

Gender violence. Assault

You have now learnt methods of protection that could be useful to you. **If you feel in danger**, leave home immediately. If you cannot leave, lock yourself in a room and scream so that the neighbours can hear you. **Call 112**. Avoid rooms like the kitchen or the garage in which there are potentially dangerous objects.

If he assaults you, make as much noise as you can and shout out to alert the neighbours. Use an object or your hands to protect the most vital parts of your body (head, neck and chest) at all times.

After the assault, if the assailant has gone away, lock the door and keep it locked. Close the windows and any other possible ways of getting in. If you have left home, look for a safe or busy place and wait for the police or ambulance. Go to a doctor's surgery or the hospital and keep any reports they may make about you.

If you have been **sexually assaulted or abused**, go to a hospital. Keep the clothes you were wearing at the time of the assault. Do not take a shower, do not drink water, do not gargle or brush your teeth. In short, do nothing that may destroy any evidence of the assault.

If you have been subject to violence or threats from a partner and you no longer live with him but you feel in danger, NEVER allow yourself to be alone with him. Use all security measures available to you (alarms, change of locks, strengthening of window fasteners, etc.). When you leave home and work, look around to check whether he or his vehicle is there. Use the car's central locking system and check the rear-view mirror during trips to make sure he is not following you. Avoid habitual routines or the places you went to with the assailant.

Security on Internet and social media.

Cut all communication with the assailant (messages, Whatsapp, email). Do not answer calls or messages from unknown numbers or senders. Do not delete messages received or calls, write down unknown numbers and the date and time of the call. If you receive emails from the assailant or messages from him on social media, take screenshots so they may be used as evidence of violence.

If possible, **change your mobile number** and give it only to people who you trust. If the assailant may have tampered with your mobile, format it to stop him from monitoring you from a remote program.

Block your computer using a password and change the passwords of all your active services (email, social media, e-banking, etc.). Delete or block the assailant and any common contacts from which he may obtain information. If you need to remain anonymous, delete all your profiles and make completely new ones. Do not post personal information or photos, or make comments indicating your whereabouts, the places you frequent, where you go out, or your routines, etc.

Helplines
112
900 900 120