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ATHENA BEGIN

BOOKLET

ON GENDER-BASED VIOLENCE FOR PEOPLE WITH INTELLECTUAL DISABILITIES

ATHENA BEGIN: 856613 - EUROPEAN CORPORATIONS AGAINST DOMESTIC
VIOLENCE TOWARDS PEOPLE WITH INTELLECTUAL DISABILITIES

WP2: DATA COLLECTION ON PROFESSIONALS NEEDS AND DEVELOPMENT OF
MATERIAL FOR IMPROVEMENT OF COMPETENCES

IDENTIFICATION AND INTERVENTION TOOLS FOR WOMEN WITH ID AND THEIR FAMILIES

What is gender-based violence?

Gender-based violence is deeply rooted in gender inequality and includes physical, sexual, verbal, emotional and psychological abuse, threats, coercion, and economic violence committed particularly towards women and girls.

Which women may suffer gender-based violence?

Anyone can suffer gender-based violence. Neither age nor place of birth nor any other factor is determinant. It may happen to anybody anywhere, which is why it is so important to be aware of it.



Types of gender-based violence

There are different types of gender-based violence that one person may commit against another, most typically a man against a woman. If something similar happens to you, then you will be able to identify it and take the necessary actions for your own safety and protection.

PSYCHOLOGICAL VIOLENCE

Psychological violence is when a person behaves towards you in a way that makes you suffer. For example:

- If they insult you
- If they humiliate you
- If they threaten you
- If they talk and behave towards you in such a way that makes you experience feelings of unworthiness
- If they prevent you from visiting (and/or being visited by) family and friends



PHYSICAL VIOLENCE

Physical violence is when someone hurts your body.

For example:

- Pushing you
- Kicking and/or punching you
- Biting you
- Throwing objects at you or using them to inflict pain on you
- Spitting on/at you
- Cutting you
- Burning you
- Tying you up



SEXUAL VIOLENCE OR SEXUAL ABUSE

Sexual violence or sexual abuse involves every act within the sexual domain directed towards another individual without their voluntary consent or knowledge to partake in the act.

For example:

- They coerce you to take part in sexual acts (oral, anal and/or vaginal sex) against your will
- They force you to touch intimate parts of their or your body
- They force you to take photos or to make videos of yourself when you are naked or during intercourse
- They force you to watch pornography
- They force you to use sexual objects on yourself or on them without consent/against your will



ECONOMIC VIOLENCE

Economic violence is when someone controls your money and refuses to let you handle it.

For example:

- They do not let you have any money
- They prohibit you from working or studying
- They control the money you earn and have
- They do not let you access your bank accounts



How do I know if I am suffering gender-based violence?

These questions can help you know if you are being subjected to gender-based violence.

- Does he/she insult you and then ask for your forgiveness?

YES / NO

- Does he/she insult you or humiliate you?

YES / NO

- Has he/she ever slapped or hit you?

YES / NO

- Has he/she forced you to have sex with him/her without your consent?

YES / NO

- Does he/she prevent or forbid you from seeing your family and/or friends?

YES / NO

IF THE ANSWER TO ANY OF THESE QUESTIONS IS **YES, THEN YOU ARE BEING SUBJECTED TO GENDER-BASED VIOLENCE.**

Find out how you can ask for help
(next page)



YOU ARE NOT ALONE!

Together Against Violence



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**Check the list of resources per
country
(next pages)**



SPAIN

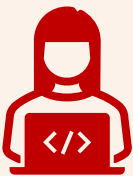


Support line for gender-based
violence victims

016

You can ask for help from the Unit for Attention to
Victims with Intellectual Disabilities (UAVDI)

900 335 533



Or visit our website:

nomasabusos.com

PSYCHOLOGICAL THERAPY



Another way to help you if you are experiencing gender violence is to talk to a psychologist. A psychologist is someone who wants to help you. They can help you **OVERCOME** the bad things that may have happened to you through **THERAPY**.

What is therapy?

THERAPY is a space where you can talk about the things that concern you with a psychologist. At the UAVDI you can talk to a psychologist about things that are worrying you and they can help you feel better.

PORTUGAL

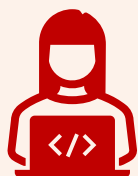
National Support Network for Victims of Domestic Violence



800 202 148

SMS: 3060

All calls/messages are **free** of charge



Or visit the **official website** here:

www.cig.gov.pt/portal-violencia-domestica/contactos/

UMAR (Alternative and Response Women's Association)

Support centres:

212 942 198

(Almada)

umar.almada@sapo.pt

222 025 048 | 910 504

600

(Porto)

e-mail:

umarprati@gmail.com

220 933 787 | 914736078

(Porto, for victims of sexual violence)

e-mail: eir.centro@gmail.com

**Portuguese Association
for Victim Support**

116006

**National Line for Social
Emergencies**

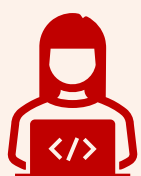
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GREECE



Support line for victims

15900



Or visit our website:

<https://isotita.gr/en/home/>



**NOW YOU CAN TALK – YOU ARE NOT
ALONE**

24 HOURS A DAY

7 DAYS A WEEK

YEAR-ROUND SERVICE

Free provision of immediate assistance in
gender-based violence emergencies

ATHENA BEGIN

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