

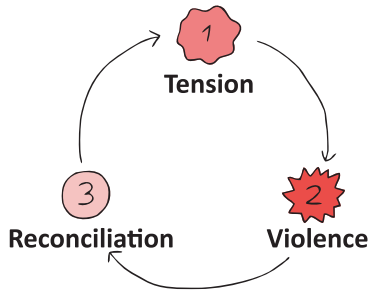


Domestic violence.

How can I recognize it?

What should I do?

Domestic violence is a system of behavior in which one person aimed at maintaining power and control over another. Conflicts and disputes can arise in any relationship, but not in every relationship does a partner try to establish power and control in this way. Domestic violence has its own laws, principles and development dynamics. It consists of three phases.



1. Tension

This is characterized by separate outbreaks of insults, which can be verbal or emotional. The duration of the phase can vary from a few days to several months.

2. Actual violence

This phase of acute violence is characterized by intense, destructive actions and extreme emotional outbursts in their most negative form.

3. Honeymoon

During this phase, a man may change, admit his mistakes and repent his deeds, or, conversely, may blame the woman for provoking violence, say the she “drove him to it”, but also promise never to beat her again.

It is important to remember that violence is a cyclical process and is always repeated.

How to support a friend in a situation of violence

- Do not blame her or try to force her leave the abuser. In violent relationships a woman is often confronted with accusations and control.
- Tell her that violence is a psychological problem that can be solved. Recommend her to see a specialist.
- Tell her that the main way to end the violence is to isolate the abuser from the victim.
- Explain that this is the only way a woman can protect not only herself but her children as well.
- It is important to tell the victim that she is not to blame for what happened. Only the perpetrator is to blame.
- Tell her about real cases of women overcoming violence. The experience of those who coped with violence, which gives hope for a normal future. Usually such an experience can be heard on victim support groups.
- Tell the victim about the crisis centers she can contact. See the list of crisis centers in Moscow on the last page of this booklet. If you need to find crisis centers in other cities, you can see them on the “Help Card” at nasiliu.net/karta-pomoshhi or in the N.N application (Available on the AppStore and Google Play).
- Help her to find free educational courses or work that will help her gain greater independence.

Make a safety plan

- Plan what you will do if the violence happens again.
- Find a place where you could go when you are in danger (friends, crisis center).
- Ask your neighbors to call the police whenever they hear noise and screams from your apartment.
- Record every case of beating and threats in a photo, video or voice recorder.
- If there are weapons in the house, get rid of them, if possible.
- Hide essential items in a safe but accessible place (money, jewelry, documents, a list of important contacts).
- Try to destroy all the things that would help to find you.
- If the situation is critical, leave the house immediately, even if you are unable to take the necessary things.

Contact the police and record the beatings

- If your health or life is in danger, call the police immediately. To call from a mobile dial 112.
- Tell the operator your name, age and address. Also explain that you are being beaten and that your life is in danger. If you cannot open the door yourself to the police, scream as loudly as possible that you need help. Otherwise, policemen may leave without trying to get into the apartment.
- The person who committed the violence must be taken to the police station. During this time, you can call an ambulance, go to the trauma center or to the crisis center.
- In the trauma center or emergency room, describe in detail how you were beaten. Tell them what hurts and where, even if there are no visible signs of beatings on your body. Never refuse hospitalization.
- If you do not want to call an ambulance or are afraid to go to the emergency room yourself, contact the center “Nasiliu.net”.

There you will be provided with a volunteer who will accompany you and ensure that the medical report is correctly drawn up.

- Contact any police station and make a written statement on the facts of the beating.
- After your statement has been accepted, you should be given a receipt with the application number. With this number you can track how the work is progressing on your case

Useful legal information

- If the police officer refuses to accept your statement or sends it to the police department in your area of residence, you can call the Prosecutor's Office (8 495 683 68 74) or the hotline of the Ministry of Internal Affairs (8 800 222 74 47) and leave a complaint about the employee who did not accept the statement.
- The right to dissolve a marriage in Russia is given to foreign citizens and stateless persons, as well as Russian citizens.
- You can recover alimony for child support without a marriage certificate. If your spouse is not included on the birth certificate of a child, you can establish paternity in court.

How to know whether you are facing domestic violence

Check if your partner or husband behaves this way

- Reacts unpredictably to your words or actions, and shouts
- Deliberately damages your things
- Says that you provoke him to aggressive behavior
- Ignores, devalues or makes fun of your opinions or achievements
- Forbids you to leave home, work or get an education
- Does not allow you to meet with friends or relatives, restricts your access to documents, money or means of communication
- Is jealous or threatens to commit suicide when you talk about divorce
- Threatens to abuse you or your children
- Hurts you or your children, is rough or violent
- Forces an intimate relationship

List of crisis centers

Crisis Center “Kitezh”

+7 916 920 10 30

+7 499 110 00 41

kitez@hotmail.com

Shelter, Social support

Consortium of Women's Non-Governmental organizations (NGOs)

Stolovy llane, 6

+7 495 690 63 48

+7 495 690 47 08

wcons@wcons.net

Legal assistance

Center “Nasiliu net”

Zemlyanoy val 7, entrance 3, office 514

+7 495 916 30 00

info@nasiliu.net

Psychological, informational and legal assistance.

“Safe house” Foundation

Mansurovsky Lane, h. 6

+7 926 073 95 75

jewelgirls@yandex.ru

social and psychological support

**“Sisters” Assistance Center for those
who faced sexual abuse**

+7 499 901 02 01

sisters@sisters-help.ru

Psychological assistance (online and by
telephone only)

Center “Anna”

8 (800) 7000 600

Psychological and informational
support



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