender-based violence is usually very slow, blurring any identifying signs to the point that it becomes very difficult to recognize them.

At the start of the relationship, the controls will be less severe and will be disguised by “good intentions”, making it difficult to identify them clearly.

These behaviours will almost always end up by making you a victim of gender-based violence.

The progression of gender-based violence



Gender-Violence Pyramid

Escalation

Genesis of dependency and isolation

There is a wide range of coercive tactics he can apply, such as taking financial control, persuading you to leave work, distancing you from those who may give you support.

“Suggesting” that you spend too much time with your friends or family and too little with him.

The apex

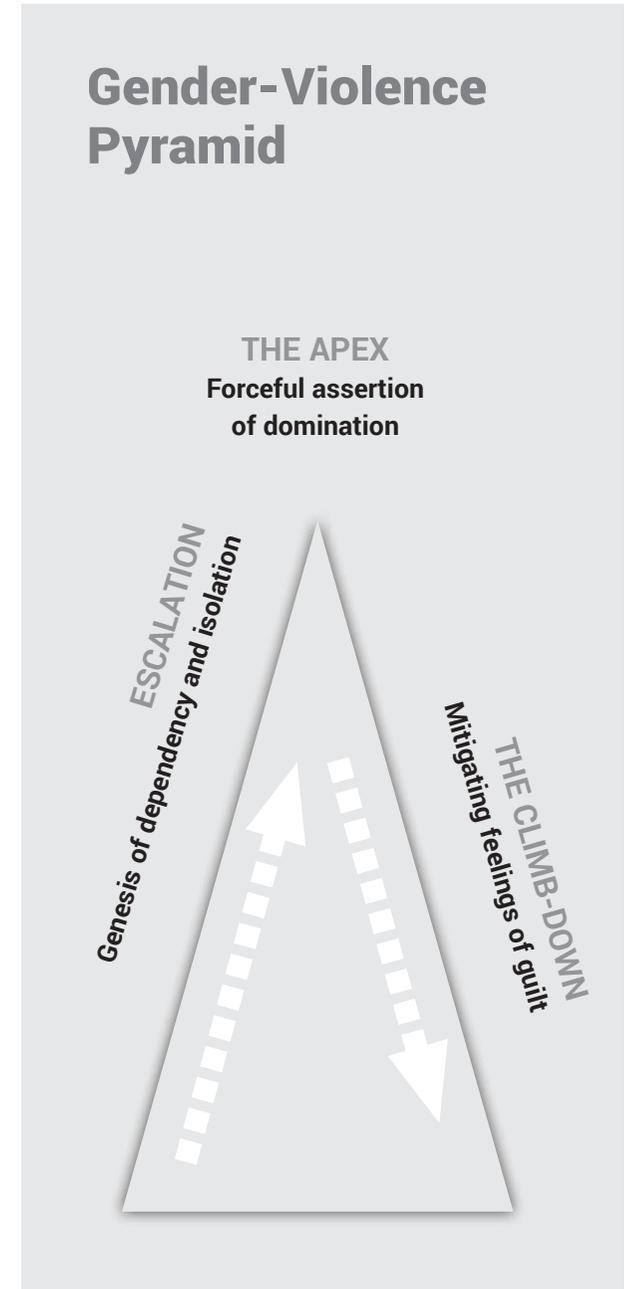
Forceful assertion of domination

This is an intensely forceful reaction intended to frighten and definitively establish control. It usually involves physical assault or also the use of serious threats, or the destruction of objects owned in common or by you.

The climb-down

Remorse

This is a process intended to mitigate feelings of guilt. It causes bewilderment and creates false expectations in the victim.



"Red Flags"

Learn to observe and detect the behaviours that gradually determine the process leading to a violent relationship by answering these questions:

	YES	NO	SOMETIMES
1. He regularly monitors my time.			
2. He is jealous and possessive.			
3. He accuses me of being unfaithful and of flirting.			
4. He constantly discourages me from going out or seeing friends or family.			
5. He does not want me to study.			
6. He does not want me to work.			
7. He controls my spending and holds me accountable.			
8. He humiliates me in front of others.			
9. He breaks and destroys objects of sentimental value.			
10. He threatens me.			
11. He assaults me.			
12. He forces me to have sex.			
13. He attacks the pets.			
14. He undermines me in front of my children.			
15. He competes with my children for my attention.			

If you have answered:
YES, SOMETIMES in boxes **1, 2, 3**
You are in the starting process for potential abuse.

If you have answered:
YES, SOMETIMES in boxes **4, 5, 6**
You are in the process of being made dependent.

If you have answered:
YES, SOMETIMES in boxes **6, 7**
You are in the process of being subjected to financial control.

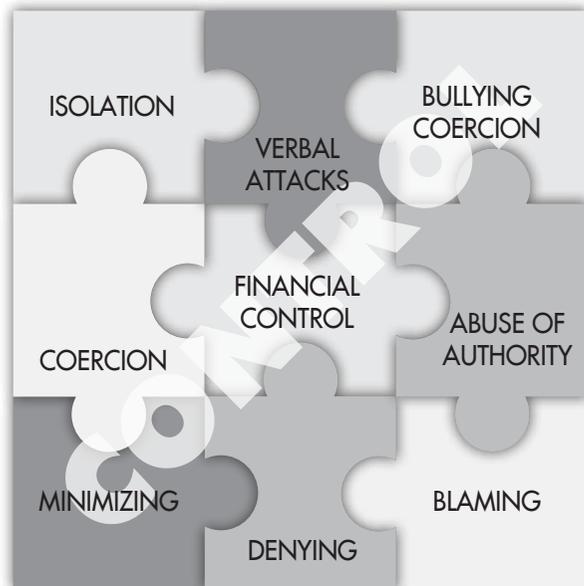
If you have answered:
YES, SOMETIMES in boxes **8, 9, 10, 11**
You are in a process of very serious abuse.

If you have answered:
YES, SOMETIMES in box **12**
You suffer sexual abuse.

If you have answered:
YES, SOMETIMES in boxes **13, 14, 15**
You are experiencing psychological/emotional abuse.

Control/Power Jigsaw Interconnected Behaviours that Configure the Control Mechanism

- Isolation.
- Verbal attacks.
- Bullying.
- Coercion.
- Financial control:
- Abuse of authority.
- Minimizing/denying/blaming.



Cycle of Violence

This cycle occurs over increasingly shorter periods as violent behaviours are repeated.

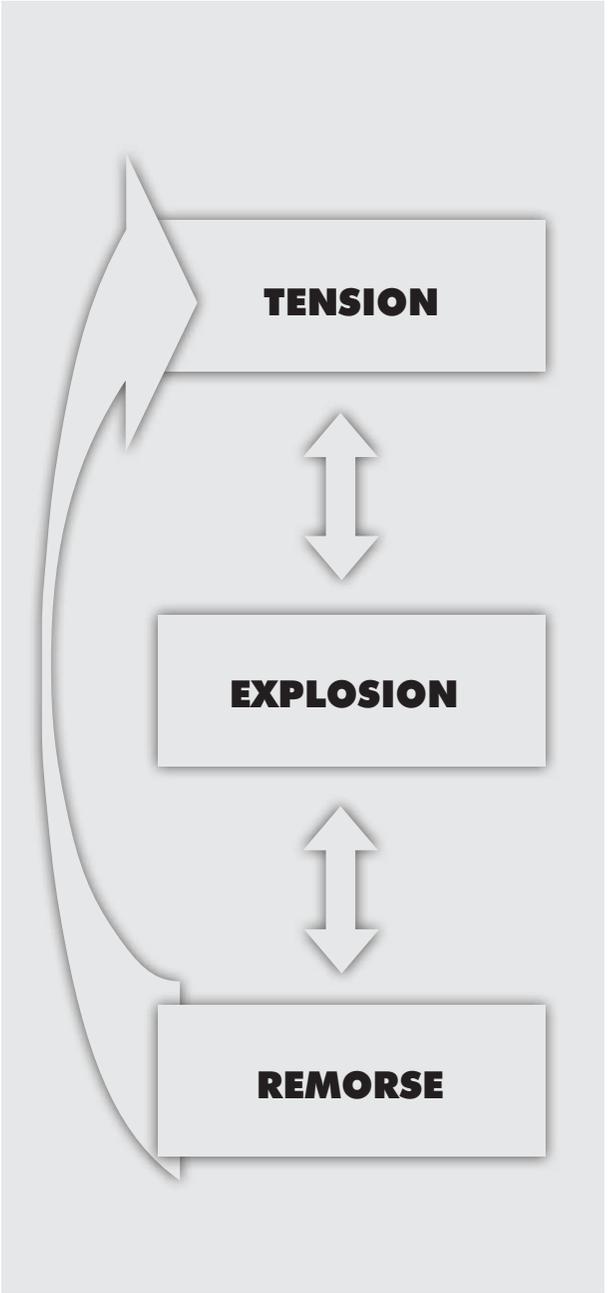
The process of remorse will only occur after the first occasions of having attacked you.

As you gradually accept this cyclical show of remorse, the process will shorten until it completely vanishes.

At this point the abuser's impunity will be complete and the risk to your integrity will be at its highest. Violence will suddenly erupt without any justification or control on your part.

In the process of violence
it is important for you
to remember that the attacks
will become increasingly
frequent
more intense and dangerous,
since this cycle
is unstoppable

TENSION	PHYSICAL VIOLENCE	REMORSE <i>(false emotional manipulation)</i>
<p>You will detect it by observing unexpected and sudden mood swings.</p> <p>•</p>	<p>Uncontrolled release of built-up tension in the first phase.</p> <p>•</p>	<p>The man asks for forgiveness and promises not to be violent again.</p> <p>•</p> <p>Recognition of guilt.</p> <p>•</p>
<p>These are aggressive reactions to his frustrations or to any inconvenience.</p> <p>•</p>	<p>It ends when the tension has been defused and he becomes aware of how serious the events were.</p> <p>•</p>	<p>Resurgence of the relationship.</p> <p>•</p> <p>The woman forgives him because she wants to believe that this will be the case, at the same time fearing that it will repeat itself.</p> <p>•</p>
<p>This is the shortest step of the three.</p>	<p>The first times he justifies himself by downplaying the aggression, denying the incident or seeking explanations for it.</p>	<p>This phase gradually disappears as the tension increases again and the cycle is repeated.</p>



Learned helplessness

Have you ever wondered why you are unable to react to any of the situations you are living in?

Helplessness is an aspect studied by Martin Seligman to understand the processes by which an individual is unable to react to situations that are harmful for him or her.

His theory is based on the idea that the individual withdraws and becomes passive when the actions to change things do not produce the intended purpose.

Women affected by violence are generally incapable of helping themselves. This is the result of the psychological toll of being continuously exposed to violence and contempt.

The exact meaning of "learned helplessness" is lacking help or resources, not being assisted by others, or being incapable of helping oneself.

"Defencelessness occurs when the victim is exposed to physical danger and is not warned or helped to avoid it, is overburdened with tasks, is made to think herself clumsy, sloppy, ignorant, etc.; lack of affection coupled with repeated and prolonged contemptuous attitudes, together with sudden changes in the assailant's mood, is only comparable to certain types of torture."

Miguel Lorente Acosta

Your inability to react is the consequence of the psychological breakdown caused by violence. You need to know that generally your decision to end the violence is not enough, you need to ask for professional support to break up this situation.

Remember that

**YOU ARE ENTITLED
TO RECEIVING HELP**

Indicators of Violence

Physical indicators

- Bruising, gashes, burns, human bite marks, fractures (especially of nose, teeth, jaw, etc.).
- Injury during pregnancy, physical/mental abuse of the children.

Health indicators

- Stress (chronic pain in head, back, gastrointestinal disorders, disturbed sleep, exhaustion).
- Anxiety (irregular heartbeat, hyperventilating, panic attacks).
- Depression, suicide attempts.
- Alcoholism and other drug addictions.

Labour indicators

- Low productivity.
- Regular lateness and chronic absenteeism.
- Systematic loss of employment.

Other Forms of Violence: Harassment

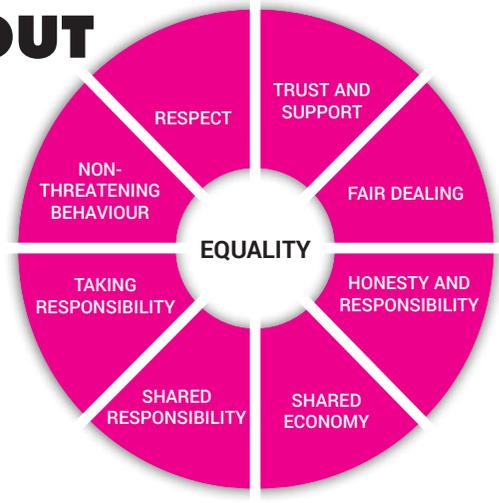
This offence includes the continuous malicious and intentional persecution and harassment of someone, causing them to fear for their own safety.

Harassers:

- They try to exercise control and power over others.
- They have an emotional obsession with the victim.
- They use harassment as a way of having contact.
- They are not always identifiable; sometimes they act anonymously through a phone call or unsigned missives.
- They try to instil fear.
- Some pursue their victims in public (at home, work).
- Others contact their victims by phone, fax, email or by sending unwanted letters or gifts. It can be viewed as just another of the abuser's tactics.
- Harassment can occur during the relationship and is common after a breakup.
- It causes distress, hyper-vigilance and other fear-related ailments.

WITHOUT VIOLENCE

EQUALITY ROULETTE

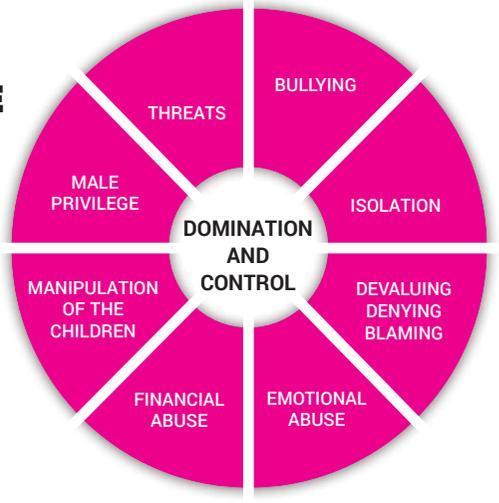


- FAIR DEALING**
He takes your point of view into account. When faced with a problem, he looks for solutions that are suitable for both parties. He is willing to make changes and come to an agreement.
- NON-THREATENING BEHAVIOUR**
Acts and speaks in a way that makes you feel safe and comfortable in doing your personal things. You can express yourself freely without fear of retaliation.
- RESPECT**
He listens without judging you, supports and understands you. He recognizes and values your opinions, decisions, your space, your time, your skills, efforts and work.
- TRUST AND SUPPORT**
He supports you in your projects. He respects your feelings, activities, friendships and beliefs. He never undermines you in front of your children.
- HONESTY AND RESPONSIBILITY**
He accepts responsibility for the consequences of his actions. He recognizes when he acts violently. He recognizes his mistakes. He accepts open and true communication.
- HE TAKES RESPONSIBILITY**
He shares responsibility for the children fondly and lovingly. He is a role model for the children, acting in a positive and non-violent way.
- SHARED RESPONSIBILITY**
He comes to an agreement on sharing housework fairly. They take family decisions together and aim for equality.
- SHARED ECONOMY**
He takes decisions jointly with you on the shared money. They ensure that financial arrangements benefit them both. He speaks and acts clearly and honestly.

Material from the "Texas Council of Family and Violence" & "Domestic Abuse Intervention Project." First adaptation by Graciela Ferreira. For this edition, Ángeles Álvarez.

WITH VIOLENCE

ROULETTE OF DOMINATION AND CONTROL



- THREATS**
He scares you by threatening to harm you or taking away your children. He threatens to leave you, commit suicide or falsely report you. He forces you to withdraw any complaints you made. He forces you to obey to the point of total submission.
- BULLYING**
He makes you fearful through looks, actions or gestures. He destroys objects. He bullies you by breaking your personal things, abusing the house pets. He coerces you. He uses weapons.
- EMOTIONAL ABUSE**
He makes you feel inferior, bad or guilty. He mocks, insults and offends you. He calls you by whistling or swearing at you. He confuses, humiliates you, yells at you. He watches you. He makes you think you're crazy. He ignores you, doesn't answer you.
- ISOLATION**
He controls what you do, whom you see, whom you talk to, what you read, and where you go. With the excuse of feeling jealous, he prevents you from going out. He gradually succeeds in having no one visiting you and leaves you without social and family contacts.
- DEVALUING, DENYING, BLAMING**
He does not take seriously your complaints about his abuse. He denies that there was any abuse. He blames you for "provoking" his violent behaviour. He treats you as if you were ignorant. He uses you as a sexual object.
- MANIPULATION OF THE CHILDREN**
He makes you feel guilty about the children's conduct, uses them as hostages to stay in control. He mistreats or abuses the children. He uses visiting arrangements to harass or pester you.
- FINANCIAL ABUSE**
He does not let you work or makes you lose your job. He forces you to ask for money like a handout. He does not cover the children's necessities. He takes away the money you earn. He does not inform you of the family income or prevents you from accessing it.
- MALE PRIVILEGE**
He treats you like a servant. He does not let you take important decisions. He acts like the master of the house. He indicates what men and women can do. He is not involved in housework or parenting.

*System
Scams
and
Tricks*

Myths about gender-based violence

THEY SAY: Violence against women is rare and isolated.

IT SHOULD SAY: Every fifteen seconds a woman is abused. Gender-based violence is the biggest cause of injury to women; it prevails over street rape, assault or car accidents. Three to four million women are abused each year.

THEY SAY: Women like abuse, otherwise they would leave.

IT SHOULD SAY: No woman likes the degradation and humiliation of a violent relationship. But many women have no choice. They have nowhere to go and do not have financial resources of their own. And many face threats of increased violence if they try to leave.

THEY SAY: Violence against women occurs mainly in low-income and ethnic families.

IT SHOULD SAY: Domestic violence is cross-sectional, affecting people of any race, class and cultural level. Social services report a proportionally higher number of low-income women because women of greater means go to private services.

THEY SAY: There is no way to break up abusive relationships.

IT SHOULD SAY: Women can free themselves from abusive relationships when they discover their own strength and rely on community resources that provide safe environments.

THEY SAY: Physical attacks put the victim's mental health at greater risk.

IT SHOULD SAY: Psychological coercion incapacitates women for living a normal life as powerfully as physical aggression.

THEY SAY: Women have more important problems than those generated by gender-based violence.

IT SHOULD SAY: This violence is the most common cause of injuries to women, including theft, car accidents and rape. Personal integrity is the most serious problem.

THEY SAY: Over time the problems of gender-based violence are resolved.

IT SHOULD SAY: The longer women are exposed to this violence, the greater the psychological after-effects and the lower their chances of recovery. In not a few cases, the psychological after-effects will become chronic and perhaps irreversible.

THEY SAY: Gender-based violence is an incident arising from a momentary loss of control.

IT SHOULD SAY: Abusers use assault, threats, bullying and psychological abuse, etc. to coerce and control the victim. Physical aggression may not be continuous but remains a hidden and constant factor in inducing fear. Abusers are selective in the exercise of violence, which shows that they are able to control themselves in any other situation with strangers.

What is partner rape?

Marital or partner rape is the term used for describing sexual acts without consent between a woman and her partner.

It is rape if your partner uses force, threats or intimidation to subject you to any sexual act.

It is a crime

Why is this type of rape so harmful to women?

Women who are raped by someone with whom they share their life, home and family suffer profound psychological injuries. They are not only sexually raped; their intimate relationships are also raped and betrayed.

Victims of partner rape have to deal with a deep lack of trust in their partners, a sharp sense of fear, a lack of self-confidence and the overwhelming reality that sexual assaults can happen repeatedly.

MYTHS about partner rape

MYTH: “Partner rape is not as serious as rape by a stranger; it’s just that she doesn’t feel like it and he insists.”

Reality: Partner rape is as violent as it is degrading and often more traumatic than rape by a stranger. Sometimes it is perpetrated brutally and repeatedly, even in front of other people.

MYTH: “Partner rape is not offensive, since they have already had sex before. What does it matter if it happens again?”

Reality: A person raped by a stranger has to live with the memory of that experience. A person raped by their partner has to live with the rapist. Trust and intimacy within the relationship is destroyed when the person who has promised love and care commits such a brutal and violent act.

MYTH: “When someone marries, consent to the sexual act is part of the marriage contract.”

Reality: The sexual expression of love is one thing, forced and brutal sex is another. Marriage does not authorize the use of sexual violence in an intimate relationship. Forcing a sexual relationship is ALWAYS a crime.

MYTH: “If convictions are allowed for partner rape, many innocent men will be charged with rape by their revengeful partners, who expect a settlement with a better financial outcome when separating or divorcing.”

Reality: This myth is rooted in the unhealthy belief that some women are consumed with a desire for revenge and are willing to go through the torture of a trial in their quest for getting even with their partner. Our legal system has rigorous mechanisms in place for establishing the veracity of a report. Why should partner rape be treated differently?

MYTH: “Partner rape is one person’s word against another’s.”

Reality: The difficulty of the process should not be decisive when a crime has been committed.

Child abuse and incest are also difficult to prove yet are investigated and prosecuted.

*Desperate
wrongs need
desperate
remedies.*

Hippocrates

Benefits and risks of breaking up

Every decision you take to put an end to gender-based violence involves risks/benefits you need to know about.

There are multiple benefits, but the abuser will put up many obstacles to ending the relationship. Face up to the circumstances you need to know about in order to assess them and thus reduce the risks.

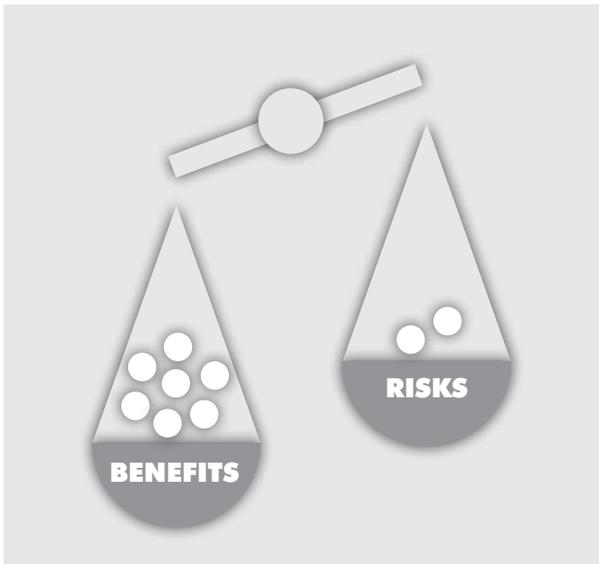
Benefits

- **Put an end** to abuse and humiliation.
- **Leave** behind fear and danger.
- **Recover** your health.
- **Rescue** the children from a life of violence.
- **Regain** trust and respect in yourself.
- **Restore** your authority over the children.
- **Learn** to be free and responsible.
- **Live** independently and peacefully.
- **Rebuild** your hope for a better life project.
- **Receive** support and solidarity.
- **Go back** to seeing relatives and friends.
- **Cease** to live under someone else's control.
- **Meet** new people and break out of your isolation.
- **Live** and enjoy without having to ask permission or feel guilt.

- **Invite** people to your home.
- **Help** other women in a situation of gender-based violence.

Risks

- Risk of increased threats and physical violence.
- Risk of continued harassment.
- Risk of serious physical harm.
- Risk of having your children abducted.
- Risk of losing your home, possessions.
- Risk of reduced living standards.
- Risk of not being believed.
- Risk of being pressured by the family to not continue with the process.
- Risk of being blamed.



Psychological intervention

You have taken the first step by realizing that your situation is unfair.

The second step consists of knowing that your situation is not inevitable, but this violence cannot be escaped without psychological help.

There are many therapists and many types of psychological care.

Seek out the help of professionals who will show you the process for leaving behind the psychological and social breakdown in which this violence has plunged you.

The situations you have experienced lead to traumatic emotional, cognitive and behavioural after-effects that you need to modify.

Now you have to learn to internalize equitable behaviours and roles that prevent you from finding yourself in similar situations again.

Eradicating the cycle of violence involves healing your victim syndrome. If you don't unlearn your role of victim, another tormentor will always appear again. People who are repeatedly subjected to this physical or psychological violence tend to repeat the model they have learned.

Recover your strength. **Don't let yourself go.**

Don't give up.

Ask for help, try again and again. Next time you may just find what you are looking for.

Integral care services for women in situations of gender-based violence are placed at your disposal to provide you with legal and psychological aid, training, association and social work areas, which will help you fill the gaps caused by this violence.

Psychological intervention aims to help

Recovery from psychological deficits.

Reduce impulsiveness (anxiety, hyperactivity), depressive symptoms, increase self-esteem and tolerate frustration.

Gain autonomy and independence from the man.

Modify mother-child relationships distorted by the situation of violence.

Internalize egalitarian roles to develop your personal autonomy and independence and help you learn behaviours involving social competence.

You will learn to not be vulnerable to future situations of defencelessness.

The first premise is to work on the willpower of the women, with freedom from other conditioning factors. Consequently, those with severe ailments or active addictions will not be eligible for these programmes. These disorders include:

- alcoholism
- drug dependency
- compulsive gambling, etc.

In such instances, each case must be addressed beforehand (and separately) before victims can join the recovery programme.

"...if assistance is not coordinated within a feminist policy that includes a range of projects and proposals clearly aimed at eliminating gender oppression, there is a risk that this care will be weakened and will only, at best, help some women limit the violence in their lives."

Marta Fontela and Magui Belloti.

Psychological support

You are in good hands when:

- They make you feel comfortable and safe.
- They listen to you.
- They empathize with you.
- They are sensitive to what you feel and need.
- They actively guide you towards a change in your behaviour in a constructive way.
- You feel there is feedback.
- They activate systems to protect you.
- They give credibility to your stories of abuse and aggression.
- They are not paternalistic and treat you as an equal.

You are not in good hands when:

- They make judgments about your behaviour.
- They do not believe your stories.
- They make you feel like your partner does (abuse of power, emotional manipulation).
- They blame you for what is happening.
- They accuse you of causing it.
- They do not stimulate your independence.
- They do not understand fear and terror.
- They ask you to be patient with the abuser.
- They underestimate the consequences of abuse.
- They do not give you information.
- They believe in the traditional roles imposed on women.
- They prolong the treatment and charge disproportionate fees.
- They advise you not to report the abuser.
- They advise you to have couples therapy.
- They propose mediation.

A tactic ...



Assertiveness

Instead of saying:

"I can",

Say:

"I'm going to try."

Instead of saying:

*"I am a fool, an idiot,
a coward",*

Say:

*"I'm learning a lot,
it's normal for me to get
it wrong."*

G. Ferreira.

... and a clarification



"Happiness is up to you.
Don't look for someone
else to give it to you, it's
no good...it can't be done.

You can share your
happiness with someone
else, but you can't give it
to them if they don't
have it.

Being happy means being
comfortable with yourself
and that is personal,
non-transferable.
If you love yourself,
others will love you."

Ana M^a Pérez del Campo.

The trap of false signs

"The only therapy for sexist assailants is prevention, in other words, preventing them from becoming violent sexists."

Rojas Marcos

Don't be seduced by promises he can't keep

When the violence has gone beyond the private sphere, (police reports, etc.) and the abuser perceives that you are taking action to break out of the situation of abuse, he will start promising that he will change.

It is very dangerous to accept this game because you will be giving him arguments to not feel responsible for his actions and creating expectations in you that he will change if he modifies behaviours that are not really the cause of the abuse.

The trap of giving you flowers

Bribes aimed at making you return. He will turn friendly, seductive and for a while he will do all the things he usually denies you. For example, he will "take you" to the cinema if you like, he will go out less with his friends, he will give you gifts.

The trap of spirituality

He promises to change, for example if he is a Catholic he will go to church frequently, pretending that his transformation is in the hands of God.

The trap of sobriety

"If he stops drinking, he will stop hitting me", if he is also an alcoholic and promises and even starts going to alcohol addiction therapy, making you believe that he assaults you because of alcohol. This is not true, alcoholism is a dependency that does not in itself generate violence.

The trap of the excellent father

He changes his behaviour with his children, cares for them and gives them gifts in an attempt to manipulate them. Remember that being a good father means being committed to the education and development of his children in a continuous and balanced manner, without using coercion.

The trap of abuser therapy

Some violent abusers start therapy for the sole purpose of making you return.

Only 1% voluntarily and unconditionally attends therapy.

In all cases where he promises you changes in his behaviour, remember that he must not set you any conditions: it is very common for abusers to suggest starting therapy if you return. This is a trap as well as coercive behaviour and it will make him stronger if you agree.

Time, effort and value

Therapy is painful at first. The goal is to bring to the surface all the damage you have suffered in order to overcome it. Do not desist.

Do not aim to solve in one day something that has cost years of suffering and personal breakdown.

Be patient in the learning process you have embarked on.

The task is difficult but not impossible. Every step forward you take will allow you to discover a different life to look forward to.

When you start the recovery process:

You will have contradictions, fear, shame, regrets, you will feel guilty, disappointed, and on more than one occasion you will want to backtrack on the path you have taken.

They will send you messages that you are alone and without support.

Defend your rights together with other women. You need to recover as a person and as a woman.

Women's rights

In our personal relationships, we women have the right to:

Demand that our views be taken into account and the decisions that affect us individually be respected.

Express ourselves without fear of retaliation.

Be heard, supported and understood.

Have their rightful value given to our opinions, our space, our time and our work.

Share everyday decisions and responsibilities.

Allocate the housework.

Jointly take decisions affecting the family.

Demand respect for our feelings, our activities, our friendships and our beliefs.

Not be overruled.

Demand that the responsibilities towards children and dependent persons be shared.

Mediation: prohibited in situations of violence

Organic Law 1/2004 of 28 December on Integral Protection Measures Against Gender Violence, **in its Article 44.5, prohibits family mediation in cases where either party to the civil proceedings is a victim of acts of gender-based violence**, in the terms referred to in paragraph 1 a) of this article:

“On the preliminary investigation to hold a person criminally liable for the offences defined under the headings of the Criminal Code on homicide, abortion, injuries, injuries to the foetus, crimes against freedom, crimes against moral integrity, against sexual freedom and integrity or any other offence committed with violence or intimidation, provided they have been committed against the person who is or was his wife, or the woman who is or was bound to the perpetrator by an analogous personal relationship, even without cohabitation, as well as offences committed against his own descendants or those of the wife or partner, or against minors or incapacitated persons living with him or subject to the authority, guardianship, curatorship, fostering or de facto guardianship of the wife or partner whenever an act of gender violence has also occurred”.

Family mediation

Mediation in a separation or divorce aims to enable the parties to exercise their responsibilities in a climate of cooperation and mutual respect.

Couples **voluntarily** apply for or accept the confidential intervention of a neutral and qualified third party called a “family mediator”.

The “mediator” will strive to find the basis for a durable and acceptable agreement, and will provide a safe space for discussing and resolving differences.

Mediation is not advisable:

In situations where the freedom of the parties is in the public spotlight.

Where one of the partners is incapable of assuming commitments.

In situations where one of the partners is subjected to family violence, where there is an imbalance of power or fear of the other.

*I have accused
the injustices
because I do
not want my
silence to
acquit them*

Clara Campoamor

How to act in an assault

If you suffer an assault, regardless of severity, you should go to the hospital or outpatient emergency department. There you will be seen by healthcare personnel who will examine you and to whom you will report as fully as possible all the aggressions you have suffered, together with your physical and emotional state.

The doctor treating you will draw up a report on the medical assistance provided and on your state, a copy of which will be given to you for you to submit with the report you file with the police.

Another copy of the medical report will be sent to the Tribunal for Violence Against Women.

If you have called or gone to the Police or Civil Guard to report the aggression you have just suffered, the Police or Civil Guard will tell you to go to a medical centre and may even accompany you.

This medical report will be very important in the process.

Once you have been discharged you can, in order to demand the protection resources you need for your-

self and your children (sheltered accommodation or integral recovery facility included):

1. Go to the Women's Centre/Social Services in your area.
2. Go to the Associations of Expert Women with their own resources.

Women's Centres

The technical team will open a file with your particular case, specifying the request for help. They will determine which, in their view, is the resource you need, which can range from the start of legal proceedings to entering sheltered accommodation.

You can also go to the social services in your area.

Filing the report with the police station or the Civil Guard

The Police or Civil Guard will act in accordance with a specific operational protocol for dealing with circumstances such as yours.

You will be informed of your rights and, in particular, of the possibility to apply for a Protection Order. They will record your report and issue a police statement.

Do not forget to ask for a copy of the report.

When you describe your case...

In your statement you will need to recount in a **clear and full** manner all the facts that give rise to your report and any other acts of physical and psychological violence you have suffered **throughout your relationship with the assailant**.

Try to be specific and direct, explaining the facts, threats, assaults, injuries, insults you are reporting and any previous ones you have reported.

Nervousness may prevent you from expressing yourself, so help yourself with a list of the important and serious **aspects the officers need to know about**.

Always read the report before signing it and demand that it include anything you think is important and has not been properly recorded.

You should only sign when the report expresses the reality that you have recounted.

If the police write a statement at the scene of the assault, make sure that they note down the physical and material damage.

If you are not taken seriously at the police station, ask to speak to the superintendent or any of the officer's superiors.

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You can also go directly to the civil duty court.

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Whenever you can, file your report at police departments specifically created for attending to women who suffer violence.

If you do not ask for a Protection Order, the police will forward the report and the statement to the competent court, which may summon you for a so-called “speedy trial” in the cases provided for by law.

Legal defence

The protection order

Who can apply for it?

The victim or the prosecution service. The judge can also decide by their own authority. Any welfare institutions or bodies that are aware of situations of violence must immediately report them to the civil duty court or to the public prosecutor.

Where do you apply for it?

At the court, the public prosecution office, police force, victim assistance offices or social services and care institutions reporting to the public administrations.

Who issues it?

The competent judge, within 72 hours and after hearing the parties separately. Where there are well-founded indications of a crime or misdemeanour against the victim's life, physical or moral integrity, sexual freedom, freedom or safety. Understood by such are persons who have suffered physical or psychological violence committed by their spouse, former spouse, a person with similar intimate ties, offspring or parents.

When you apply for a Protection Order, you are asking for the assailant to be restrained and prevented from contacting you.

If you have underage children, you MUST EXPRESSLY APPLY for civil measures.

These measures are: Guardianship and custody of underage children, having the family home assigned for your use and enjoyment, visiting arrangements and maintenance provision for the children, and any other child protection measure such as requesting the suspension of your assailant's parental, custody and visiting rights.

IMPORTANT

These civil measures **have to be expressly requested** by you in the application for the Protection Order and, once agreed by the Court, they remain in force for 30 days.

If you file a civil action for separation, divorce, custody and maintenance within these 30 days, the civil measures under the Protection Order will remain in force **30 days after filing the claim**. In this last period, the Court must ratify or modify them or render them null and void.

What protection does it provide?

- Criminal measures such as, among others, restraining the assailant or holding him in remand.
- Precautionary civil measures such as assigning the usage of the family home and the custody of the victim's children and establishing maintenance payments in her favour.

YOU CAN APPLY FOR THEM AT THE POLICE STATION OF THE LOCALITY WHERE YOU HAVE BEEN ASSAULTED, THREATENED, ETC. OR AT THE ONE NEAREST TO YOUR HOME.

If you want a Protection Order, the police will fill in the application form, which you will need to sign and keep a copy of.

Key legal issues

As a victim of gender-based violence you are entitled to immediate specialized legal defence in all criminal, civil and administrative proceedings arising from the violence you have suffered. When you first go to Court, you will be assigned a court-appointed lawyer if you do not appoint one of your choice.

Regardless of whether or not resources are available for litigation, the right to free legal aid is recognized and will be provided immediately to victims of gender-based violence in any proceedings that are associated with, derived or resulting from their status as a victim. This means that the victim will be entitled to legal advice from a court-appointed lawyer regardless of her financial situation and of whether or not her income exceeds the limits set for granting legal aid.

1.- For the purposes of granting legal aid to victims of violence, we must add that victim status will be acquired when a complaint or report is filed or criminal proceedings are initiated.

The police may summon you to the Tribunal for Violence Against Women or to the Duty Court, or it may be these Courts which will summon you, usually by telephone, for immediate attendance and always within 72 hours of having filed the report.

**MAKE SURE THAT YOU
CAN BE REACHED FROM THE TIME
YOU FILE YOUR REPORT SO THAT
THE COURT CAN SUMMON
YOU FOR THE HEARING.**

If you have been summoned by the police or the Civil Guard for a speedy trial or minor-offence trial, the Court will also hold a hearing for issuing the Protection Order on that same day.

2.- Victim status for the purposes of granting the benefit of legal aid will be maintained for as long as the criminal proceedings are ongoing or, once completed, a conviction has been handed down.

Things you should know about legal assistance

If you decide on a lawyer of your choice, **MAKE SURE they are specialized in defending victims of gender violence and in family law.** In the legal world there are specialists just like in medicine. You would never think of going to the dentist if you were losing your sight.

You should know: fees and court costs, if any.

The lawyer, of your choice or court-appointed, must clarify any queries you have, explain what the action they are bringing will consist of, its various stages and the decisions of the Court. They must also keep you updated on any incidents that may arise. Whenever you request them,

they must provide you with a photocopy of the briefs they file on your behalf and of those of the opposing party in the proceedings at hand.

A good lawyer has no objection to anyone evaluating their work. They will not be reluctant to have you present, if you wish, at the oral hearings held at the Court or at the appeal hearings.

Consult your lawyer on any issue, especially when any dealings or agreements have been proposed to you. They represent you and can objectively defend your interests in both the criminal and the civil family proceedings such as, for example, separation/divorce or custody and maintenance claims for your children. They are there to advise you, but the final decision on each issue is always yours.

Don't be afraid to take legal action against your partner. It is a way to protect yourself, demonstrating to him that society has resources for punishing violent behaviour.

Before the Court PROTECTION ORDER

When you attend to the Court summons, if you do not have a lawyer they will assign you a specialist court-appointed one.

If you have chosen them, they will have to be there with you at the hearing.

YOU WILL BE INFORMED OF THE RIGHTS YOU HAVE AS THE INJURED PARTY ARISING FROM THE OFFENCE AND AS A VICTIM OF GENDER-BASED VIOLENCE.

If you have not yet applied for a Protection Order, you can do so before the Court on the terms we explained to you earlier.

In each province of Castilla-La Mancha there are comprehensive harm assessment units specializing in gender-based violence which provide specialist, comprehensive and inclusive assistance and harm assessment. These units consist of a medical-forensic, psychological and social worker team.

If you have injuries, you may also be examined at that time by the Forensic specialist, so you will need to bring any medical documentation you have in your possession at that time.

The Court will then hold a separate hearing where you will have your statement heard regarding the facts and your police report, in the presence of your lawyer and your assailant's lawyer and the Public Prosecutor. Your assailant will then testify in your absence.

Protection and safety measures

Article 57 of the Criminal Code, which provides for accessory penalties, establishes that in cases of gender-based violence, among others, a restraining order can be issued against the assailant, preventing him from approaching the victim or any family members and even other persons that the judge or Court may determine.

The Criminal Procedure Act, Article 544 (bis), establishes as a precautionary measure that the assailant may not approach certain places nor contact the victim nor other persons in her family.

The assailant is prohibited from approaching the victim and from contacting the victim or her family members through other means such as telephone, letter, email or any other electronic or telematic means.

You should be aware that the same article conditions the adoption of these measures to the financial situation, health requirements, family situation and work activities of the assailant, always and especially tending to ensure that the prohibition on approaching the victim does not harm the assailant's working continuity.

Only if the Court deems it appropriate (and these will be exceptional cases) will your children be called, either to examine them or to take their statements.

It is very likely that after making the separate statements, the hearing will continue to be held jointly until it is completed, and so in this case you will be in the presence of your assailant.

Upon ending the hearing, the Judge will issue a decision, called a RULING, granting or denying you the order. To grant it, in addition to accrediting the offence or misdemeanour of violence against you, **the Judge needs to assess whether you are at risk.**

The Court will personally notify you of the ruling containing the PROTECTION ORDER. **If you disagree, your lawyer can appeal.**

IT IS IMPORTANT that you take this PROTECTION ORDER with you to present it to the Police if the assailant approaches or contacts you when he has been banned from doing so.

This Protection Order will need to be presented to the Administration to access certain social and welfare resources for you and your children.

The Protection Order is an instrument by which you will or will not be recognized as a victim of gender-based violence and, where appropriate, criminal and

civil measures will be established. The Protection Order activates the social welfare measures, aid and benefits available to the Autonomous Regions or the local councils.

The Court that arranges for the Protection Order will establish the following criminal measures:

- restraining order indicating the distance from the victim, which is usually 500 metres,
- a ban on any contact,
- any other measure deemed appropriate to prevent a situation of risk.

It will also establish any civil measures you have requested. Remember that **these measures have a maximum period of validity.**

The Protection Order can be issued by the Court corresponding to your habitual residence or by the Court of the place where the report was filed and you applied for the Protection Order.

The competent Court for resolving all criminal and civil proceedings you may file as a victim of gender-based violence will be heard by the Tribunal for Violence Against Women corresponding to your habitual residence.

THE SAME TRIBUNAL FOR VIOLENCE AGAINST WOMEN WILL DECIDE ON YOUR CRIMINAL AND CIVIL CASE.

The Protection Order can only be issued by the Court of the place where the events you are reporting occurred.

Once the hearing has been held, the Judge will issue a resolution agreeing or denying the Protection Order you have applied for. If it is agreed, the Judge will establish the criminal and civil measures requested and their duration.

You will be notified of this Ruling and you will be provided with a copy which you will need to keep on you to uphold it before any institution or administration that asks for it (police, social welfare services, workplace, social security, etc.).

The Court is obliged to report this Ruling to the Police and to the competent Administrations for the social and welfare measures of your Autonomous Region. It will also be entered in a Central Register.

You need to know that the **police has the obligation to monitor the compliance of the Protection Order measures** and so they may call or visit you.

You must report any breach of the Protection Order by the assailant.

Speedy Trial

These proceedings try customary injuries, threats, coercion, physical and mental violence, punishable by imprisonment of less than five years.

The Police, after the complaint, will summon you to Court to hold this trial. In many cases the assailant will attend under arrest.

On the same day you attend the Court, they will take your statement on the events (yours and your assailant's) and, if you have applied for a Protection Order, that hearing will also take place.

Compliance Judgment

In this Trial it may happen that your assailant acknowledges the deeds he committed and accepts the penalties requested by the Public Prosecutor, in which case a "compliance judgement" will be issued, with a prison sentence and a ban on approaching you and contacting you. **If he agrees, the penalties will be reduced by one third.**

If this is the first time your assailant commits a crime, and the penalty imposed is a prison sentence of less than two years, **enforcement of the prison sentence may be suspended** for a time - from 2 to 5 years - **THE BANS ON APPROACHING AND CONTACTING YOU WILL BE MAINTAINED.**

The Protection Order can only be issued by the Court of the place where the events you are reporting occurred.

Once the hearing has been held, the Judge will issue a resolution agreeing or denying the Protection Order you have applied for. If it is agreed, the Judge will establish the criminal and civil measures requested and their duration.

You will be notified of this Ruling and you will be provided with a copy which you will need to keep on you to uphold it before any institution or administration that asks for it (police, social welfare services, workplace, social security, etc.).

The Court is obliged to report this Ruling to the Police and to the competent Administrations for the social and welfare measures of your Autonomous Region. It will also be entered in a Central Register.

You need to know that the **police has the obligation to monitor the compliance of the Protection Order measures** and so they may call or visit you.

You must report any breach of the Protection Order by the assailant.

Speedy Trial

These proceedings try customary injuries, threats, coercion, physical and mental violence, punishable by imprisonment of less than five years.

The Police, after the complaint, will summon you to Court to hold this trial. In many cases the assailant will attend under arrest.

On the same day you attend the Court, they will take your statement on the events (yours and your assailant's) and, if you have applied for a Protection Order, that hearing will also take place.

Compliance Judgment

In this Trial it may happen that your assailant acknowledges the deeds he committed and accepts the penalties requested by the Public Prosecutor, in which case a "compliance judgement" will be issued, with a prison sentence and a ban on approaching you and contacting you. **If he agrees, the penalties will be reduced by one third.**

If this is the first time your assailant commits a crime, and the penalty imposed is a prison sentence of less than two years, **enforcement of the prison sentence may be suspended** for a time - from 2 to 5 years - **THE BANS ON APPROACHING AND CONTACTING YOU WILL BE MAINTAINED.**

If your assailant does not acknowledge the deeds he committed, the Court will summon you for trial at the Criminal Court, which will be held within the 15 days following.

Trial for minor offence

When the deeds involve humiliation and insults, the corresponding trial for minor offence will be heard in your presence and that of the assailant, assisted by legal defence. You will be heard on the events and all the evidence will be submitted, so you should take it with you, especially if you have witnesses to the events you reported.

For this trial you will be summoned by the Police or the Tribunal for Violence Against Women, depending on where you filed the report.

The Court will hand down a sentence and will also be responsible for executing it.

The sentence will acquit or convict your assailant.

If it convicts him, it may also ban him from approaching you and from contacting you for a period of up to six months.

If you do not agree with the sentence you can appeal against it. You must inform your lawyer of your decision.

Preliminary proceedings

If the complaint is not processed as a speedy trial and further evidence is required, or the injuries and deeds committed were very serious, the Tribunal for Violence Against Women will conduct an investigation of the facts. You will consequently be summoned for testifying, for examination by the forensic specialist if there are injuries, and for any other investigative measure required for establishing the facts.

Once the Tribunal for Violence has completed the investigation, it will refer the proceedings to the corresponding Criminal Court, which will be the one that summons you for the oral trial.

IMPORTANT

The Court will inform you personally or through the lawyer of all decisions handed down in the proceedings - court orders, rulings, etc., and especially those affecting:

- your safety and that of your children,
- the procedural and personal situation of the assailant (freedom or imprisonment),
- precautionary measures or Protection Order
- the imprisonment conditions of the convicted assailant (probation, prison furloughs, etc.)

2 If you disagree with any ruling, obtain information through your lawyer as well as from the Court on the possibility of filing appeals once you have been notified of the Sentence or Ruling you want to appeal.

The Bar Associations have court-appointed Gender Violence lawyers who give advice on civil, criminal and administrative matters to women who, by reason of their sex, suffer physical and/or psychological violence.

They also deal with the legal aid procedures when the applicant has no financial means for paying for her defence.

Starting family proceedings

Minors, usage of the family home and maintenance payments

You should be aware that if you have a Protection Order and civil measures awarded in your favour relating to the custody of minors, usage of the family home and maintenance payments, **these have a duration of 30 days only**. Within that period you must file a petition for separation, divorce, annulment or custody measures, visiting arrangements and maintenance payments for the children you have in common.

Remember that the competent Tribunal on Violence against Women is the one corresponding to your residence and that this civil action will be processed by the same Court that dealt with the criminal case you had reported.

You can also file these civil claims even if you have not been granted civil protection measures, provided you are a victim of gender violence, have reported it and criminal proceedings are being handled by the Tribunal on Violence against Women.

For any of the family proceedings you will need the assistance of a lawyer and an attorney.

In all family proceedings you will need to ask your lawyer to apply for everything relative to the **definitive measures**, such as:

- the **custody** of your underage children,
- visiting **and holiday arrangements** if applicable,
- **maintenance payments** for all underage children and dependent adult children,
- usage of the **family home**,
- **compensatory allowance**,
- **administration of assets** of the community of property,
- any others you consider appropriate.

The information provided here is subject to potential modifications.

You should continue to visit the Women's Centres to keep abreast of these procedures and their application to your specific circumstances.

WARNING!!!

If you already have a court-appointed lawyer for the criminal proceedings, **they will also be responsible for your defence in the family proceedings** and the same applies to the attorney.

At the same time as you initiate the family proceedings you are pursuing (annulment, separation or divorce, or child custody and maintenance payments), and if a Protection Order has been issued in your favour establishing civil measures, **you will need to request to have them confirmed or have different ones established** in accordance with the circumstances at the time.

The Court must address the issue by extending the established measures or by establishing other ones appropriate to the circumstances in accordance with the evidence submitted at the hearing for measures, which **you will have to attend with your lawyer and your attorney.**

Go to Women's Centres in your area in order to obtain the aid you need for yourself and for your children (including admission to sheltered accommodation). You can also contact **Social Services** in your area.

Timing:

The timing for obtaining care in Women's Centres - Social Services is immediate.

You must not be discouraged. At the Women's Centres you will receive legal information in plain, conversational language so you are not defeated by technical details.

You have rights you need to know about to carry out the actions that allow you to get out of a violent relationship.

The processes are sometimes long and tedious, so you should be informed of each one of the steps you need to take and their consequences.

When you describe your case...

Try to be accurate and straightforward, telling about the harassment, attacks, threats and aggression.

Nervousness may prevent you from expressing yourself, so help yourself with a list of the important and serious aspects the officers need to know about.

If there is a joint hearing with your partner before a judge or court clerk, do not fight, do not argue and do not interrupt.

Ask for permission to speak and make things clear very firmly. You have to overcome the feeling that the abuser is managing better.

Unmask his lies.

He may well try to bully you and make gestures and grimaces, threaten or make fun of you when you meet him in court.

Do not get nervous or scared by expressions such as:

"it's your fault that we are here";

"you bitch, are you already fucking somebody else?;

"you won't get out alive from this one",

"who do you think will believe you?"

"you'll pay me for this, you'll remember this"

"I'll take away the kids"

Ask to testify separately

If he tries to bully you:

Calmly let your lawyer know:

- Without others noticing, he is intimidating you.
- Ask to be protected from this dirty game.

In this way you show that you are not willing to be passive and tolerant of his tricks.

He may try to show himself as an unfortunate soul, unhappy and concerned about you and your children.

If you are there, it's precisely because those attitudes are false.

You won't regret mistrusting him.

Don't be ashamed when telling the police, lawyers, doctors or judges the story of the violence you have suffered.

Tell them **EVERYTHING** that has happened, even if some of the details embarrass you.

They need to know the extent to which you have been the victim of violent and degrading acts.

If you are afraid of your partner abducting, abusing or sexually assaulting your children, explain to the judge the reasons for your fears. Then you won't have to regret keeping quiet for feeling ashamed or for thinking that you wouldn't be believed.

**DO NOT BE AFRAID
TO ASK
WHAT THE LEGAL
TERMS OR POINTS
MEAN IF YOU
DON'T UNDERSTAND
THEM**

A woman in a situation of violence is confused, very nervous and frightened in the unfamiliar environments of courts and police stations.

There is no reason why you should know about legal technicalities.

They have an obligation to translate the meaning and consequences of what is being discussed in legal terms.

carefully read all papers before signing.

Always explain the reason for your injuries to the healthcare staff.

If the injuries are serious, it is very important that you go to the healthcare facility as often as you need and always demand a report on your injuries.

You should keep these in a safe place, out of your assailant's reach.

The Doctor(s)

Pay attention to injuries and bruises.

Be careful about any you have received on your head, they can cause concussion and other after-effects.

You may have broken bones or hairline fractures without noticing at first.

You should always be seen by a doctor to avoid more severe bleeding, infections or complications.

**Ask someone you trust to go
with you**

**BE CAREFUL
IF HE INSISTS ON TAKING
YOU TO THE HEALTH
CENTRE!!!**

**He will try to ensure that you
do not tell anyone anything
or talk to the doctors
and will pass you off as nervous
or unbalanced.**

Always have to hand any phone numbers you may need.

Make as much noise as possible, your salvation depends on it.

Teach your children to get help and protect themselves when a violent episode starts. Get used to not wearing ornaments such as chains or pendants that he can use to strangle you.

Record any situations of violence you have experienced, with dates and details.

List the details of the reports you have made, if possible with the name and identification number of the officer who processed the report.

Retain all details of the people who witnessed each aggression and of the doctors who treated you.

Keep all evidence of violence: torn or bloodied clothing, weapons, destroyed objects, etc.

Take photos of wounds, marks or bruises, with film rolls showing the date and noting the details of the shop where the material was developed.

What to Do When Being Violently Attacked

If you can go out, go to the nearest police or Civil Guard station and file a report.

If the attack is inevitable, try to become a small target. Protect your face and head with your arms.

Agree a signal with your neighbours to call the police when you need help.

IF YOU CAN'T CALL THE POLICE
OR HE STOPS YOU FROM
LEAVING, OPEN DOORS
AND WINDOWS, YELL,
ASK FOR HELP AND CALL
THE NEIGHBOURS

...

**DO NOT KEEP
QUIET!!!**

Plan your flight

If you have decided to leave home before another attack occurs, choose a time when the situation is calm.

Make sure your assailant is not at home and if he is, come up with plausible reasons for leaving the house without raising suspicion.

Do not provide information or clues about your plans to avoid being controlled.

Do not take tranquilizers or sleeping pills unless they have been prescribed by a doctor.

You need to be alert and lucid to think, decide, and defend yourself.

Before you take any steps you must first know where you can get help or enlist someone you trust.

Visit existing public resources and find out about the aid available to you.

Prepare a list of phone numbers of friends, relatives, doctors, schools, and keep your most important documents safe.

Checklist

- Family record book.
- Rental agreement.
- Deeds of ownership.
- Insurance documents.
- Academic records (yours and your children's).
- Work permit if you do not have Spanish nationality.
- Clothing.
- Address book.
- Birth certificates.
- Medical certificates.
- Social security card.
- Driving licence.
- ID card and passport.
- Credit card.
- All the money you can raise.
- Keys.
- Medication, medical reports of illnesses that you or your children may have.
- Photos.
- Jewellery.

Take them with you, you won't have another chance to recover them and you need them to defend your rights.

Give them to someone you trust for safekeeping.

Safety measures (after divorce or separation)

Violent men almost always pursue their former partner, as they do not resign themselves to losing their power and dominance over the family. Be prepared for this.

If you succeed in making him leave and have obtained a court ruling in this regard:

Immediately change the lock.

Apply to change your phone number.

Have an interview with your telephone company, demanding that they keep your data confidential. Make this request in writing also.

Report your situation

to friends, family
and co-workers.

Ask your co-workers to filter any
telephone calls you receive.

Don't be embarrassed to involve
them in your protection.

Make photocopies of important documents, deeds, bank statements, payslips, investments, etc.

Write down everything you can find out, bank account numbers, car registration numbers, addresses, etc. that may be useful if it goes to trial.

Make an inventory of all assets, properties and objects in your home.

Open an account at a bank that only you know about and deposit there all the money you can raise.

Remember that he will stop giving you money to keep control over you.

If you don't work, start looking for a job as soon as possible. Have school certificates and previous job certificates to hand (they will be useful as a CV). Enrol, if your mental state allows you, on a training course.

Don't be discouraged. However minimal your chances of finding a job, deciding to look for one will help you get past your fears and start fighting for yourself.

Do not tolerate violence for fear of losing your TV or refrigerator.

Objects can be recovered or replaced, but health and life can be irreversibly lost. Do not give more importance to material goods than to your own life, however hard it may have been to obtain them.

G. Ferreira

Be careful with the address you provide in the police reports and other documents to which the assailant may have access.

It would be advisable to receive your correspondence at the home of someone you trust. You can also ask the Women's Support Associations to receive your correspondence for you.

Do not frequent regular spots known to the assailant.

Go to a different supermarket, pharmacy, service station, etc.

Remember, you should not make known the place where you plan to take shelter.

When you decide to escape, this is one of the fundamental premises you need to follow. One of his usual tactics is to show remorse, making everyone believe that he seeks to recover his family. Third parties may well end up believing him and providing him with your details so that he can find you. This is very dangerous for you.

If your children are small, make sure they know the full names, address and phone number of the house and of the family (grandparents, aunts, uncles, etc.). Make them a card with these details and the number for the police, the lawyer and anyone else they can go to in case of a problem.

If you are a civil servant or you have mobility in your company, request a confidential relocation. When possible change your working hours.

A violent man who no longer lives with his partner and children **is not entitled to visit the children in the house where they are staying.** He does have the right to see them outside the house provided the judge has so ruled.

He must not be allowed in.

There are men who wield their rights as a father to spend many hours at their former partner's home. It is simply an attempt to appropriate a time and a space that no longer belongs to him and to continue his dominant, arbitrary and violent behaviour.

Children should be handed over away from the house, at the street door, at the corner or somewhere that has been previously agreed. Try to have the children handed over and collected by someone you trust, **avoid doing it yourself.**

Maintenance payments are usually **an excuse for meeting** or assaulting the former partner.

Open a bank account into which the money is transferred and the transactions are recorded.

Call the police if he harasses you. Ask for the copy of the police report.

NEVER AGREE TO SPEAK WITH YOUR VIOLENT FORMER PARTNER ALONE

**If the meeting is necessary,
have it in your
lawyer's office**

about your problem.

Stay alert. If it happens again, the attack will be harsher.

If he surprises you, get away as soon as you can; avoid being attacked. Don't wait for things to get worse.

If possible, go to a safe place.

WARNING !!!!!

The homes of family and friends are only a temporary shelter because the abuser will most certainly start to harass you: he will follow you, try to meet up with you to discuss any issue, try any excuse to get close to you again to continue imposing his arbitrary authority.

He knows that your fear is about submission and dependencies that you don't control.

If he calls you to threaten and insult you, hang up. Don't waste energy on saying anything.

If you can, connect a recorder to your phone to record calls.

Report the situation to your lawyer.

If it is repeated, ask for your telephone to be tapped. Your lawyer must bring it to the attention of the judge so that such bullying conduct can be stopped. Any limitation to his abusive behaviour disempowers him.

You should never see him alone. You need to know that as you regain your independence he will become more dangerous.

The family

Don't be discouraged family members or friends who take your partner's side. It is often inevitable even if it surprises you.

If it happens it will be painful and you will feel betrayed.

They may be afraid or have other interests that make them stay silent or take sides against you. Perhaps they do not understand or want to understand what is happening to you. Sometimes they may want to evade a problem that overwhelms them, a situation that bewilders them and they are not prepared to deal with, because it questions many of their own behaviours.

Don't waste time or energy trying to convince your in-laws that their son, brother or relative is violent.

They will turn into your enemies just to not have to listen to something they don't want to accept.

They will themselves feel guilty and aggrieved in many cases and that will make them deny the facts and support him.

You need to accept this reality even if it is very hard.

If your family doesn't support you, don't distress yourself about trying to change their attitude and getting them to understand your reasons. Even though it is your family, don't expect more from them than they can give.

If you have underage children, instruct them not to open the door or give information over the phone either to strangers or their father if he appears in person or calls. You must make it very clear to them that you are in an extreme survival-mode situation and that you are all in serious danger.

You must explain to them that they cannot go with him without first letting you know.

At school you must explain the situation to the headmaster or headmistress so that only you or the person you authorize can pick up the children. It is advisable to make this request in writing.

Alert your neighbours, co-workers, your children and your relatives. Give instructions to have the police called when an attack is taking place.

Demand a restraining order against your husband.

This will give you a very effective protection margin.

Sons and daughters

They may have learning problems or behavioural problems, or may even be unwell.

They break down when they see their mother being insulted and beaten.

When they see that you are incapable of defending yourself and defending them, it is very possible that they distrust and turn against you... they have heard you say so many times that you can't stand it any longer, that they are now struggling to believe you!

If you don't protect them from the violent model their father represents, they are likely to learn to abuse or to be victims of violence in the future.

Make your children feel responsible and equally involved in household tasks.

Explain to them that you cannot do everything on your own. Leave your servant role behind.

Everyone living at home should cooperate in caring for it. Even the youngest children can fetch and carry, put things away and gradually learn to do housework.

Respect yourself and make time for your own needs or hobbies.

Take stock of the real resources you can count on, limit yourself to them and don't have false illusions or expectations about family and friends.

Value and make the most of the support of the women and professionals who are looking after you, care about you and want to help you. For now, they will be your strength and your protection.

Protect yourself from his tendency to manipulate you and generate dependency in you

If your family gives you shelter, they may feel entitled to give you orders, to supplant you in your children's education, and you may reproduce submissive behaviours.

If they want to support you and provide you with the services that families give each other, that's fine, but that doesn't mean that they own your life, your time, or require obedience to their dictates. If they really love you, they will help you without making unacceptable demands.

If your friends or family want to find your partner to beat him up, to take revenge, stop them.

These actions only create more problems and violence.

It is more effective for them to protect you, offer you and your children a place to stay, give you their moral support.

Children must learn to become independent. to feel useful, capable and responsible.

They will appreciate the effort others make by experiencing it first-hand.

Explain to your children what is happening, clearly but without dramatizing the situation.

Reason with them why the separation is necessary and why they won't see their father for some time.

Do not downplay the danger. Prove to them that you understand how scared and confused they are. Explain to them that you are also afraid, but that you will strive to make a better life for everyone.

Do not call into question that they love their father, but make it clear to them that his behaviour is unacceptable and dangerous, that things cannot continue like this, that violence must end urgently and definitively.

Don't speak to them when distressed or irritated, and do not use insults when referring to their father. The children will be scared, they will become more distressed, and to avoid conflict they will come out in his defence, overlooking the fact that you and they are the victims, that you are suffering and are in danger.

Objectively describe his behaviour and your children will understand, even if they don't like it.

Express your feelings to them:

I am very scared when he threatens me.

It is dangerous to meet him.

I don't want you to learn to feel like me or to ever act like him.

I was wrong to expect him to change.

Explain your decisions to them:

I don't want you to continue watching and suffering when he abuses me.

I don't want hear any more insults.

I don't deserve to be treated like this, and neither do you.

I cannot allow him to continue harming us.

I won't accept violence any longer.

Abduction is a violent and aggressive action on the child. The abductor shows total indifference to and lack of guilt about the harm inflicted on your child.

Indicators regarding the abductor's profile

- The average age of the abductor is 28 to 40 years.
- He uses multiple means of transport to execute the abduction.
- He tends to abduct the children during the visiting hours or holidays established by the Court.
- He usually contacts the other parent after the abduction, to announce that she will not see the child again.
- He does not usually use physical force.
- They are incapable of identifying with others' emotions (they do not empathize with them).
- In 50% of cases the abductor has accomplices. Accomplices are usually family members, friends or current colleagues or partners.

What is parental child abduction?

It is the offence committed by a parent when he takes underage children and keeps them away from the other parent, for use as a repository of his internal conflicts and as an instrument of coercion towards the other parent.

The immediate victims of these situations are the abducted child and the parent who is kept in ignorance about the child's whereabouts.

Boys and girls are equally vulnerable to parental abduction; the lower their age the higher the risk for them.

Most abductions occur during separation or divorce.

The main cause of parental abduction is the abductor's desire to punish and take revenge on the other parent. This type of abduction is used for forcing a woman to withdraw her legal action, for pressuring her to accept abusive conditions in terms of property and money and mainly for restoring cohabitation.

Meeting Points

- The abductor often threatens the other parent with taking the child long before doing it, setting abusive conditions in exchange for not doing it.
- Women who are victims of parental abduction have often repeatedly reported such threats in their notifications to the Court.
- He tends to consider himself above the law, disregarding any court decisions.
- He painstakingly plans the parental abduction, taking the necessary time for it.
- Strategically, the abductor starts by delaying the return of the child after visiting times so that the victim relaxes her vigilance and takes longer to go to the police when the abduction actually takes place.

YOU NEED TO KNOW

Family Meeting Points
**is not exclusively aimed at dealing
with abuse**

Meeting Points (FMPs) are accessed by a court decision, by judicial referral, by referral from Social Services or other services specializing in contentious visiting arrangements.

The Family Court agrees its use when it detects situations of risk or the noncustodial parent invokes difficulties in complying with the visiting arrangements.

Where there is a Protection Order, the court takes civil measures, including those relating to visiting arrangements.

There are two types of FMP provisions:

1

DELIVERY AND COLLECTION

The child's visits with the noncustodial parent when the use of the Meeting Point becomes the only guarantee that the established visiting arrangements are complied with.

2

VISIT/SUPERVISED VISIT

The visit takes place at the Meeting Point with the aim of maintaining the parental relationship between the child and the parent who does not have custody, with or without supervision.

After receiving the court order, the following steps must be taken:

- You or your lawyer will contact the Family Meeting Point.
- You have to attend the FMP interview in person. Your former partner and the children will also do this.

There you will be informed of the rules by which you must abide during the time the service is provided.

You should know:

Although not a specific resource for cases of violence, Family Meeting Points are used by the courts as a space for mitigating the conflict. There are reasonable doubts about the appropriateness of using FMPs in cases of gender-based violence, but you need to be aware that these spaces, as well as ensuring compliance of the visiting arrangements and enabling the meeting between children and noncustodial parents, issue reports on parental attitudes and skills that may be used by social services, by psychosocial teams or by the courts to take decisions on visiting or custodial arrangements.

Women victims of gender-based violence at the FMPs

Women victims often have protective behaviours that involve rejection of victimhood and that can be spuriously interpreted as hindering the process of normalizing relations with the children. These attitudes may be assessed by the teams as "non-collaborative" or "obstructionist" in terms of the relationship with the violent parent. These reports usually follow the storyline favoured by many abusers on the non-existent "Parental Alienation Syndrome" (PAS).

Gardner argued that the child wove a campaign of vilification against the father as a result of alleged “brainwashing” of the child. Gardner proposed a treatment consisting of transferring the child’s custody to the rejected parent, prohibiting all contact with the primary parent for a limited time.

This has led to SAP being denominated THREAT THERAPY, since it keeps women inactive in the face of the attacks and abuses of the aggressor and is a de facto legal coercion when trying to impose and force a positive link of affection with the aggressor, places the mother squarely in the realm of psychopathology and punishes defensive or neutral reactions towards the abusive father.

2 Threat therapy. Parental Alienation Syndrome (PAS)

“Science tells us that the most likely reason for a child to reject a parent is that parent’s own behaviour. Labels such as “PAS” serve to deflect attention away from those behaviours.”

Dr. Fink

PAS is a sexist theory that emerged in the US promoted by the neo-macho movement in reaction to the advancement of women’s rights.

This movement uses the judicial system to maintain a relationship of control with the victims and their children, through disputes relating to the imposed shared custody or the visiting arrangements.

The PAS term was coined by Richard Gardner in 1985 to describe his impressions on cases he believed to be false accusations of child sexual abuse. It was a theory that encouraged paedophilia.

*Resources
and rights in
gender-based
violence*

Organic Law 1/2004

In 2004 Organic Law 1/2004 of 28 December was passed in Spain, establishing Integral Protection Measures against Gender Violence, granting rights to victims of gender-based violence that you need to know about.

In compliance with this Act, if you are a female victim of gender violence, REGARDLESS OF YOUR ORIGIN, RELIGION OR ANY OTHER PERSONAL OR SOCIAL CONDITION OR CIRCUMSTANCE, **your rights are:**

- 1.- To be given comprehensive **information and advice** suited to your personal situation.
- 2.- **integral social assistance** through the social services of your Autonomous Region involving care, emergency assistance, support and integral sheltering and recovery.
- 3.- **Any children** in your legal custody are also entitled to integral social assistance through the same social services.
- 4.- Free **legal aid**, i.e. defence and representation (lawyer and attorney), in all processes and proceedings, which you will not have to pay for if you accredit your lack of financial resources.
- 5.- If you are a working woman and a victim of gender violence, you will have the right:

- a) to a **reduction or rearrangement** of your working time;
- b) to **geographical mobility**, change in workplace;
- c) to **suspend your employment contract with the right to have your job held**, counting as an accrued period for Social Security and unemployment benefits. In this case you will be entitled to unemployment benefits.

6.- To join a specific action programme for **employment** if you are enrolled as a jobseeker.

7.- **To receive a one-off aid payment** if your monthly income is below 75% of the official minimum wage (excluding the proportional part of two extra yearly payments) and you have special difficulties in finding employment, which will be equal to:

- 6 months of unemployment benefit as a general rule;
- 12 months of unemployment benefit if you have an officially recognized disability greater than or equal to 33%;
- 18 months of unemployment benefit if you have family responsibilities;
- 24 months of unemployment benefit if you or any of your family members living with you have a recognized disability greater than or equal to 33%.

8.- To have **preferential access to** protected housing and **public homes for the elderly**.

Act 4/2018 of 8 October for a Society Free of Gender Violence in Castilla-La Mancha

The law **for a Society Free of Gender Violence** extends its scope of application to all forms of gender-based violence in any private or public sphere, extensively including all forms of violence against women.

The protection, integral care and damage reparation will apply to all women victims of gender violence who administratively belong to one of the municipalities of Castilla-La Mancha.

3 Which forms of gender-based violence does the Castilla-La Mancha law address?

Physical violence: any violent act against the woman's body, resulting in or risking physical injury or damage.

Psychological violence: any verbal or non-verbal conduct such as threats, coercion, humiliation or debasement, control, demand for submission, harassment, force or insults that causes women some kind of suffering, devaluation, isolation or limitation of their freedom.

Financial violence: intentional and legally unjustified deprivation of resources for the physical or psychological wellbeing of women and their children, whether during cohabitation or after a breakup, or discrimination in the provision of shared resources within the couple's cohabitation.

Sexual violence: any act of a non-consensual sexual nature involving violence, intimidation, emotional prevalence or manipulation, including the exhibiting, observing and imposing of sexual intercourse.

Environmental violence: any non-accidental act or conduct that causes damage in the victim's environment, including pets, in order to cause psychological and emotional abuse.

Symbolic violence: the use of icons, representations, narratives or images reproducing or transmitting relations of male domination over women, legitimizing violence and naturalizing the subordination of women, whatever format they use and type of relationship they refer to.

Institutional violence: actions or omissions by authorities, officials, professionals, staff and agents belonging to any public body, entity or institution which are intended to delay, hinder or prevent women from having access to public policies and exercising the rights provided for by law to ensure a life free from violence.

Who are included as beneficiaries of recognized rights?

All women victims of gender-based violence who are in the territory of Castilla-La Mancha, irrespective of their administrative place of residence, will receive guaranteed care in an emergency situation, notwithstanding the provisions of state legislation and the applicable national and international conventions.

Mothers of underage children killed by the father, or by the man with whom she has or had an intimate relationship, with or without cohabitation, and whose crime had the purpose of inflicting psychological or emotional abuse on the mother.

Which types of violence are included in the law?

- Violence within the relationship with the partner or former partner.
- Femicide: the killing of a woman committed for reasons of gender.
- The different types of sexual violence.
- Trafficking in women.
- Sexual exploitation.
- Arranged or forced marriage or pairing at an early age.
- Female genital mutilation.
- Manifestations of violence committed through the use of technologies and social media.
- Sexual harassment or harassment for reasons of gender in the workplace.
- Any behaviour that uses intimidation or violence to restrict freedom to fully enjoy women's sexual and reproductive rights.
- Any other manifestation of violence that injures or is likely to injure the dignity, integrity or freedom of women provided for in international treaties or the national or regional legal system.

How do I access the benefits and aid that I am entitled to as a victim?

Through the so-called Entitlement Authorization

The law states that you can access the measures it provides through the so-called Entitlement Authorization. This accreditation allows you to access all the benefits provided for by the Law.

The entitlement authorization is recognized through:

- A report of the Castile-La Mancha Institute for Women or, where applicable, the body responsible for equality that replaces it.
- A ruling or judicial decision declaring the existence of a situation of gender-based violence.
- A report of the Public Prosecutor's Office on the existence of evidence of a gender violence situation.
- A protection order or ruling agreeing to the adoption of protective measures.

The law provides for establishing other entitlement authorizations to identify situations of gender-based violence for accessing the different rights and benefits laid down.

You need to know that at all times...

You will participate in the choice of resource(s) best suited to your needs and demands.

Confidentiality and privacy are guaranteed by the professionals involved in the intervention.

You will be given prior legal advice as well as professional direction and defence at trial (including sentence enforcement).

Castilla-La Mancha has Urgent Care Centres in place that provide you with accommodation and protection in emergency situations and long-stay shelters for integral recovery.

Your underage children are entitled to specialist psychological assistance tailored to their needs

Your underage children are entitled to immediate schooling when a change of residence occurs.

Employment rights

It is essential that you know the rights you are entitled to so you can exercise them effectively.

In addition to the general rights recognized by Organic Law 1/2004 on information, integral social assistance and immediate and free legal aid, **you have employment and social security rights** depending on whether you are an employee, self-employed or a civil servant, and which range from reduced working hours, rearrangement of working time, preferential right to change the work centre, with the position being held for the first six months, suspension of the employment relationship with the right to have your job held, in relation to excused absences, mobility or leave of absence.

If you are registered with the Public Employment Services, you may be a beneficiary of the socio-occupational inclusion programme. This individualized inclusion programme encompasses training and incentives on which the Public Employment Services will give you information.

Active inclusion income

The maximum duration of this financial aid in each Programme is **eleven months**.

Promoting your personal and social independence

The rights you are entitled to under **Act 4/2018 for a Society Free of Gender Violence in Castilla-La Mancha** are aimed at helping you regain the control of your own life. In this pursuit, we help you recover your personal and social independence by supporting you in accessing decent and adequate housing through preferential access when assigning regional public housing and, if you have a disability, housing adapted to your needs.

To support your financial independence, the Government of Castilla-La Mancha adopts personalized career pathways and training actions with hiring commitment. You will also be entitled to different types of financial aid.

To find out the amount, duration and requirements for this recognition, please obtain information from the Women's Centres

This financial aid is awarded to unemployed people. To be a beneficiary, you will need:

- a) To accredit your status as a victim of gender-based violence through a Protection Order or court ruling on a criminal precautionary measure.
- b) A report from the Public Prosecution Office while waiting for the protection order to be issued.
- c) A sentence convicting the assailant.
- d) A certificate from the social services of the Regional Government, the Town Council or the sheltered accommodation, indicating your situation.
- e) To be a jobseeker.
- f) To not be entitled to unemployment benefits or agricultural income.
- g) To lack your own income of any kind that exceeds 75% of the current monthly official minimum wage.

There are other factors that affect the provision relating to the sum of the monthly household

income and other aspects that it is important you know about. You can access the detailed information of this provision through your lawyer, social worker or through the specific guide published by the administration, which you can view on the Ministry's website.

Other rights

You are entitled to **unemployment benefits** in certain circumstances relating to having responsibility for family members or foster children. These rights will fluctuate according to variables such as the recognized one of different degrees of disability.

Equally, on an urgent or priority basis, you can process the **recognition of advances from the Food Payment Guarantee Fund** the recognition of the widow's pension, access to protected housing and public residences for the elderly, immediate schooling of your children when changing residence due to gender violence.

Foreign women

If you are a foreigner, it is important that you know about certain specific rights you have, such as those relating to your residency and work permit separately from that of your spouse. You also have the right to a temporary residence and work permit, the renewal of the residence and work permit after its expiry, or the right to asylum under certain circumstances.

The Government of Castilla-La Mancha reinforces its support

When you decide to take the step to escape violence, it helps you improve your employability and personal work-life balance and gives you aid in the form of direct one-off payments if you have suffered serious injuries, after-effects or physical or psychological harm.

It provides you with emergency or long-stay accommodation resources, as well as supervised housing at the end of the sheltering period

It offers you “pocket aid” during your stay in the sheltered accommodation and help upon your departure from it. To find out the amounts, duration and requirements for these and other aid measures, please obtain information from the Women's Centres of your municipality.

It supports you with measures such as preferential access to regional public housing or prioritization in accessing rental aid.

<http://institutomujer.castillalamancha.es/>



Telephone Service for Assistance and Protection of Women Victims of Gender Violence (ATENPRO)

Through your town council and the Women's Centres, you can operate a mobile telelocation phone that allows you to stay connected to the Response and Security Centres 24 hours a day, 365 days a year, wherever you are.

To request the service you must meet the following requirements:

- Not living with the person who has abused you.
- Participating in the specialist care programmes in Castilla-La Mancha.
- Accepting the service's operating rules and cooperating in its smooth operation.

It is an accessible service for the hearing-impaired (SOTA Module).

YOU CAN ALSO OBTAIN INFORMATION by phone on

900 100 114

or via e-mail on

teleproteccion-violencia@igualdad.msps.es

PROVINCIAL DIRECTORATES OF THE CASTILLA-LA MANCHA WOMEN'S INSTITUTE

PROVINCIAL DIRECTORATE OF ALBACETE

Address: **C/ Feria, 7-9 - 02071 Albacete**

Telephone: **967 55 72 19**

Fax: **967 19 57 53**

Email: **abmujer@jccm.es**

CIUDAD REAL PROVINCIAL DIRECTORATE

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Telephone: **926 27 7 288**

Fax: **926 27 93 10**

Email: **institutomujercr@jccm.es**

CUENCA PROVINCIAL DIRECTORATE

Address: **C/ Hervas y Panduro, nº 1 - 16071 Cuenca**

Telephone: **969 17 87 95**

Fax: **969 17 68 95**

Email: **instituto.mujercu@jccm.es**

GUADALAJARA PROVINCIAL DIRECTORATE

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Telephone: **949 88 87 05**

Fax: **949 88 88 61**

Email: **institutomujerguadalajara@jccm.es**

TOLEDO PROVINCIAL DIRECTORATE

Address: **Pza. Santiago de los Caballeros, 5
45071 Toledo**

Telephone: **925 26 79 56**

Fax: **925 26 5 684**

Email: **institutomujertoledo@jccm.es**

Specialized programmes of the Castilla-La Mancha Regional Government

PERMANENT HOTLINE FOR VICTIMS
OF GENDER-BASED VIOLENCE
AND SEXUAL ASSAULT

900 10 01 14

Toll-free 24-hour
regional telephone

PSYCHOLOGICAL ASSISTANCE PROGRAMME
FOR CHILD VICTIMS OF GENDER-BASED
VIOLENCE

WITH YOU PROGRAMME FOR INTEGRAL
PREVENTION AND INTERVENTION IN SEXUAL
ASSAULT AND ABUSE

**You can access these
support programs
from the
Women's Centres**

ALBACETE

"LA MANCHUELA" WOMEN'S CENTRE (ALATOZ SITE)

Address: C/ Los Barrancos, 22 - 02152

Telephone: 967 40 21 11

Fax: 967 40 21 67

Email: cmmanchuela2@dipualba.es

ALBACETE WOMEN'S CENTRE

Address: C/ Cruz Norte, 2 - 02001

Telephone: 967 24 69 04

Fax: 967 24 59 21

Email: centromujer@ayto-albacete.es

ALCARAZ WOMEN'S CENTRE

Address: Pza. Mayor, 1 - 02300

Telephone: 967 38 02 17

Fax: 967 38 02 13

Email: centromueralcaraz@gmail.com

ALMANSA WOMEN'S CENTRE

Address: C/ Nueva, 10 - 02640

Telephone: 967 34 50 57

Fax: 967 31 23 39

Email: centromujer@ayto-almansa.es

**"LA MANCHUELA" WOMEN'S CENTRE
(CASAS IBAÑEZ SITE)**

"La Manchuela" Women's Centre

Address: Pza. Constitución, 3, 1B - 02200

Telephone: 967 46 20 81

Fax: 967 46 06 40

Email: mademanchuela@dipualba.es

CAUDETE WOMEN'S CENTRE

Address: C/ Paracuellos de la Vega, 3 - 02660

Telephone: 965 82 55 17

Fax: 965 82 55 17

Email: administracion@centpatrolamujer.caudete.org

BONILLO WOMEN'S CENTRE

Address: Pza. Mayor, 1 - 02610

Telephone: 967 37 00 01

Email: cmujerbonillo@gmail.com

HELLÍN WOMEN'S CENTRE

Address: C/ Fortunato Arias, 4 - 02400

Telephone: 967 54 15 10

Fax: 967 30 29 47

Email: centromujer@hellin.es

LA RODA WOMEN'S CENTRE

Address: C/ Alfredo Atienza, 105 - 02630

Telephone: 967 44 14 03 ext. 5

Fax: 967 44 32 72

Email: centromujer@laroda.es

MOLINICOS WOMEN'S CENTRE

Address: Calle Mayor, 35 - 02440

Telephone: 967 11 10 06

Email: cmujermolinos@gmail.com

SAN PEDRO WOMEN'S CENTRE

Address: Avda. Castilla-La Mancha, nº 1 - 02326

Telephone: 967 35 80 01

Fax: 967 35 80 01

Email: centromuersanpedrog@gmail.com

TARAZONA DE LA MANCHA WOMEN'S CENTRE

Address: C/ Villanueva, 6 - 02100

Telephones: 967 54 40 47, 967 48 00 02 ext. 4

Fax: 967 48 13 66

Email: cmujertarazona@gmail.com

TOBARRA WOMEN'S CENTRE

Address: C/ Asunción, 6 - 02500

Telephone: 967 54 35 04

Fax: 967 32 88 91

Email: cmujertob@hotmail.com

VILLAROBLEDO WOMEN'S CENTRE

Address: c/ Alfonso XII, 31 - 02600

Telephone: 967 14 50 79

Fax: 967 14 51 82

Email: centromujer@villarobledo.com

CIUDAD REAL**ALCAZAR DE SAN JUAN WOMEN'S CENTRE**

Address: C/ Santo Domingo, 2 - 13600

Telephone: 926 57 91 53

Fax: 926 55 01 05

Email: centromujeralcazar@aytoalcazar.es

ALMADÉN WOMEN'S CENTRE

Address: C/ Antonio Blázquez, 22 - 13400

Telephone: 926 26 45 00

Fax: 926 71 20 77

Email: almaden.ciem@local.jccm.es

ALMAGRO WOMEN'S CENTRE

Address: C/ Mercado s/n, 1st floor - 13270

Telephone: 926 26 14 26

Fax: 926 26 14 62

Email: centalrelamujer@almagro.es

ALMODOVAR DEL CAMPO WOMEN'S CENTRE

Address: C/ Jardines, s/n, 1st floor - 13580

Telephone: 926 44 20 27

Fax: 926 48 31 82

Email: centromujer@almodovardelcampo.es

ARGAMASILLA DE ALBA WOMEN'S CENTRE

Address: C/ León Felipe s/n, - 13710

Telephones: 926 52 19 27, 926 52 11 83

Fax: 926 52 19 27, 926 52 34 48

Email: centromujer@argamasilladealba.es

ARGAMASILLA DE CALATRAVA WOMEN'S CENTRE

Address: Plaza Santos Mártires s/n- 13440

Telephone: 926 46 01 06

Fax: 926 46 03 28

Email: centromujer6@hotmail.com

BOLAÑOS DE CALATRAVA WOMEN'S CENTRE

Address: C/ Plaza de España, 1 2nd floor - 13260

Telephone: 926 87 00 48

Fax: 926 87 01 69

Email: centredonlamujer@bolanosdecalatrava.es

CALZADA DE CALATRAVA WOMEN'S CENTRE

Address: C/ Plaza de España, 1- 13370

Telephone: 926 87 50 01

Fax: 926 87 51 10

Email: centredonlamujer@calzadadecalatrava.es

CAMPO DE CRIPTANA WOMEN'S CENTRE

Address: C/ Fernández Calzuelas, 11 - 13610

Telephone: 926 56 31 25

Fax: 926 56 31 25

Email: centromujer@campodecriptana.es

CIUDAD REAL WOMEN'S CENTRE

Address: C/ Lentejuela, 7 - 13001

Telephone: 926 21 10 03

Fax: 926 21 75 97

Email: cmujercr@ayto-ciudadreal.es

DAIMIEL WOMEN'S CENTRE

Address: Travesía de las Tercias, 4, 1st floor - 13250

Telephone: 926 26 06 52

Fax: 926 26 06 52

Email: centromujer@aytodaimiel.es

HERENCIA WOMEN'S CENTRE

Address: C/ Convento, 2 - 13640

Telephone: 926 57 32 72

Fax: 926 57 36 57

Email: centromujer@patrimonio.es

HORCAJO DE LOS MONTES WOMEN'S CENTRE

Address: C/ Real, 5 B - 13110

Telephone: 926 77 50 82

Email: cmujer@entreparkes.com

LA SOLANA WOMEN'S CENTRE

Address: C/ Pozo Ermita, 4, 1st floor - 13240

Telephone: 926 63 11 03

Fax: 926 63 40 45

Email: centalrelamujer@hotmail.es

MALAGÓN WOMEN'S CENTRE

Entreparkes Association

Address: Pza. Ayuntamiento 1 - Malagón - 13420

Telephone: 926 800 600

Fax: 926 800 600

Email: cmujermalagon@entreparkes.com

MANZANARES WOMEN'S CENTRE

Address: C/ María Zambrano, s/n - 13200

Telephone: 926 61 11 58

Fax: 926 61 11 58

Email: centromujer@manzanares.es

MEMBRILLA WOMEN'S CENTRE

Address: C/ Capitán Meléndez Arias, s/n - 13230

Telephone: 926 63 73 17

Fax: 926 63 73 17

Email: centromujer@aytomembrilla.org

MIGUELTURRA WOMEN'S CENTRE

Address: C/ Lentejuela, 7 - 13170

Telephones: 926 27 20 08, 926 16 06 17

Fax: 926 24 20 30

Email: centromujer_miguelturra@yahoo.es

PEDRO MUÑOZ WOMEN'S CENTRE

Address: C/Goya, 7, 2º A

Telephone: 926 58 63 30

Email: centromujer@pedro-munoz.com

PUERTOLLANO WOMEN'S CENTRE

Address: C/ Gran Capitán, 1 - 13500

Telephone: 926 43 23 26

Fax: 926 43 28 05

Email: cmujer@puertollano.es

SOCUÉLLAMOS WOMEN'S CENTRE

Address: C/ Pedro Arias, 87, 1st floor - 13630

Telephone: 926 53 94 34

Fax: 926 53 94 34

Email: cmujersocuellamos@yahoo.es

TERRINCHES WOMEN'S CENTRE

Address: Avda. Castilla-La Mancha, 29 - 13341

Telephone: 926 35 81 09

Email: centromujerterretes@gmail.es

TOMELLOSO WOMEN'S CENTRE

Address: C/ Felipe Novillo, 88 - 13700

Telephone: 926 52 88 01

Fax: 926 50 66 49

Email: centromujer@aytotomelloso.es

VALDEPEÑAS WOMEN'S CENTRE

Address: C/ Manuel León, 3 - 13300

Telephone: 926 31 25 04

Fax: 926 32 44 00

Email: centromujer@valdepenas.es

VILLANUEVA DE LOS INFANTES WOMEN'S CENTRE

Address: C/ Monjas y Honda, 4 - 13320

Telephone: 926 35 02 83

Fax: 926 36 08 60

Email: centromujer@infantes.org

VILLARRUBIA DE LOS OJOS WOMEN'S CENTRE

"Ojos del Guadiana" Women's Centre

Address: C/ Tirante, 18 - 13670

Telephone: 926 26 68 88

Fax: 926 26 68 90

Email: centredonlamujer@villarrubiadelosojos.es

CUENCA**CUENCA WOMEN'S CENTRE**

Address: Pza. de España, s/n Edif. Mercado 3rd floor
Right. - 16001

Telephone: 969 23 56 07, 900 70 71 70

Email: centromujer@cuenca.es

HUETE WOMEN'S CENTRE

Address: Pza. de la Merced, 1, 1st floor - 16500

Telephone: 969 37 20 78

Fax: 969 37 11 48

Email: ayhuede-mujer@local.jccm.es

INIESTA WOMEN'S CENTRE

Address: Plaza Mayor 1 - 16235

Telephones: 967 49 00 02, 967 49 12 10

Fax: 967 49 12 20

Email: centromueriniesta@telefonica.net

LANDETE WOMEN'S CENTRE

Address: Pza. Nicanor Grande, 1 - 16330

Telephone: 969 36 80 15

Fax: 969 36 12 09

Email: cm.landete@hotmail.com

LAS PEDROÑERAS WOMEN'S CENTRE

Address: Pza. Constitución, 10 -16660

Telephone: 967 16 14 41

Fax: 967 16 12 59

Email:

centromujerlaspedroneras@gmail.com

LAS VALERAS WOMEN'S CENTRE

Address: C/ Samuel Baltés, N° 4 -16120

Telephone: 969 20 80 01

Fax: 969 20 81 35

Email: cmujerlasvaleras@gmail.com

MOTA DEL CUERVO WOMEN'S CENTRE

Address: Plaza de Santa Rita, 2-3 - 16630

Telephone: 967 18 03 69

Fax: 967 18 23 20

Email:

centromujer@motadelhorvo.es

MOTILLA DEL PALANCAR WOMEN'S CENTRE

Address: C/ San Gil Abad, 3 -2º - 16200

Telephone: 969 18 00 94

Fax: 969 33 10 25

Email: centro.mujer@motilla.com

PRIEGO WOMEN'S CENTRE

Address: Pza. Conde de Priego, 1-16800

Telephone: 969 31 21 08

Fax: 969 31 20 67

Email:

centromujerpriego@hotmail.com

QUINTANAR DEL REY WOMEN'S CENTRE

Address: Quintanar del Rey Town Council.

Pza. Mayor, s/n - 16220

Telephone: 967 49 58 14

Fax: 967 49 58 15

Email:

centromujer@quintanardelrey.es

SAN CLEMENTE WOMEN'S CENTRE

C.M. San Clemente

Address: C/ Clemente Pérez de Rus, 1 - 16600

Telephone: 969 30 06 44

Fax: 969 12 51

Email: centromujer@sanclemente.es

TARANCÓN WOMEN'S CENTRE

Address: Avda. Juan Carlos I, 67, 1st floor -16400

Telephone: 969 32 11 73

Fax: 969 32 59 69

Email: centromujer@tarancon.es

GUADALAJARA

ALOVERA WOMEN'S CENTRE

Address: Avda. de las Mercedes, 3. Local 11 D. Alovera

Telephones: 949 25 77 46, 682 34 36 48

Email:

centromujeralovera@amo.org.es

AZUQUECA DE HENARES WOMEN'S CENTRE

Address: C/ Peña Francia, 4 - 19200

Telephone: 949 27 73 46

Fax: 949 27 73 47

Email: centalrelamujer@azuqueca.net

CABANILLAS DEL CAMPO WOMEN'S CENTRE

Address: Glorieta Mariano Pozo, s/n-19171

Telephone: 949 33 76 26

Fax: 949 33 71 43

Email: centromujer@aytocabanillas.org

CIFUENTES WOMEN'S CENTRE

Address: Pza. San Francisco s/n, Floor 1 - 19420

Telephone: 949 81 08 53

Email: centromuercifuentes@gmail.com

EL CASAR WOMEN'S CENTRE

Address: Pza. La Constitución, 2 - 19170

Telephone: 949 33 55 30

Fax: 949 33 55 57

Email: centredonlamujer@ayuntamientoelcasar.es

GUADALAJARA WOMEN'S CENTRE

Address: C/ Julián Besteiro, 2, -19004

Telephone: 949 22 07 88

Fax: 949 22 04 12

Email: centromujerguadalajara@yahoo.es

MOLINA DE ARAGÓN WOMEN'S CENTRE

Address: Paseo de los Adarves, 29 4th floor 19300

Telephones: 673 39 34 78, 673 39 34 80

Email: centromuermolina@cepaim.org

MONDÉJAR WOMEN'S CENTRE

Address: Plaza Mayor, 1 -19110

Telephone: 949 38 77 20

Fax: 949 38 77 37

Email: centromujer@mondejar.org

SIGÜENZA WOMEN'S CENTRE

Address: El Torreón Sociocultural Building C/ Valencia, s/n, 5-7 -19250

Telephone: 949 34 70 41

Fax: 949 34 70 76

Email: cmujer@siguenza.es

TOLEDO

BARGAS WOMEN'S CENTRE

Address: Barrio Alto, 8, 1º Dcha.- 45593

Telephone: 925 49 60 63

Email: centalrelamujer@bargas.es

CALERA Y CHOZAS WOMEN'S CENTRE

Address: C/ Miguel de Cervantes, 2 - 45686
 Telephone: 925 84 71 54
 Email: centromujer@caleraychozas.com

CAMARENA WOMEN'S CENTRE

Address: C/ Salud, 1 - 45180
 Telephone: 91 817 41 80
 Email: centromujer@ayto-camarena.com

CONSUEGRA WOMEN'S CENTRE

Address: C/ Don Vidal, 1 - 45700
 Telephone: 925 46 75 71
 Fax: 925 46 75 77
 Email: centromujerconsuegra@hotmail.com

CORRAL DE ALMAGUER WOMEN'S CENTRE

Address: C/ Caños, 1 - 45880
 Telephone: 925 19 11 72
 Fax: 925 19 03 32
 Email: centromujer_ca@hotmail.com

ILLESCAS WOMEN'S CENTRE

Address: Pza. Manuel de Falla, 4 - 45200
 Telephone: 925 54 02 85
 Fax: 925 54 07 75
 Email: centalrelamujer@illescas.es

LA PUEBLA DE ALMORADIEL WOMEN'S CENTRE

Address: C/ Manuel Girón-Bellón S/N -45840
 Telephones: 634 738 349, 925 20 54 23
 Fax: 925 20 53 38
 Email:
cmujerpalmoradiel@gmail.com

LA PUEBLA DE MONTALBÁN WOMEN'S CENTRE

Address: Paseo Santo y Soledad S/N - 45516
 Telephone: 925 745793
 Fax: 925 77 66 01
 Email: centromujer@villademontalban.com

LOS YÉBENES WOMEN'S CENTRE

Address: C/ San Juan nº 9 - 45470
 Telephone: 925 32 14 55
 Fax: 925 32 14 24
 Website: [Blog](#)
 Email: cmujeryebenes@yahoo.es

MADRIDEJOS WOMEN'S CENTRE

Address: C/ Cruces, 9 - 45710
 Telephone: 925 46 00 16
 Fax: 925 46 70 22
 Email: centredonlamujer@madridejos.es

MENASALBAS WOMEN'S CENTRE

Address: C/ Barquillo, 6 - 45128
 Telephones: 627 54 88 61, 925 11 00 08
 Email: centromujermenasalbas@gmail.com

MIGUEL ESTEBAN WOMEN'S CENTRE

Address: Pza. de los Mártires, s/n, 1st floor (Town Hall)
 45830
 Telephone: 925 17 25 83 ext. 5:
 Fax: 925 17 25 83 ext. 5:
 Email:
centredonlamujer.miguelesteban@centalrelamujer.org

MORA WOMEN'S CENTRE

Address: C/ Orgaz, 70 - 45400
 Telephone: 925 30 14 86
 Fax: 925 32 20 39
 Email: centromuermora@gmail.com

NOBLEJAS WOMEN'S CENTRE

Address: C/ José Bono, 1 - 45350
 Telephones: 925 14 09 84, 628 165 517
 Fax: 925 14 03 09
 Email: centromujer@noblejas.es

OCAÑA WOMEN'S CENTRE

Address: C/ La Rosa, 13 - 45300
 Telephone: 925 13 16 11
 Fax: 925 13 16 11
 Email: cmujer@ocana.es

OLIAS DEL REY WOMEN'S CENTRE

Address: Plaza Constitución, 13 - 45280
 Telephone: 925 49 19 23
 Fax: 925 49 09 12
 Email: centromujer.olias@aytoolias.es

SESEÑA WOMEN'S CENTRE

Address: Plaza Mayor, 4 - 45224 (Seseña Nuevo)
 Telephone: 91 801 23 46
 Fax: 91 801 33 26
 Email: centromujer@ayto-sesena.org

SONSECA WOMEN'S CENTRE

Address: C/ Mazarambroz, 7 bajo - 45100
 Telephones: 925 38 21 00, 925 38 38 45
 Fax: 925 38 22 34
 Email: mujer@sonseca.es

TALAVERA DE LA REINA WOMEN'S CENTRE

Address: C/ Segurilla, 35 - 45600
 Telephones: 925 72 13 19, 902 07 88 87
 Fax: 925 83 02 13, 925 81 90 69
 Email: centromujer@aytotalaveradelareina.es

TOLEDO WOMEN'S CENTRE

Address: C/ Alemania, 139 bis - 45005
 Telephone: 925 33 03 99
 Fax: 925 33 03 93
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*Happiness
for me is
enjoying good
health, sleeping
without fear
and waking
without
anxiety.*

*Françoise Sagan
(born Françoise Quoirez)*

Resignation is nothing more than the habit of suffering.

Concepción Arenal.

Resignation is a daily suicide.

Honoré de Balzac.

Better or worse, it was the same thing; the boot that tramples us is always a boot.

Bertolt Brecht.

Do you want to stop belonging to the slave numbers? Break your chains and push away all fear from you and all spite.

Epictetus.

No one can love their chains, even if they are pure gold.

John Heywood.

A man can't ride your back unless it is bent.

Martin Luther King.

My husband is a mirror of virtue on the street, and a living demon when he gets home.

Popular saying.

Tyranny is implacable and cruel because it is cowardly and weak.

Romain Rolland.

The American white relegates the black to the rank of shoeshine boy and concludes from this that the black is good for nothing but shining shoes.

George Bernard Shaw.

Violence begets violence.

Aeschylus.

Violence must be met with violence, and justifies it.

Théophile Gautier.

Power does not corrupt; it unmask.

Rubén Blades.

Retreating from danger only increases it.

Gustave Le Bon.

Fear of danger is ten thousand times more terrifying than danger itself.

Daniel Defoe.

To pardon him too easily that has transgressed is to wrong him that transgresses not.

Baldassare Castiglione.

Mercy but murders, pardoning those that kill.

William Shakespeare.

Drunkenness doesn't create vices; but it brings them to the fore.

Seneca the Philosopher.

One is not born, but rather becomes, a woman.

Simone de Beauvoir.

The single girl wants to wed because she enjoys freedom, and greater captivity with a husband awaits her.

Manuel Bretón de los Herreros.

Man distinguishes himself from other animals for being the only one who abuses his female.

Jack London.

When all hates have come to light, all reconciliations are false.

Anonymous.

People hate those who make them feel their own inferiority.

Lord Chesterfield.

What is done to children, children will do to society.

Karl Mannheim.

Desperate wrongs need desperate remedies.

Hippocrates.

Trying to improve oneself is an enterprise that tends to produce better results than trying to improve others.

Noel Clarasó.

Love is the ability to laugh together.

Françoise Sagan (born Françoise Quoirez).

Man likes to have his own way but does not like his domestic partner to have a different way from his own.

John Stuart Mill.

An important part of healing is wanting to be healed.

Seneca the Philosopher.

Sometimes fleeing takes a lot of courage.

Mary Edgeworth.

You foolish men who accuse women without reason, not seeing that you are the cause of what you blame.

Juana Inés de la Cruz.

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