


GENDER-BASED VIOLENCE, A HEALTH PROBLEM

We can and want to help you

Take a look at this material and save it. It is possible that at some point it will come in handy to have it available to offer it to a friend, sister, neighbor, co-worker... or even for yourself.



WHAT IS GENDER-BASED VIOLENCE?



It is a **violation of human rights** and includes any act of violence based on gender that implies or may imply the physical, social, psychological, sexual, economic, environmental, symbolic or institutional harm or suffering of **women**. It includes threats to carry out such acts and coercion or arbitrary deprivation of freedom in public or private life. It is the result of **discrimination**, the situation of **inequality** and the **power relations** of men over women.

TYPE



DEFINITION

Physical

Intentional use of force for the purpose of causing physical pain or injury.

Psychological

Intentional behavior that threatens the mental and emotional integrity of women and their dignity as people.

Sexual

Non-consensual acts of a sexual nature or that condition the free development of sex life in the public or private sphere.

Environmental

Deliberate behavior that causes damage to the victim's environment, including pets.

Economic

Any action aimed at economically weakening women or taking advantage of their work.

Social

Actions aimed at separating and isolating women from their social or family circle.



TAKE A COUPLE OF MINUTES FOR YOURSELF

STOP AND ANSWER THESE QUESTIONS

Does he/she **control** your time, your friendships, your hobbies, your decisions, your phone or your social media?

Does he/she insult you, yell at you, humiliate you, **look down on** your body, put you down or make fun of you in public or in private?

Does he/she **stop** you from working, restrict your money, spend it, or force you into debt?

Does he/she corner you, grab you with force, attack or hit you causing **injuries** or fractures?

Does he/she **threaten** to hurt you or your children?

Does he/she hit, throw or break objects that are valuable to you?

Does he/she **mistreat** your pets?

Does he/she **force**, coerce, threaten, or manipulate you into having sex?

Has he/she spread videos or photographs of you of a sexual nature in order to **harm you**?



**If you experience any of these situations,
you may be suffering from gender-based violence**

**Ask for help at your health center
at the first warning signs**

HEALTH CONSEQUENCES

Gender-based violence, in any of its forms, harms the physical, emotional and relational health of women.

Headaches or chronic pains, fibromyalgia, nonspecific physical symptoms or irritable bowel syndrome.

Injuries, burns, eardrum ruptures or fractures. Sudden disability caused by violence.

Anxiety, depression, panic attacks or suicide attempts. Sleep disorders, obesity, anorexia or bulimia.

Loss of sexual desire, chronic pelvic pain, pain during sexual intercourse or vaginal infections.

Sexually transmitted infections and HIV, abortions or unwanted or high-risk pregnancies.

Consumption of alcohol and other drugs, including psychiatric drugs. Isolation or feelings of shame and guilt.



Do you think that some of your health problems could be caused by the **stressful situation** that you are currently experiencing or have experienced with your partner or ex-partner?

GENDER-BASED VIOLENCE IN CHILDHOOD AND ADOLESCENCE

Is it possible for the sexual abuse or violence you suffered when you were a child to still have an impact on your health today? What does the girl you once were need? How could the woman you are now help her?

The daughters and sons of battered women are at greater risk of suffering numerous behavioral and emotional issues. Furthermore, they incorporate relationship models that act as a risk factor for becoming victims or abusers in their adolescence or adult life.

Young women are also exposed to gender-based violence, including cyberbullying. You have the right to experience fair, deep, generous, respectful, satisfactory and pleasant relationships in which you are treated well.



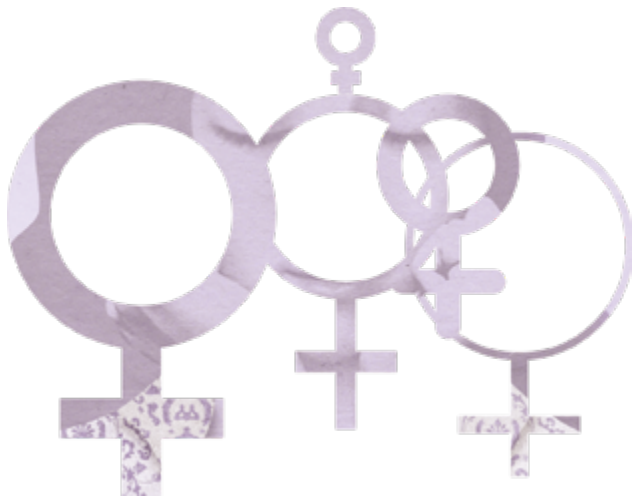
CAN ALL WOMEN SUFFER GENDER-BASED VIOLENCE?

YES, ALL women can experience gender-based violence at **ANY TIME** in their lives. The biggest risk factor for suffering from such violence is simply being a **WOMAN**. The **discrimination** suffered by women can **also** be aggravated by **other vulnerability factors** such as age, ethnicity, religion or beliefs, social class, rurality, sexual orientation, gender diversity, disability status or immigration context.

Women in a **vulnerable situation** are at greater risk of suffering more severe and prolonged gender-based violence.

You are not alone.

Come to health services and ask for help if you need it. We will accompany you while respecting your decisions with confidentiality and safety. **We have the resources to help you** based on what you want to do, how you want to do it, and when you decide to do it.



**DID YOU KNOW?
WE CAN AND WANT TO HELP YOU.
ASK FOR HELP**

HEALTH CARE SERVICES

Health centers: your designated professionals (family medicine, nursing, medical social work, midwife, pediatrics...) can help you during regular office hours at your health center. They have training to deal with gender-based violence situations. Your health center is a safe space.

CARPA, Continuous Care, San Pedro Hospital, Calahorra Hospital Foundation, 061 or Hospital Emergencies: available 24 hours a day, every day of the year.

OTHER RESOURCES

Municipal Social Services Centers:

Advice and guidance at different levels.

Women's Advisory Center: 941 29 45 50

Information, psychological care and social and legal advice.

Aid Offices for Victims of Crime: 941 29 63 65

Intervention at a legal, social and psychological level.

Neighborhood Network Against Gender-based and Domestic Violence:

941 24 49 02 / 636 759 083. They answer WhatsApp and phone calls.

Siempre vivas: supervivienteslarioja@gmail.com

Self-support group of women survivors of gender-based violence.

Logroño City Hall Social Emergency Services (24 hours): 900 101 555.

Emergency telephone number for women.

Advice, accompaniment and emergency accommodation.

016, telephone number for general information and advice for **victims of violence and those around them.**

YOU HAVE THE RIGHT TO LIVE IN PEACE, WITHOUT VIOLENCE

EDITED BY

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