

REMEMBER

SGBV is NOT your fault!

Worldwide many women, men, girls and boys experience physical or sexual abuse or other forms of SGBV in their lifetime. Anyone can become a victim of sexual and gender-based violence.

You are NOT alone! Help is available!

There are people who can help you, such as doctors, police officers, and social workers. If you have experienced or are experiencing SGBV, tell someone you trust or contact the organizations listed above.

HELP others stay safe as well!

If someone who has experienced or is experiencing SGBV reaches out to you, listen to them and remind them that SGBV is not their fault and that they are not alone. Tell them that help is available and encourage them to seek assistance. If they agree you can contact the organizations listed above together.

Share the leaflet and the video so that it reaches more people!



<https://youtu.be/KsIE6Q7hXe8>



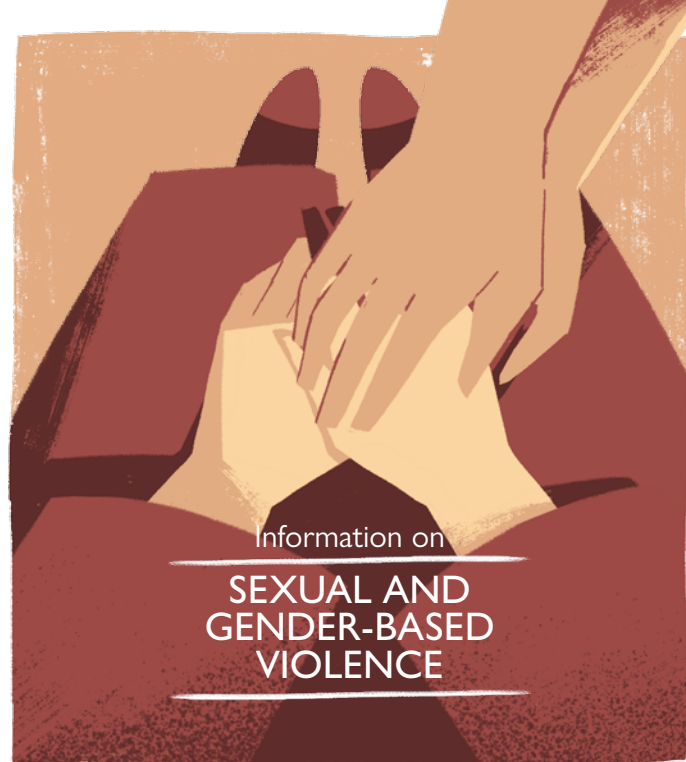
ABOUT US

The PROTECT project aims to strengthen national support services for victims of sexual and gender-based violence. PROTECT also aims to make these services available to refugees, asylum seekers and migrants, be they children or adults and including people identifying as LGBTI.

<https://eea.iom.int/PROTECT-project>



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THIS LEAFLET is designed for someone who has migrated to Poland from another country. You may have come here seeking protection, employment, to study, or to be reunited with family members.

In Poland EVERY person has the same rights regardless of age, gender identity, sexual orientation, language, religion or where they come from.

You have the RIGHT to enjoy a life free of any form of violence. If someone hurts or threatens to hurt you or someone you know, remember that you have the right to receive help and protection.

You are not alone. HELP is available.

SEXUAL AND GENDER-BASED VIOLENCE (SGBV)

What is SGBV?

Sexual and gender-based violence (SGBV) is violence directed against a person based on their sex, gender or gender identity. SGBV includes acts that cause physical, mental or sexual harm or suffering, threats with such acts, coercion and other deprivations of liberty. Perpetrators often use force, coercion, deception or manipulation. Most often SGBV is not recognised or reported.



What is the difference between sex, gender and gender identity?

A person's SEX is assigned at birth based on anatomical and biological factors, while GENDER is how society believes that people should behave (how they should dress and present themselves, what their roles and responsibilities should be, etc.) according to their biological sex.

A person's GENDER IDENTITY refers to each person's deeply felt internal and individual experience of gender. This may or may not correspond with the sex assigned at birth, including the personal sense of the body (which may involve, if freely chosen, modification of bodily appearance or function by medical, surgical or other means) and other expressions of gender, including dress, speech and mannerisms.

Who belongs to the LGBTI community?

LGBTI is an umbrella term that intends to emphasize the diversity of biological sex, sexual orientation and gender identity referring, not exclusively, to lesbian, gay, bisexual, transgender and intersex people.



What are the main types of SGBV?

SGBV may be physical or psychological and among others it can take the form of domestic violence and intimate partner violence, economic abuse, emotional abuse, physical assault, sexual abuse and hate crime against persons who may identify as LGBTI.

- **DOMESTIC VIOLENCE** is used to describe violence that takes place within the home or family between intimate partners as well as between other family members.
- **INTIMATE PARTNER VIOLENCE** applies specifically to violence occurring between intimate partners (married, cohabiting, boyfriend/girlfriend or other close relationships), and defined as behaviour by an intimate partner or ex-partner that causes physical, sexual or psychological harm. This includes acts of physical aggression, sexual coercion, psychological/emotional abuse and controlling behaviours. This type of violence may also include the denial of resources, opportunities or services.
- **ECONOMIC ABUSE** – An aspect of abuse where abuser controls the victim's finances to prevent them from accessing resources, working or maintaining control of earnings, achieving self-sufficiency and/or gaining financial independence.
- **EMOTIONAL ABUSE** is an act which causes mental or emotional pain or injury. Examples include: threats of physical or sexual violence, intimidation, humiliation, forced isolation, social exclusion, stalking, verbal harassment, unwanted attention, remarks, gestures or written words of a sexual and/or menacing nature, destruction of cherished things, sexual harassment.

- **PHYSICAL ASSAULT** – An act of physical violence that is not sexual in nature. Examples include: hitting, slapping, choking, cutting, shoving, burning, shooting or use of any weapons, acid attacks or any other act that results in pain, discomfort or injury.
- **SEXUAL ABUSE** is the actual or threatened physical intrusion of a sexual nature, whether by force or under unequal or coercive conditions.
- **HATE CRIME** is a prejudice-motivated crime which occurs when a perpetrator targets a victim because of their membership (or perceived membership) in a certain social group (e.g. attack on someone because of their race, religion, colour or gender identity).

What other types of SGBV exist?

There are many other types of SGBV, including harmful traditional practices (e.g. female genital mutilation/cutting (FGM/C), forced marriage and child/early marriage), so-called honour crimes, and trafficking in persons.

To whom can SGBV happen?

SGBV can happen to **ANYONE** and it is **NEVER** the victim's fault. Women and men, girls and boys, adults and children, people identifying as LGBTI can all become victims of SGBV. SGBV is **NEVER** justifiable.

Who can perpetrate SGBV?

ANYONE can perpetrate acts of SGBV. The perpetrator can be a complete stranger or someone you know, such as a family member, a friend or a romantic partner. SGBV can also be perpetrated by the state.

Where can SGBV happen?

SGBV can happen **ANYWHERE**: in your home country, during your journey to another country, and in the country you are currently living in. It can happen in private homes and in public places, such as at school, at work, and in reception centres.

Is SGBV my fault?

SGBV is **NEVER** the victim's fault. Gender norms and unequal power relations are the root causes of SGBV. The perpetrator is the only person to blame.

What if I did not fight back?

It is very common not to fight back during an assault because you may panic and feel hopeless or trapped and you don't know what to do to get out of the situation. This does not mean that you consented to the violence.

What are the consequences of SGBV?

SGBV can have both physical and emotional consequences. Physically SGBV can cause bodily harm, pain, infections and women and girls can become pregnant without wanting to, among other consequences. The emotional consequences of SGBV can include trauma, nightmares, insomnia, headaches, and many different feelings such as anger, shame, sadness, guilt, fear. All feelings are valid, and Poland has professional and confidential services to support victims. You are **NOT** alone.

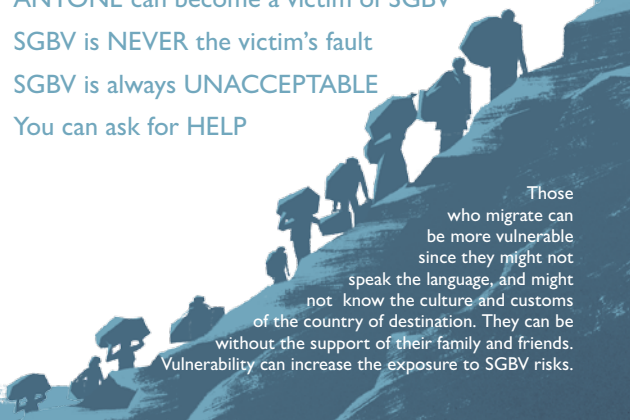
REMEMBER

ANYONE can become a victim of SGBV

SGBV is **NEVER** the victim's fault

SGBV is always **UNACCEPTABLE**

You can ask for **HELP**



Those who migrate can be more vulnerable since they might not speak the language, and might not know the culture and customs of the country of destination. They can be without the support of their family and friends. Vulnerability can increase the exposure to SGBV risks.

AVAILABLE SERVICES

What can I do if I or someone I know has experienced or witnessed SGBV?

In case you experience or witness any forms of SGBV, you should contact the POLICE.

EMERGENCY CALL: 112 or 997

What if I need legal assistance?

You can contact:

POLISH NATIONWIDE EMERGENCY SERVICE FOR VICTIMS OF DOMESTIC VIOLENCE BLUE LINE

provides emergency, legal and psychological support.

HOTLINE FOR VICTIMS OF DOMESTIC VIOLENCE:

800-120-002

Al. Jerozolimskie 155, 02-326 Warsaw
(22) 666-10-36 / (22) 250-63-11 (FAX)
biuro@niebieskalinia.info



ASSOCIATION FOR LEGAL INTERVENTION (SIP)

Siedmiogrodzka Str. 5/51, 01-204 Warsaw
(22) 621 51 65
interwencja@interwencjaprawna.pl

HALINA NIEĆ LEGAL AID CENTER

Krowoderska Str. 11/7, 31-141 Krakow
(12) 633 72 23 / (12) 423 32 77 (FAX) / biuro@pomocprawna.org

HELSINKI FOUNDATION FOR HUMAN RIGHTS

provides help to asylum seekers, refugees, detainees and victims of violence.
Zgoda 11 Str., 00-018 Warsaw
(22) 556 44 40 / (22) 556 44 50 (FAX)
hfhr@hfhr.pl / www.hfhr.pl/en / www.facebook.com/hfhrpl

What if I need psychological assistance?

You can contact:

WOMEN'S RIGHTS CENTRE - provides legal, psychological and educational support for victims of violence and discrimination. Helpline for women is available 24/7.

WARSAW, Wilcza Str. 60/19, 00-679
(22) 622 25 17 /porady.
psychologiczne@cpk.org.pl
www.facebook.com/Centrum.Praw.Kobiet

GDANSK, Gdyn, Kosynierów Str. 11./2
(58) 341 79 15; 604-590-117

cpk_gdansk@cpk.org.pl
LODZ, Piotrkowska Str. 115.
(42) 633-34-11 / cpk_lodz@cpk.org.pl
www.cpk.lodz.pl

WROCLAW, Ruska Str. 46B, room 207
(71) 358-08-74

CAMPAIGN AGAINST HOMOPHOBIA - a Polish LGBT rights organization. It provides psychological and legal assistance to LGBT persons.

Solec Str. 30A (entrance at Al. 3 Maja), 00-403 Warsaw
(22) 423 64 38 / (22) 620 83 37 (FAX) / info@kph.org.pl

What other services are available?

LA STRADA POLAND

- assistance to victims of trafficking
P.O. Box 5, 00 - 956 Warsaw 10,

(22) 628 99 99* (help line available Mon - Thu 9 - 19, Fri 9 - 14, Wen 14 - 19 for Russian-speaking people)

(22) 621 56 18 (help line for Vietnamese-speaking people)

(22) 622 19 85 (FAX)
strada@strada.org.pl

UNHCR REPRESENTATION IN POLAND

Przemysłowa Str. 30, 00-450 Warsaw
(22) 628 6930
polwa@unhcr.org

IMMIGRANTS SUPPORT CENTRE

Gdyńskich Kosynierów Str. 11/1
80-866 Gdańsk
centrum@cwii.org.pl

NOMADA ASSOCIATION FOR MULTICULTURAL SOCIETY INTEGRATION

Paulińska Str. 4/8, 50-247 Wrocław
(71) 307 03 35
nomada@nomada.info.pl
counselling@nomada.info.pl

OCALENIE FOUNDATION

Krucza Str. 6/14a, 00-537
Warsaw
(22) 828 04 50
(22) 828 50 54 (FAX)
biuro@ocalenie.org.pl

