

LEARN HOW TO RECOGNIZE THE VIOLENCE AND GET OVER IT.

Small guide for women in trouble.

Volunteers from A.I.D.A. tell us....

In the last few years we have been welcomed, listened and supported many women. As we hear on the news, violence against women is raising even in our area.

To suffer violence from your own partner, husband, fiancé or dad, in Italy and in Europe is the first reason of death for women from age 16 and 35.

The non-profit institution AIDA (Association of women against violence) has been working in Cremona since 2001 with the aim of avoiding from violence against women and minors and to spread the culture of respect for the person.

A.I.D.A, with the help of volunteers, support women from physical, psychological, economical abuse inside the family and into the society, giving psychological and legal help, by taking women to organisation respecting privacy and anonymity.

HOW TO RECOGNIZE THE VIOLENCE

Different kinds of violence

Physical violence: every kind of violence against the body is showed up with KICKS, PUNCHES, BITES, SLAPS, PUSHES, BURNS.

Psychological violence: every kind of violence and lack of respect that cause FEAR, ANXIETY, LOSE OF SELF-ESTEEM, BLAMING ONESELF, DEPRESSION, DEPRECIATION OF THE OWN BODY, STRONG FEEL OF SHAME, FEAR TO SPEAK ABOUT VIOLENCE THAT YOU HAD.

Economical violence: every kind of CONTROL OF THE ECONOMICAL AUTONOMY, BLACKMAILS, ECONOMICAL INDIPENDENCE.

Sexual molestation: JOKES, SHOWING OFF, DIRTY PHONE CALL, PERSISTENT REQUEST OF SEX NOT CHOSEN, GROPING WITH SEXUAL INTENTION. This behaviour is demeaning, unpleasant for the victim and it usually takes place in public areas and/or work places.

Rape: every kind of SEXUAL FORCING obtained with TREATS, FORCE, VIOLENCE, BLACKMAILS.

Stalking: FREQUENT PHONE CALL, SHADOWING, SWEARING, CHECKING ON YOUR PRIVATE LIFE AND YOUR WORK, ASKING YOUR FRIENDS AND RELATIVES ABOUT YOU, ABUSING OF YOU. It's a real continued persecution that makes feeling the victim stressed and constantly in danger. It usually happens at the end of a relationship or in case of not returned cares.

VIOLENCE EFFECT

Women that suffer violence react in various ways but ALL OF THEM know the pain of the loneliness and the social unconcern that ever since belong to this problem.

Knowing the effect of this abuse helps to fight against them and to understand why victims behave and react in a certain way: DENYING THE PROBLEM, PUTTING UP WITH FIGHT FOR LOVE, THINKING OF HIS BEHAVIOUR COULD CHANGE, FEELING NECESSARY FOR HIM AND ALL THE FAMILY.

CLICHÉS

Women are in risk more from men never met...

Is not true

Mostly the aggressors of women are their partner or ex partner, friends, colleagues, teachers or neighbours.

The violence hits just fragile women...

Is not true

It hits every woman but the most fragile ones, that do not trust and believe in themselves, could be the easier victims.

Rape is caused by sexy attitudes or unwise manners from women...

Is not true

Every behaviour of a woman can not explain violence against her.

Violence is more common between the low classes which are culturally and socially penalized...

Is not true

Violence against women is a vast problem which touch every social, economical, cultural status, without any difference of race, religion or age.

Violence is caused by consumption of alcohol and drugs...

Is not true

Aggressors that use alcohol, drugs and suffer for psychic disorders and are in percentage just the 20%.

Women that suffer violence at home "like" been beaten, otherwise they would go away from home...

Is not true

Fear, economic dependence, isolation, lack of accommodation are some facts that make hard to women taking a break.

Violence into the house is caused by a brief lose of control...

Is not true

The idea of losing the control is not correct because the aggressions are planned and repeated in the time. Aggressors follow their plans considering themselves justified from the woman's behaviour.

Violence must find a solution inside the house...

Is not true

Solution is possible to find by becoming aware of the problem and asking to skilled people, help and support.

HOW TO GET OUT FROM VIOLENCE

Steps that help us to escape from violence:

- To recognize to be in a dangerous situation
- To understand that violence is never justified
- To admit our own unease
- To understand that who bear violence is never responsible of the abuse suffered
- To get over fear and embarrassment of been judged
- To understand that speaking about it is the only way to overcome
- To go to organisations against violence

IF YOU MOVE HOUSE REMEMBER...

- ✓ To collect all documents necessary for you and your children: identity card, driver licence, passport, addresses and telephone numbers, income tax return, eventual abuse reports and relative medical certificate.
- ✓ If you have a bank account and bonds in your name, keep with you checks, ATM card and bonds.
- ✓ If you have a bank account or bond registered in two people's names with your husband or your partner, open a new personal bank account and a bonds to a different bank moving your part of saving.
- ✓ To place safely your personal things and the ones that you have care.
- ✓ To inform police that you are moving house for security reasons and eventually tell them that you are taking with you your sons or daughters giving them your new address. **In this way you do not report your partner but in case of report, preserve you from abduction of minors.**