

WHAT CAN I DO?

Help is available. You do not have to face violence alone. You have the right to live a safe and fulfilling life.

- Tell someone you trust about what is happening to you. Do not isolate yourself – speak up!
- If violence starts, leave your home if possible and call the police. If that is not possible, lock yourself in a room and call the police.
- If you are being hit or kicked, protect yourself by curling into a ball and shielding your head with your arms. Call out for help loudly.
- If possible, arrange with a neighbour that they will call the police if they hear violence from your home.
- Keep essential items ready for yourself and your children in case you need to leave suddenly (money, ID, medication, spare car keys, etc.).
- Report the violence. You can do this verbally or in writing to the police (if you are in immediate danger) or to a social work centre. It is advisable to request a copy of the report and contact details of the person handling your case.
- Be aware that violence may escalate when you decide to leave your partner. It is recommended to make a safety plan, ideally with the help of a trained professional.
- Alternative dispute resolution methods (e.g. mediation) are not appropriate in cases of violence.

WHERE TO SEEK HELP?

NAME	CONTACT
Police (emergency number)	113
Emergency medical assistance	112
The nearest social work centre (SWC)	
Društvo SOS telefon (SOS Helpline)	080 11 55 drustvo-sos@drustvo-sos.si
Association for Nonviolent Communication	+386 1 434 48 22 info@drustvo-dnk.si
Reclaim the Power Association	+386 41 20 49 49 info@zamoc.si
Crisis Centre for Women and Children Victims of Violence (Women's Counseling Association, Ljubljana)	+386 31 233 211
Crisis Centre for Adult Victims of Violence Maribor (Maribor Social Work Centre)	+386 2 250 66 30 +386 8 200 68 40 +386 31 776 102
Crisis Centre for Victims of Violence) (Southern Primorska Social Work Centre)	+386 5 903 95 90 +386 40 303 669

In the event of an outbreak of violence, the victim shall be provided with immediate relocation to a crisis centre, where professional support and temporary accommodation are made available. If, upon the conclusion of the stay in the crisis centre, the victim requires further housing assistance, she may be transferred to a safe house or shelter.

The victim of violence may choose a person who can accompany them in all violence-related procedures, help protect her integrity, support her in seeking appropriate solutions, and provide psychological support.

INFORMATION FOR

VICTIMS OF VIOLENCE



REPUBLIKA SLOVENIJA
MINISTRSTVO ZA DELO, DRUŽINO,
SOCIALNE ZADEVE IN ENAKE MOŽNOSTI

FACTS ABOUT DOMESTIC VIOLENCE AND VIOLENCE AGAINST WOMEN

- Violence is a violation of fundamental human rights.
- Violence is a criminal offence.
- Violence is an abuse of power.
- Violence does not stop on its own.
- Violence typically increases in both frequency and severity over time.
- Responsibility for violence always lies with the perpetrator.
- People often blame violence on unemployment, alcohol abuse, or stress. However, violence is a conscious choice to dominate another person through control and abuse. There is no excuse for violence.
- 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.
- Feeling such as fear, anger, sadness, guilt, shame, helplessness and hopelessness are normal when experiencing violence. You may also feel irritable, distracted, confused or find it difficult to make decisions.

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.

