



REALIZAÇÃO



PBMIH

Português brasileiro para
migração Humanitária



APOIO





Voice your courage!

DID YOU KNOW?

The Maria da Penha Law exists to protect all women living in Brazil, regardless of their nationality, social class, race, ethnicity, sexual orientation, income, educational level, language, age or religion.

The Maria da Penha Law also applies to you, female immigrant!

What is domestic violence?

According to the Maria da Penha Law (Federal Law 11.340/2006), **domestic violence** can be any act, word or offensive behavior that harms a woman's physical and / or psychological integrity, carried out by a family member, a partner or someone she lives with.

The aggression can be carried out by:

- A partner (such as a boyfriend, a girlfriend, a spouse, etc.)
- A former partner (such as an ex-boyfriend, an ex-girlfriend, an ex-spouse, etc.)
- Family members (such as parents, siblings, siblings-in-law, parents-in-law, children, etc.)
- Any other person with whom the woman has or had a relationship, even with no family bond and not living together.

Offender's profile



Type of relationship

| | |
|----------------|-----|
| Partner | 41% |
| Former partner | 12% |
| Children | 8% |
| Ex-boyfriends | 5% |

Source: Balanço Ligue 180 (2019)



YOU ARE NOT ALONE!

Only in 2019, **the helpline (180)** registered over **67.000 reports** of domestic violence. Most of the complaints were made by women. Usually, from **the victim herself, her friends or her neighbors.**



Regardless of the circumstances of your arrival and your residency in Brazil, you have rights under Brazilian law, even if you:

- **Don't have regularized papers**

or

- **Don't have any documents.**

Reporting does **not affect any aspect of your immigrant situation or legal protection in Brazil.**

Reporting is the first step to overcome domestic violence!

Types of domestic violence

MORAL VIOLENCE

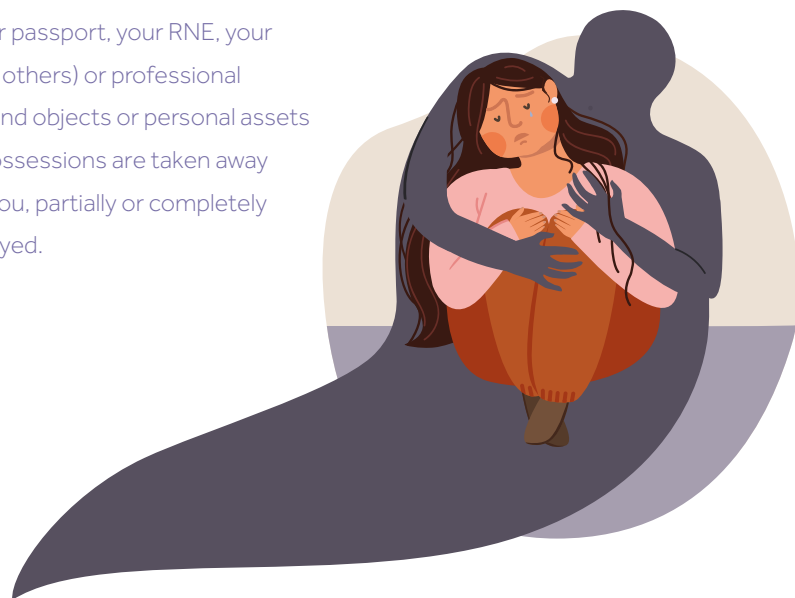
Any behavior that may **harm your dignity or reputation**, frustrating your ambitions..

PATRIMONIAL VIOLENCE

Any violence in **which your personal identification documents** (such as your passport, your RNE, your ID and others) or professional tools and objects or personal assets and possessions are taken away from you, partially or completely destroyed.

PSYCHOLOGICAL VIOLENCE

Any behavior that **promotes emotional problems** (through humiliation or insults) or psychological distress (through threats or blackmail), decreasing your self-esteem.



PHYSICAL VIOLENCE

Any violent act that uses force intentionally and puts your health at risk or cause any harm to your physical integrity.

KEEP IN MIND!

Even with no bruises or scars in your body, any aggression can be reported through the **helpline (180)**.

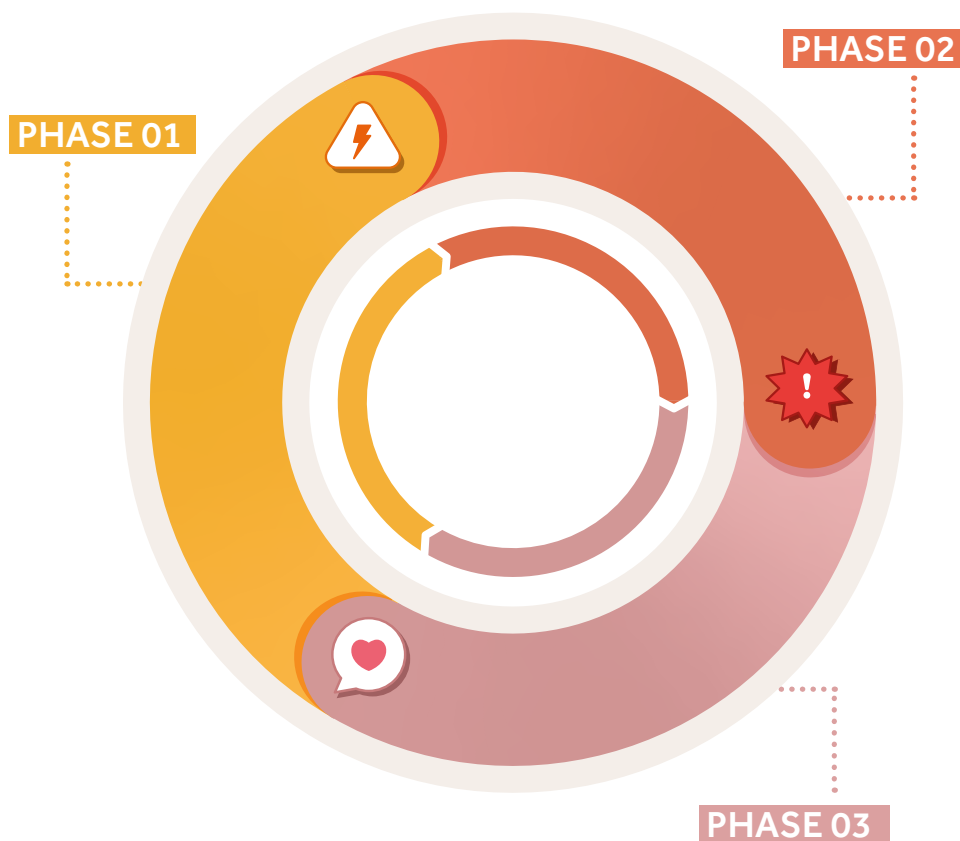
SEXUAL VIOLENCE

Any sexual action or attempt against your own will, including any unwanted physical contact and / or sexual comments



The domestic violence's cycle

This is how domestic violence usually happens, especially in affective relationships. The **domestic violence's cycle** helps women to understand how difficult it is to leave relationships of abuse and of aggression. This situation can repeat itself for months or years, in a circular way:



PHASE 01

Tension phase

Offender's behavior: he is often **annoyed and irritated** by anything. Also, he treats the woman aggressively, offending, threatening and humiliating her.

Woman's behavior: she tries to **calm him down**, distressing herself and avoiding doing anything, since the aggressor is already annoyed and irritated for no reason. In this phase, the woman **hides the situation** from the people around her, feeling guilty, sad, anxious and afraid.

This tension only increases over time

PHASE 02

Aggression phase

Offender's behavior: he commits **an act of violence**, whether verbal, physical, psychological, sexual, moral or patrimonial.

Woman's behavior: she is **embarrassed** and paralyzed, experiencing weight loss, trouble sleeping, pain and anxiety. Now, she **keeps her distance** from the aggressor. In this phase, she should report, seek for help or stay with friends or family members

PHASE 03

Honeymoon phase

Offender's behavior: he asks for **forgiveness**, showing patience and kindness, saying he is sorry and willing to change himself.

Woman's behavior: she **feels confused** and pressured to maintain their relationship, especially when there are children involved. Afraid and guilty, she wishes that the aggressor will keep his promises of change

There is a calm period, but then the tension comes back, through repeated episodes of violence and of aggression, always worsening over time.

Having difficulty reacting and reporting is not your fault. Together we can break this cycle!

Can I be in an abusive relationship without realizing it?

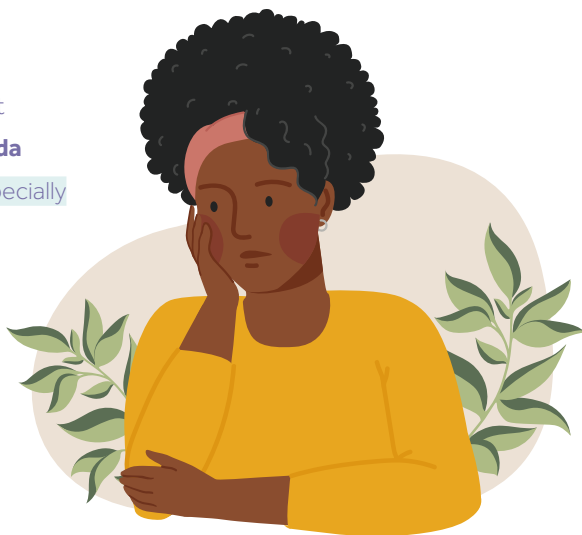
The answer is yes, because relationships are often diverse and complicated.

An abusive relationship means either power, manipulation or control from one person over another.

Identifying and acknowledging is not always an easy task, since there are **different levels of abuse and of manipulation**. In addition, abusive relationships sometimes do not involve physical harm.

Keep in mind!

Always remember that **the aggressor** may be different people, but that the **Maria da Penha Law** was created specially to protect women.



1 In order to facilitate the booklet's understanding, we will use the term **"partner"**, since researches indicate that in most cases the aggressor is a man with whom the woman had or has an affective relationship.

Here, we introduce you to different types and forms of abuse. First, **read carefully**. Then, **consider** whether or not some of the situations below apply to your relationship.

Identifying is the first step!



PSYCHOLOGICAL VIOLENCE

01. Does your partner keeps you from meeting with other people?

This happens when **he** prevents you from:

- Leaving the house;
- Using any communication device (by hiding your mobile phone, monitoring your social media, turning the internet off, etc.);
- Having access to any money you may need in order to visit or communicate with family members or friends.

He may try to justify the situation in order for you to obey him.

(For instance, he makes excuses, saying it is because he cares about your safety, loves you and wants what's best for you.)

02. Does your partner think you cheat on him?

This happens when he:

- Monitors/controls your social media (such as WhatsApp, Facebook, Instagram);
- Requests evidence (such as screenshots or photos) of where and with whom you are, or asks about the topic of your conversations;
- Always accuses you of cheating on him;
- Forbids you from seeing someone, just because he is jealous.

03. Does your partner insist on knowing where you are all the time?

This happens when he:

- Texts you or calls you all the time, controlling your every move and daily routine;
- Downloads online tracking apps in your mobile phone.

04. Has your partner ever made you feel bad about yourself?

This happens when he:

- Calls you names;
- Makes offensive comments towards your body, your appearance or your intelligence;
- Treats you with inferiority (as if you were unable to make decisions for yourself);
- Disregards your opinions or keeps you from speaking;
- Goes hours or even days without talking to you.

05. Does your partner decides the kind clothes you should wear?

This happens when **he** either forces or forbids you from wearing certain types of outfits.

06. Does your partner makes you ask for his permission before seeking any essential service?

This happens when **he** must give you his permission before you can to:

- A bank;
- A registry office;
- The Ministry of Labour;
- Any healthcare appointment (with a doctor, a gynecologist or a psychologist, for example);
- Any education-related activity (such as your Portuguese lessons).

07. Does your partner threatens you NOT to report the violence of your relationship?

This happens when **he** warns you that:

- You will be alone, with no food and no home, in case he is arrested or prohibited from approaching you;
- You will have no sort of financial, emotional or familiar support;
- You won't be able to work or live in the country without him;
- You won't be able to survive, either because you cannot speak the language or because you do not speak it properly;
- You will be nobody without him.

You may feel isolated and too frightened to report. However, **you must remember** that even if your partner is also a migrant, **he will respond in accordance with Brazilian laws!**

PATRIMONIAL VIOLENCE

08. Does your partner threatens you for not having documents or simply because you are a migrant in Brazil?

This happens when **he** threatens you, either by saying that your documents are invalid or because you do not possess regularized documents, such as

- **CRNM** – Cédula de Registro Nacional Migratório (former CIE/RNE);
- **DP-RNM** – Documento Provisório de Registro Nacional Migratório;
- Asylum claim;
- Passport;
- **CPF** – Cadastro de Pessoa Física;
- Work permit.

He can also lie, suggesting you cannot seek for help, apply for a job or benefit from any public services because of your migrant situation.

Regardless of **being or not in possession of any document** that regularize your residency in Brazil, **you** are entitled to seek help, through services from any public welfare institution. No matter what the circumstances of your arrival in the country were, once you are on Brazilian soil you are protected by the rights guaranteed under the laws from Brazil, where nobody owns you.

09. Does your partner keeps you from working or studying?

This happens **when he**:

- Keeps you from working or studying;
- Prevents you from applying for an employment vacancy or educational course;
- Hides/damages your passport, your personal documents or your work permit in order to complicate any application;
- Interferes with your means of transportation.

Again, **he** can also lie, by saying phrases such as "This is not a girl thing", "You are going to cheat on me" or "It is best for you to stay home, looking after the children".

MORAL VIOLENCE

10. Has your partner ever humiliated you in front of other people?

This happens when **he**:

- Makes up lies about you;
- Mistreats you;
- Despises you.

Always remember that this can happen:

- Face to face or through the internet;
- In front of family members, acquaintances or strangers;;
- With the intention of shaming and embarrassing you.

11. Has your partner ever shared intimate photos/videos of you without your consent?

This happens when **he** either shares intimate texts, photos or videos of you, without your consent, or posts them on the internet

Regardless of whether or not you agreed with the intimate photos/videos, **he has no right to share them**

PHYSICAL VIOLENCE**12. Has your partner ever harmed you intentionally?**

This happens when **he** uses physical force to injure you, through:

- Pushing, kicking, dragging or beating you;
- Thrusting or shoving you;
- Holding or claspng you;
- Strangling or burning you;
- Threatening you with a gun, a knife or any object whatsoever.

13. Has your partner ever kept you from accessing any essential resource?

This happens when **he** prevents you from:

- Eating;
- Maintaining your personal hygiene (by keeping you from showering or using soaps, shampoo, toilet paper and tampons, for example);
- Sleeping properly, by controlling your sleep routine.



14. Has your partner ever kept you from leaving the house, either by tying you up or locking you inside?

This happens when **he** prevents you from leaving and

- Says it is for your own good;
- Says he cares about you;
- Says he does not trust you;
- Hides the keys;
- Isolates you from neighbors and family members..

15. Does your partner behaves aggressively towards you, but then apologizes, showing remorse and regret?

This happens when **he** physically hurts you and then asks for forgiveness,

- Saying he is sorry and being kind
- Buying you gifts and treats;
- Using alcohol or drugs as an excuse for his behavior, claiming he was out of his mind, blaming you..

SEXUAL VIOLENCE

16. Has he ever forced you to any sexual activity against your own will?

This happens when **he**:

- Threatens you or physically harms you in order to have sex with him;
- Forces you to some sort of sexual activity in exchange either for services and products or for money to pay any of your debts
- Won't allow you to say no;
- Submits you to any sexual activity just to fulfill his wishes.

Coerced sexual activities can mean:

- having sex with him
- having sex with other people;
- having sex in exchange for money or goods;
- watching and/or receiving pornography;
- letting him film or photograph you without any clothes;
- humiliating or injuring you through any sexual activity whatsoever.

17. Has your partner ever forbidden you from any sort of birth control method? Or has he ever forced you to use one?

This happens when **he**:

- Forbids you from taking birth control pills or any other method (such as injections, patches, the IUD or the morning-after pill);
- Refuses to use a condom or removes it during sex;
- Forces you to use birth control methods.

18. Has your partner ever forced you to have an abortion?

This happens when **he**:

- Threatens you to have an abortion;
- Injures you physically to cause an abortion;
- Makes you eat or drink any substance that induces an abortion;
- Keeps you from any health service, putting your pregnancy in danger.

WHAT NOW?

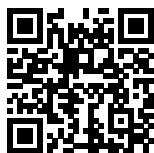


If you identified **with any of the items on the previous pages**, we advise you to seek **immediate help**, since you may be at risk, in an **abusive relationship**.



Specially for you, we have prepared a **guideline with the main support centers for women in Paraná**, where you can find aid and protection at the institution closest to your home!

You can access the guideline through:



or

www.pbmihufpr.com/post/como-pedir-ajuda

Throughout Brazilian territory, you can **report domestic violence** by calling the **helpline 180**, or **request emergency help** from the **Military Police**, dialing **190**.

ATTENTION



DIAL 180 REPORT CENTER

Dial 180 is a helpline specialized in **receiving reports on any type of violence against women**. The report is free, anonymous and reachable 24 hours a day. **Any woman in Brazil** can make a call. (The staff speaks Portuguese, Spanish and English)



DIAL 190 EMERGENCY CENTER – MILITARY POLICE

Dial 190 whenever the **violence is taking place**, and either you or another woman needs help. Only after the situation is once again calm, call 180 to report the case. (The staff speaks only Portuguese)



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**UNHCR
ACNUR**

Agência da ONU para Refugiados

Expediente

Esta é uma cartilha sobre violência doméstica voltada para mulheres migrantes e refugiadas. Foi elaborada pelo projeto de extensão Português Brasileiro para Migração Humanitária da Universidade Federal do Paraná (PBMH - UFPR), pelo Projeto de Extensão Observatório de Direitos Humanos e pela Cáritas Brasileira Regional Paraná com o apoio do Alto Comissariado das Nações Unidas para Refugiados - ACNUR. O material está disponível em 6 idiomas (português, árabe, inglês, espanhol, crioulo haitiano e francês).

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Coordenação geral

Angélica Furquim (Cáritas-PR) | Cláudia Zacar (UFPR) | Danielle Annoni (UFPR) | Jeniffer Albuquerque (UTFPR) | Maria Gabriel (UFPR) | Márcia Ponce (Cáritas-PR)

Desenvolvimento e criação de conteúdo

Camila Akemi Aoto (UFPR) | Cláudia Zacar (UFPR) | Diovana Mazur (UFPR) | Isabelle Borowski (UFPR) | Jeniffer Albuquerque (UTFPR) | Júlia Pandini (UFPR) | Júlia Santos (UFPR) | Maria Fernanda Mileski (UFPR) | Maria Gabriel (UFPR) | Mariana Provenzi | Raphaela R. J. S. Develis (UFPR) | Vanessa Diamante Rohden (UFPR)

Levantamento de redes de apoio

Aline Cristine Bispo (UFPR) | Ana Letícia Szkudlarek (UFPR) | Danielle Annoni (UFPR) | Isabella Ivankio (UFPR) | Marina de Fátima da Silva (UFPR) | Nathália Helena Ribas Machado Gomes (UFPR) | Silvana Correa Neuwirth (UFPR) | Silvana Hoshino da Costa (UFPR) | Stella Rodrigues Oliveira (UFPR) | Sumaya Rathge San't Anna (UFPR) | Valentina Maria Penso Bocchi (UFPR)

Traduções

Elie Pucheral – francês | Gabriel Munhoz de Mello (UFPR) – inglês | Jerson Compere (UFPR) – crioulo haitiano | Jibril Keddeh (PUC-PR) – árabe | José A. Vanzela Junior (UFPR) – francês | Sarah Marolo Gonçalves (UFPR) – espanhol

Revisão de Tradução

Elie Pucheral – francês | José A. Vanzela Junior (UFPR) – francês | Mágida Kamel Hilal – árabe | Pâmela Cabral (UFPR) – português | Patrick Decher Bondaruk (Universidade Positivo) – inglês | Rony Remy (UFPR) – crioulo haitiano | Tuanny Eugenio (UFPR) – espanhol

Projeto Gráfico

Mariana Provenzi e Maria Gabriel (UFPR)

Diagramação

Diovana Mazur (UFPR) - francês | Isabelle Borowski (UFPR) – inglês | Júlia Pandini (UFPR) – crioulo haitiano | Mariana Provenzi – português | Rafaella Pereira Ferraro (UFPR) – espanhol | Vanessa Diamante Rohden (UFPR) – árabe

Ilustração

Diovana Mazur (UFPR), Isabelle Borowski (UFPR) e Mariana Provenzi

Infográfico

Vanessa Diamante Rohden (UFPR)

CONTATOS

Projeto de Extensão Português Brasileiro para Migração Humanitária-PBMIH

e-mail: pbmih.ufpr@gmail.com • **site:** www.pbmihufpr.com

Projeto de Extensão Observatório de Direitos Humanos

e-mail: observatorio-direitos-humanos@outlook.com

Cáritas Brasileira Regional Paraná

e-mail: caritaspr@caritas.org.br • **site:** pr.caritas.org.br



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