



# anti-violence vademecum

**Everyone can be a victim of domestic violence**

regardless of their age, origin or social status

**Experiencing a violent relationship makes it extremely hard for a person to share it:** it's common to be afraid of being judged and not believed, and to feel pressured to prove you're telling the truth

**Recognition is the first step out of violence.**

Even if you're confused, talking about your experience is a legitimate way of sharing thoughts and worries, and to seek support

**Patriarchal violence against women is systemic.**

**Violence can strike everywhere in our lives,** including family, relationship, work and finances, politics and institutions, society and culture. It's self-sustaining and has many facets, ranging from physical and sexual to psychological abuse.

**Patriarchal violence is not just an emergency related issue.**

## ***In case a friend shares her experience with you... practice sisterhood!***

accept, listen, don't interrupt, don't judge, remember to avoid expressing mandatory opinions, she may be not in the condition to tell you everything at once, build a safe sharing space, don't let too much time between contacts, if you have a feeling she could be in danger patch her through to professionals of the closest centre against domestic violence. Don't leave her alone, go with her!

### **Warning!**

Abusers tend to use children in order to maintain control over their partner, to manipulate and blackmail the victim. Don't feel/make her feel like she's a "bad mother".

Remind (her) that a violent parent cannot guarantee children's wellbeing. Even if they haven't been hurt directly, witnessing violent episodes affects them. Putting an end to an abusive relationship is not meant to alienate a parent, but to break a climate of fear and anxiety.

It is emotionally challenging to support a friend in an abusive relationship, especially if you are very close, so you might experience deep frustration and powerlessness. Don't feel guilty, try to establish a boundary, encourage her to build a support system of trusted people.

## ***Helpful & anonymous contacts***

**1522** National anti-violence and stalking number

**Centre against violence "Mai più Sola"**

Available 24/7 • 334.37.93.354 • piazza Don Ricchetti 1, Sarzana • [associazionevittoria@gmail.com](mailto:associazionevittoria@gmail.com)

**Centre against violence "Irene"**

Available 24/7 • 800.144.388 • via Migliari 21, La Spezia • [stopviolenza@comune.sp.it](mailto:stopviolenza@comune.sp.it)

**Non Una di Meno La Spezia**

📞 📧 @nudmlaspezia • [nudmlaspezia@gmail.com](mailto:nudmlaspezia@gmail.com)

*Call if you need comfort, support or orientation. We'll be with you!*

## ***How to recognize a violent relationship***

**Love Bombing**, constant relentless attention, isolation and overprotection, trying to keep you away from friends and loved ones, convincing you he's the only person you need.

**Activities control**, he's possessive, controls your movements and activities and forbids you to spend time with other people. He forces you to deactivate your social media accounts, checks out your private messages and calls, and asks you to give him your personal passwords. He forces you to close your bank account and to quit your job. He controls your money and expenses.

**Gaslighting**, the term defines a manipulative behavior aimed at making you doubt yourself and your own judgement, until you feel confused and wrong, up to the point of believing you deserve to be mistreated and punished.

**Downplay**, you feel like you're his property or a sexual object. He makes comments about your appearance, such as you're too thin or too fat, or the way you dress or the kind of make-up you wear. He diminishes your accomplishments (in school, at work and so on). He ignores you and trashes you for your opinions. He verbally abuses you, calls you worthless and stupid.

**Blackmail**, he threatens to leave you if you go out with your friends. He threatens to commit suicide if you leave him. He uses children and loved ones to blackmail you.

**Punishment and abuse**, you feel sex is an obligation and he never asks for your consent. You are afraid of your boyfriend/husband/partner. You avoid doing or saying something because it might upset him. He constantly humiliates and criticizes you. He's verbally, physically, and psychologically violent.

**Precautions!** Save the phone numbers and contacts you'll find here using "fake names". Remember to delete messages and calls from the phone records if your partner has access to your phone

**Scan the QR Code** you find on the left top to consult the digital versions of the guide and poster, also available in Italian, French, Spanish and Arabic.

Non Una di Meno La Spezia has made this document as a tool kit to be shared everywhere possible! Find the stickers!