## WHAT CAN I DO?

- You can contact a social work centre and seek help.
- Professional help for addressing violent behaviour is also available through non-governmental organisations that offer counselling, therapy or programmes for perpetrators of violence.
- You can also seek assistance through the healthcare system. Contact your personal physician, who can refer you to the appropriate specialist.
- If you have problems with alcohol or drug use, enrol in a treatment programme for addiction.

#### **RESTRAINING ORDER**

In cases of domestic violence or where there is reasonable suspicion of a criminal or minor offence involving violence, the police or court may issue a restraining order prohibiting the perpetrator from approaching a specific place or person.

### **EXCLUSION ORDER**

The court may order the perpetrator to leave the home they share with the victim and grant the victim exclusive use of the property.

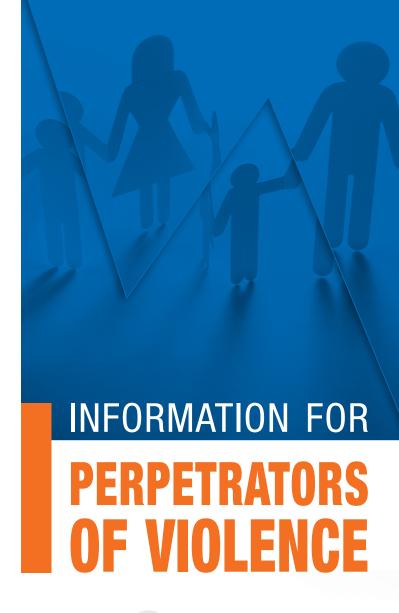
### WHERE TO SEEK HELP?

NAME	CONTACT
The nearest social work centre (SWC)	
Professional help in overcoming violent behaviour – Društvo za nenasilno komunikacijo Association for Nonviolent Communication	+386 1 434 48 22 info@drustvo-dnk.si

Seek professional help to change your behaviour and improve your quality of life as well as that of your family.

You may also be referred by a social work centre or a court to appropriate social welfare, educational, psychosocial or healthcare programmes. Failure to attend, or irregular attendance of, a programme to which you have been referred may be considered an aggravating factor in court proceedings.

When a case of domestic violence is reported, the relevant social work centre will provide initial social assistance (an interview) with the perpetrator and refer them to additional forms of support, either within the social work centre or externally.





### **IMPORTANT TO KNOW**

- No one has the right to commit violence.
- Violent behaviour is a violation of fundamental human rights and is a criminal offence.
- Violent behaviour causes serious harm to you and those around you. It leads to lasting damage and lowers the quality of life for everyone involved.
- Violent behaviour causes distress and suffering.
- Children are also victims of violence, even if they only witness it or live in a violent environment. Their safety and healthy development must be protected.
- There is no excuse for violence. Violence is not something that simply happens it is a behaviour that is chosen.
- Everyone can learn new social skills and ways of communicating and expressing emotions in a constructive, non-violent manner.

# WHAT IS DOMESTIC VIOLENCE?

#### Domestic violence is against the law.

It refers to any physical, sexual, psychological or economic violence by one family member against another, as well as neglect, stalking and the corporal punishment of children.

Domestic Violence Prevention Act

**PHYSICAL VIOLENCE** is any use or threat of physical force that coerces the victim to do something or to refrain from doing something, or makes the victim suffer or restricts the victim's movement or communication and causes the victim pain, fear or shame, regardless of whether physical injuries occur.

Examples: slapping, kicking, burning, hitting, throwing objects, pushing, twisting arms, pulling hair, strangling, shoving, and threatening or attacking with a knife or other weapon.

**SEXUAL VIOLENCE** is any act of a sexual nature without the victim's consent, to which the victim is forced or does not understand due to their stage of development, threats to use sexual violence and publication of material of a sexual nature relating to the victim.

Examples: kissing, touching, undressing, voyeurism, unwanted or painful touching, coercion into sexual activity, and rape (including spousal rape).

**PSYCHOLOGICAL VIOLENCE** is any behaviour and dissemination of information that causes fear, shame, feelings of inferiority, endangerment and other distress in the victim, including where carried out by using information and communication technology

Examples: verbal abuse, false accusations, ridicule, intimidation, guilt-tripping, isolation from friends and family, jealousy, insults, humiliation, shouting, the "silent treatment" and defamation.

**ECONOMIC VIOLENCE** is the unjustified control over or restriction of access to money or property, neglect of financial or property-related obligations, or the transfer of such obligations to the victim.

Examples: controlling spending, not paying child support, taking or misusing the victim's money, restricting access to employment, coercion into signing contracts or wills, refusing to work or support the family.

**NEGLECT** is a form of violence when a person fails to provide necessary care to someone who need it due to illness, disability, age, developmental or any other circumstances.

Examples: withholding essential medicine, food or assistive devices, and neglecting the victim's care needs.

**STALKING** is wilful, repeated and unwanted contact, following, physical intrusion, surveillance, loitering in places frequented by the victim, or other invasions of privacy.

FORMS OF VIOLENCE OFTEN OVERLAP.