

WHAT CAN WE DO TOGETHER?

WE LISTEN TO YOU

We know that the first step in overcoming situations of violence, is to talk about them and the worries they cause us. We offer a safe space where we will listen to you and you can share you feelings and emotions.

INFORMATION

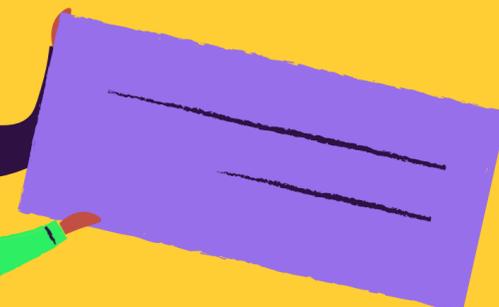
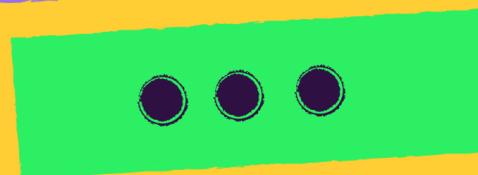
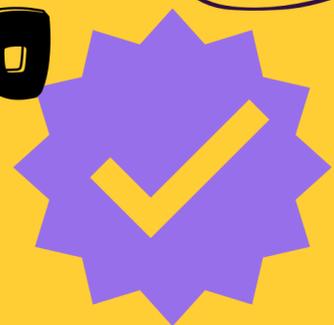
We can give you information about your situation, respecting your process and your decisions.

PSYCHOSOCIAL SUPPORT

We can talk about what happened and evaluate together the situation you are going through. We offer both psychological and social support. We can also give basic legal advice if you are thinking about reporting to the police or wish to know you rights.

ACCOMPANIMENT & REFERRAL

We can help put you in touch with other specialized services and accompany you if you wish.



CONTACT

ÀMBIT DONA

☎ 933 177 059

ERD ROBADORS

☎ 934 126 324

ÀMBIT INSERCIÓ

☎ 932 371 376

ÀMBIT MARESME

☎ 937 553 613

SIEMPREVIVAS

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WITW YOU



àmbit
prevenció
FUNDACIÓ

Amb la col·laboració de:

Fundació "la Caixa"

WE KNOW THAT...

Gender-based violence is one of the main structural problems in our society and women of all ages are affected by this breach of their rights.

These are the consequences of the inequality in relationships of power between men and women, an inequality which is held up by the patriarchal society we live in.

EVERYBODY is co-responsible for stopping gender violence, but as women, we should not be the only ones made responsible for ending it, at least not by ourselves.

We are survivors, not just victims!

GENDER VIOLENCE IS NOT AN INDIVIDUAL PROBLEM



WE CAN END GENDER VIOLENCE

PHYSICAL VIOLENCE

Hitting, suffocating, pinching, spitting, throwing objects at you, stepping on...

PSYCHOLOGICAL VIOLENCE

Threats, insults, harassment, jealousy, contempt, disparagement, belittling, manipulation, indifference, humiliation...

DIGITAL VIOLENCE

Harassment, threats and violation of private information through digital media, such as social networks, email and/or apps...

SEXUAL VIOLENCE

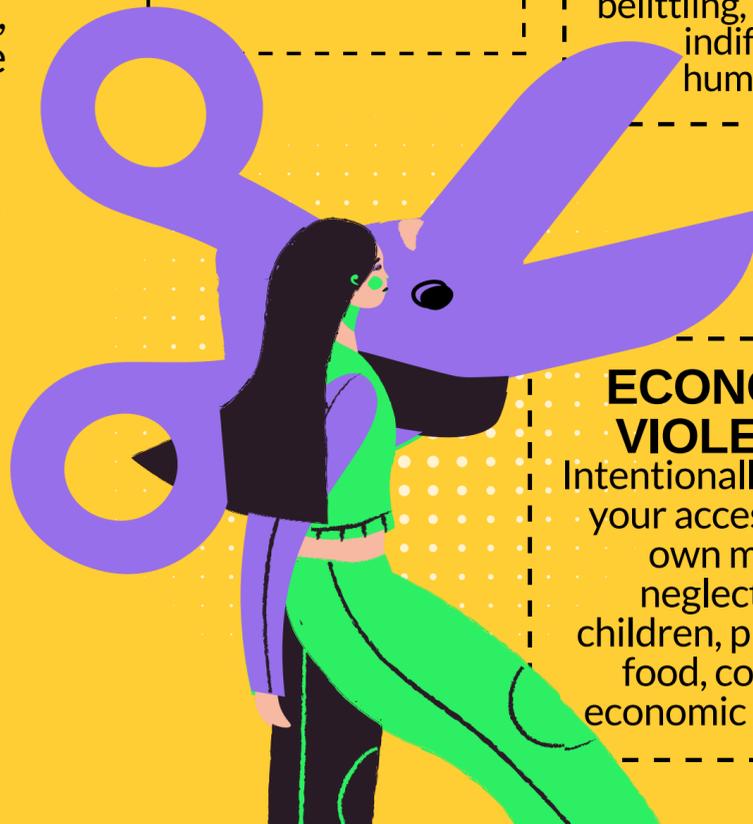
Pressure to perform unwanted sexual practices, receiving unwanted touches, rape...

OBSTETRIC VIOLENCE

and violation of sexual and reproductive rights. Prevent or impede access to rights, information necessary for decision-making...

ECONOMIC VIOLENCE

Intentionally impeding your access to your own money, neglect of the children, privation of food, control of economic decisions



WHAT ARE YOU FEELING?



Confusion, stress, persistent sadness and/or tiredness, among other emotions, can be common if you have suffered gender violence. Feeling isolated or alone too.



The most important thing is to **look for support networks, and/or people you trust** or feel can accompany you, listen, guide you and/or provide security. You are not alone!



Be patient with yourself, it can be difficult to understand what you are going through, and even more difficult to make definitive decisions.



You know yourself better than anyone. If you are going through what we have described here, we are here to support you, we believe in you. You don't need to make decisions now, but if you want, let's talk.



Free yourself from the feeling of guilt. The only person responsible for the situation of violence is whoever has exercised or is exercising violence on you and those who allow it to happen.