

# RECOMMENDATIONS FOR YOUR SAFETY IN CASE OF GENDER VIOLENCE

We at the **Department of Equality** want to help minimize the risk of experiencing abuse during this period of confinement.

**IF YOU THINK YOU ARE IN DANGE OF VIOLENT BEHAVIOR FROM YOUR SPOUSE OR PARTNER,**

## **THIS IS WHAT YOU SHOULD DO**

- 1** Stay in touch with family and friends on a daily basis by telephone, through WhatsApp or by text message. Keep your mobile phone nearby and charged. Make and receive calls.
  - 2** When an argument begins, distance yourself from the situation. Remember you can go outside. Your safety is of the utmost importance. You will not be fined.
  - 3** Don't take risks, but don't allow fear to paralyze you. If you are attacked, flee, and if that is not possible, defend yourself, scream for help.
  - 4** Take advantage of any time you are alone or that you go out to the grocery store to let people in your neighborhood know about your situation.
  - 5** If there is physical aggression, leave your home immediately and ask for help from anyone in the vicinity.
  - 6** Go to a clinic or hospital and explain what has happened. Ask them to prepare a medical report about your injuries. If at all possible, do not return to your home if the aggressor is still there.
  - 7** The police force is at your disposal. They are there to protect you, so feel free to call them.
  - 8** Keep emergency numbers on speed dial on your telephone: 112, 091, 062. Tell your children to keep these numbers at hand as well.
  - 9** Stay in touch with **specialists** who can help you.
- You can call the Violence Unit of the Department of Equality at **965 10 50 86** or **679 30 63 82**
  - Or call the Special Task Group on Violence of your local police force at **965 14 95 37** and **659 57 36 39**
  - You can also call the Women's Center 24h at **900 58 08 88** or simply dial **016**  
By calling, you will find professional, specialized and compassionate guidance, advice and support. **We're here to help you.**

# DO YOU THINK SOMEONE IN YOUR FAMILY, CIRCLE OF FRIENDS OR NEIGHBORHOOD IS AT RISK OF GENDER VIOLENCE?

## THIS IS WHAT YOU CAN DO

- 1** Make sure that that person knows they can count on you, that you are nearby and can help.
- 2** Contact that person at least once a day to make sure she is okay. If she knows you are available, she will call you when she feels threatened.
- 3** Listen without judging or expressing an opinion. If she is asking for your help, it is because she needs it and she is in danger.
- 4** Encourage her to inform the police so that they can protect her and minimize her risk.
- 5** If you cannot convince her and she decides to return home in this period of confinement, inform the police by calling **965 149 537** or **659 573 639** in Alicante or by dialing **112** or **091**.
- 6** If you see or hear loud arguments, insults, screams or blows, call the police immediately. Give them as much detailed information about the location of the incident as possible. The police will then go to that location.
- 7** If a friend, family member or acquaintance is at risk of abuse or violence, you can contact professionals who will advise you on how to proceed. Call the Department of Equality at **965 105 086** or **679 306 382** or the Women's Center at **900 580 888** or dial **016**.
- 8** The most important thing is maintaining daily contact through whatever means are available.

**Let's prove that together we can stop violence against women. Now more than ever.**