



Training and Awareness

Raising manual

on gender-based violence





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Introduction

This document is a Training and Awareness Raising manual of the European project that we call RESPONSE.

The RESPONSE project brings together different stakeholders in the fight against gender-based violence against women with disabilities.

The aim of this document is to facilitate the knowledge exchange between the disability sector and the victims' rights sector by creating a space for joint learning and cooperation.

1. Gender-based violence

Gender-based violence

is the harm that a man does to a woman just because she is a woman.

Gender-based violence can take different forms:

– Physical violence:

Physical violence is

when a man hurts a woman's body.

For example, when he hits her, pushes her, or beats her up.

– Sexual violence:

Sexual violence is

when a man forces a woman

to engage in sexual activity without her consent.

For example, when he forces her to touch him or to have sex.

– Psychological violence:

Psychological violence is

when a man makes a woman suffer

because of how he behaves towards her.

For example, when he insults or humiliates her.

– Economic violence:

Economic violence is when a man controls all of the economic resources of a woman. For example, when he does not let her have money or work.

Violence against her freedom of thought:

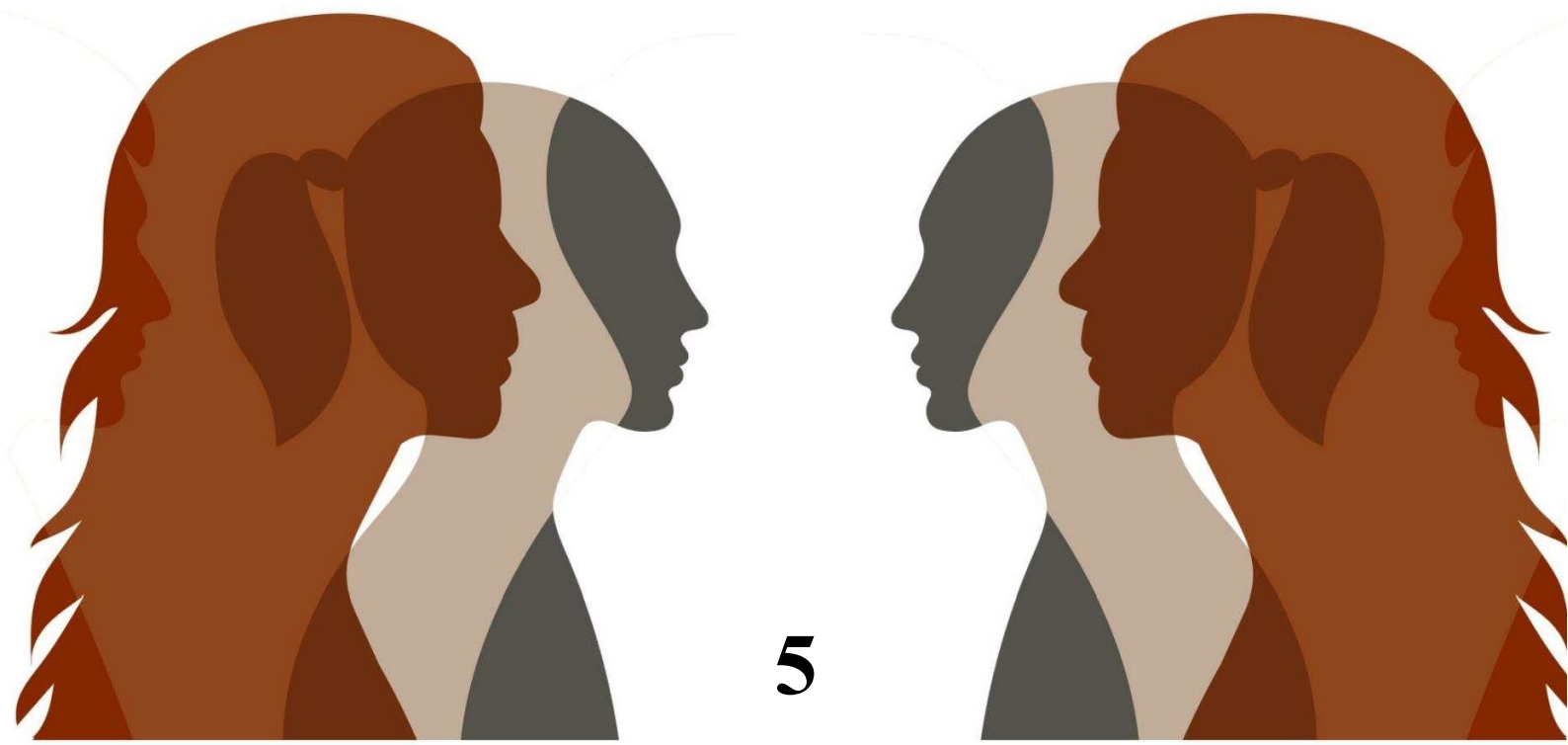
Violence against her freedom of thought is when a man forces a woman to think like him in the area of religion or culture. For example, when a man ridicules the habits of a woman or insults her if she does not belong to the same religion.



1.1. Gender-based violence against women with disabilities

Women with disabilities are more likely to experience domestic violence, emotional abuse and sexual assault than women without disabilities.

In addition, women with disabilities are often abused by people they know and depend on for care, such as their partner or family members. In many cases they are not able to report the abuse.





1.2. Multiple and intersectional discrimination

The **Multiple discrimination** is discrimination against a person on several different grounds. For example, in the case of women with disabilities, they suffer double discrimination, because they are women and because they have a disability.

The **Intersectional discrimination** is discrimination experienced by a person on several social grounds, such as ethnicity, gender or age, which occur at the same time. For example, an elderly Roma woman with a disability is in a more vulnerable situation.

Discrimination

When one person treats another person as if he or she is inferior. This person treats another person as inferior because he or she is different or thinks differently.

1.3. The rights of women with disabilities

There are several laws and regulations that guarantee the rights and freedoms of women.

Some of the most important **laws and regulations** are:



The International Convention on the Rights of Persons with Disabilities.

The International Convention on the Rights of Persons with Disabilities states that persons with disabilities must enjoy all human rights and fundamental freedoms.

The Convention indicates the accommodations that must be made to allow all persons with disabilities to enjoy these rights on an equal basis with others.

The Convention also recognises that women and girls with disabilities experience several forms of discrimination at the same time, because they are women and because they have a disability. In addition, the Convention recognises that women and girls with disabilities are at greater risk of violence, abuse or mistreatment.



The Convention on the Elimination of All Forms of Discrimination against Women.

The Convention on the Elimination of All Forms of Discrimination against Women we also call CEDAW.

The CEDAW recognises that women with disabilities experience all forms of discrimination, including economic, social and cultural discrimination.

But CEDAW does not address gender-based violence against women with disabilities.



**The Council of Europe Convention
on preventing and combating
violence against women
and domestic violence.**

The Council of Europe Convention
on preventing and combating
violence against women
and domestic violence
we also call the Istanbul Convention.

This Convention establishes laws
to prevent violence against women
and domestic violence,
protect victims of violence
and punish perpetrators.

The Istanbul Convention
recognises violence against women
as a form of discrimination.



**The European Strategy
for the Rights of Persons with Disabilities
2021-2030.**

The European Strategy
for the Rights of Persons with Disabilities
2021-2030,
recognises the diversity of disability
and the barriers in the environment.
Persons with disabilities
must enjoy all rights
on an equal basis with other people.
They also have the right to an independent life,
to equal opportunities
and to protection against all forms of discrimination.

The European Strategy
recognises that women with disabilities
are more likely to be victims of violence
than women without disabilities.



The European Parliament Resolution on the situation of women with disabilities.

The European Parliament Resolution on the situation of women with disabilities also recognises that women with disabilities are more likely to be victims of violence than women without disabilities.

It also indicates that many women with health problems or disabilities experienced physical or sexual violence at the hands of their partners throughout their lives.

The European Parliament Resolution recognises that forced sterilisation of women with disabilities is a form of violence.



The Sustainable Development Goals.

The Sustainable Development Goals

address major global challenges,
for example, ending world poverty
and combating climate change.

The Sustainable Development Goal
is to empower women and girls.

This goal focuses on ending discrimination
and eliminating all forms of violence,
for example human trafficking, sexual exploitation
and child marriage.





The European Strategy for Gender Equality 2020-2025.

The European Strategy for Gender Equality
2020-2025

wants to end:

- Gender-based violence.
- Gender stereotypes.
- Gender gap in the labour market.
- Differences between the salaries of women and men.

The Strategy recognises that women with health problems or a disability are more likely to experience different forms of violence.

This Strategy proposes actions to prevent and combat gender-based violence, sexual harassment and abuse of women.



1.4. Results of the RESPONSE

State of the Art Report

The State of the Art Report
of the RESPONSE project
we also call SOTA.

This report wants to answer 3 questions:

- What is the situation of women with disabilities who are victims of gender-based violence?**
- What problems do people who support women victims of gender-based violence experience?**
- How can we improve support for women with disabilities?**

The report is based on a survey.

People who participated in the survey were:

- People from the health, social and judicial sectors who work with women with disabilities who suffered gender-based violence crimes.
- Women with disabilities from 6 European countries.

The SOTA report results were that:

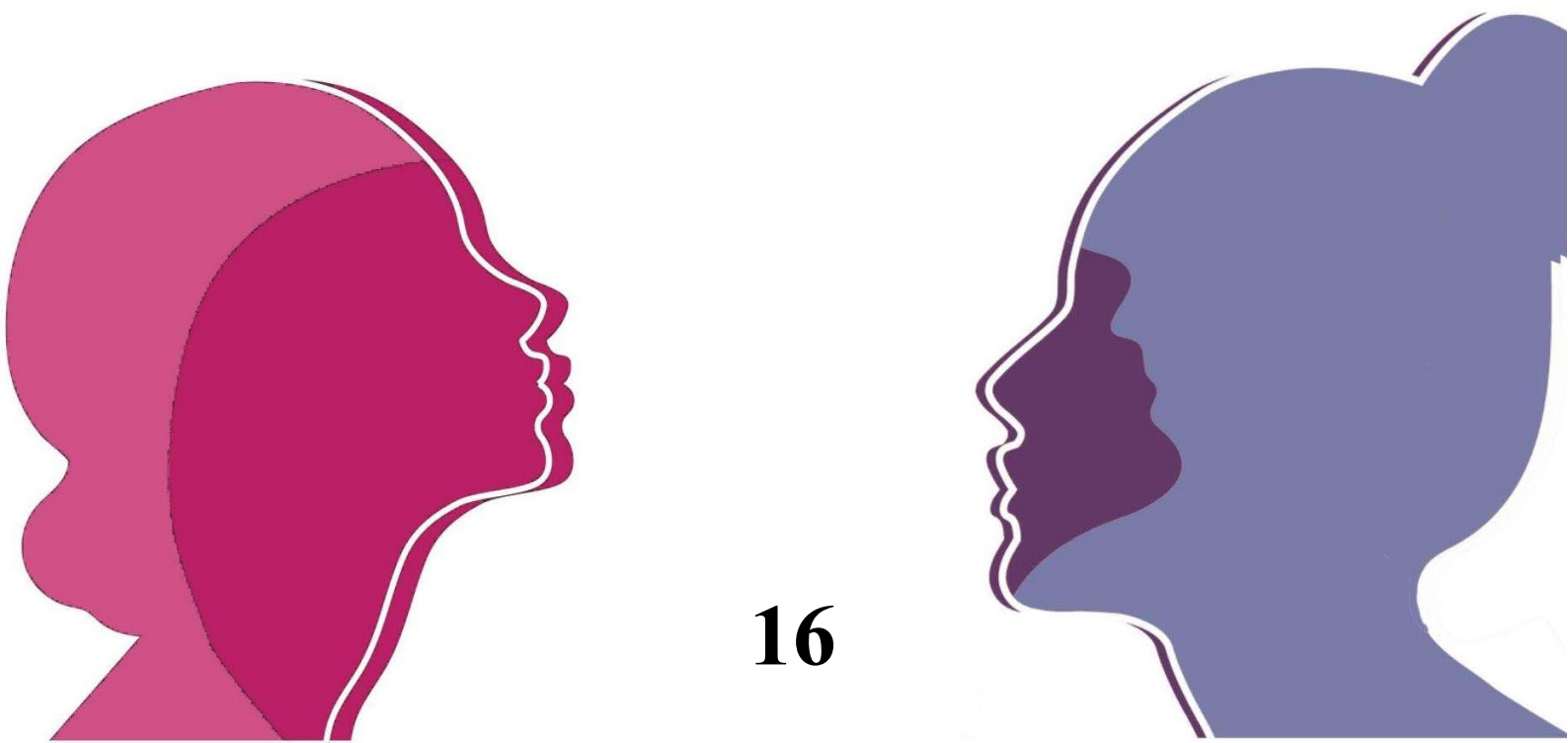
What is the situation of women who are victims of gender-based violence?

- 1.** The majority of women with disabilities who responded to the survey were victims of gender-based violence.
- 2.** Many women remained silent or took a long time to talk about the assault they suffered.



3. Women who talked about the assault had negative experiences such as humiliation, pain or fear.
4. In addition, there is no adequate follow-up and support for women after reporting the assault.
5. There is also a lack of information on how to act in case of an emergency.

But the majority of the women who participated in the survey were satisfied with the support they received from their family members or caregivers.



What problems do people who support women victims of gender-based violence experience?

People who support women with disabilities do not have the necessary training on how to support these women in a situation of gender-based violence.

They also often do not work in a coordinated way.

The specific services and resources that exist are not accessible to women with disabilities.

Legal proceedings are very slow.

And women with disabilities often cannot recognise that they are experiencing abuse.



How can we improve support for women with disabilities?

- Training courses for women with disabilities on gender, sexuality and disability.
- Training courses for relatives and professionals to help detect and support women who are victims of gender-based violence.
- Awareness-raising campaigns to avoid prejudice.
- Collaborative work among different institutions, such as police, public prosecutor's office and health centres.
- Accessible resources for support, on how to act in case of an emergency.





1.5. Accessibility and communication

Accessibility and communication are very important to improve support services for women with disabilities who are victims of gender-based violence.

Cognitive accessibility and Easy Reading.

Cognitive accessibility and Easy Reading are two tools that make information and environments easier to understand.

Women with disabilities need support and accommodations to access the same environments and situations as other people.

For example, women with disabilities need accommodations such as buildings without ramps, Braille writing, proper signs in spaces, information in easy-to-read language.

Women with disabilities who are victims of gender-based violence have more difficulties in accessing available resources. There are no accommodations for women with disabilities and the professionals who attend to them do not have adequate training.



The RESPONSE project intends to create services for women with disabilities who are victims of gender-based violence with all the accommodations and adaptations they need. These services will be accessible, without physical or communication barriers.

Communication with women with disabilities.

To improve communication with women with disabilities it is important to follow these guidelines:

- Treat women with disabilities as adults, and not as children.
- Speak directly to women with disabilities and not to the person who accompanies them.
- Give women with disabilities the time they need when they are speaking, do not interrupt or finish sentences for them.
- Speak slowly and clearly and use simple words.
- Ask women with disabilities if they understand the explanations that they receive.
- Adapt the explanations to the level of understanding of women with disabilities.



2. Women with disabilities and gender-based violence

The participation of women with disabilities is very important to create responsive and inclusive support services for victims of gender-based violence.

Women with disabilities know their needs and with the necessary support can express their needs and advocate for themselves.

But it is also necessary for women with disabilities to have comprehensive knowledge about gender-based violence and, for example, to know what their rights are, what services are available to them and how to access them.



2.1. Support services for victims of gender-based violence and the justice system

Support services for women who are victims of gender-based violence offer comprehensive care for women who are victims of gender-based violence and for the people they take care of, for example, their children.

The main support services for women who are victims of gender-based violence are:

- Accommodation:
Houses and centres for women where they can live in safety.
- Support:
Provide everything necessary for living, such as food and clothing.
- Psychosocial care:
Give psychological and social support for women who are victims of gender-based violence.

- Legal advice:

Advise women who are victims of gender-based violence of their rights and the decisions they can make.

- Career guidance:

Training and help in finding work

for women who are victims of gender-based violence.

Information and advice services

such as the 112 emergency hotline

or free legal advice are available for anyone

who needs information.

The 112 telephone number is free of charge,

and you can use it to report

any type of emergency,

for example an assault.

Free legal advice

allows you to receive information

and advice from a lawyer

free of charge.



Here you can find
different services for women
victims of gender violence
in the countries that are part of the project.

- **France**

National Helpline 3919

It is a number you can call
free of charge and anonymously.
This means that
you don't have to pay for it
and that no one will be able to know
what you talk about on the call.

You can call any day
and at any time.
It is accessible for deaf people.
A team of professionals
will give you information on what to do
if you suffer violence.



You can call this number
if you are a victim of violence
or if you are someone close to you
to a victim of violence,
for example:
if you are her friend, or her sister.

The "Écoute Violences Femmes Handicapées"

It is a telephone number you can call
to talk to the association
Femmes pour le Dire, Femmes pour Agir.
In this association there are people
who are dedicated to listening,
provide legal, social and psychological support
to victims of violence and abuse.

You can call this number
+ 33 1 40 47 06 06
on Mondays from 10.00 am to 1.00 pm
and from 2.30 to 5.30 pm,
and on Thursdays from 10.00 to 1.00 pm.



Mapping of shelters for women victims of violence

It is a map that allows you to see organisations that support women victims of violence in each department of France.

When you enter the map the associations in your department are shown in blue.

You can also tick the option to show you which services are accessible if you have a disability.

You can access it by clicking on the following link:

<http://orientationviolences.hubertine.fr>





- **Hungary**

Victim Support Services and Victim Support Centres

They are available in bigger cities
to help victims of violence.

You can find their contact on this website:

<https://vansegitsegitseg.im.gov.hu/aldozatsegito-kozpontok/>

Crisis outpatient clinics

There are 9 clinics around the country.

They support victims of domestic violence,
and also support the victim's families.

You can find them online on this website:

<https://segelyszervezet.hu/szemelyes-tanacsadas-krizisambulanciakon/>

NANE and Patent Organisations

They are civil organisations
dedicated to support female victims of violence.
They have a help line and different services.

You can call them on +36 80 505 101.
Monday, Tuesday, Thursday, Friday between 18-22,
Tuesday 8-12, Wednesday 12-14.

Or chat on Wednesdays between 16-18, here:
<https://nane.hu/erintetteknek/chat-segely/>

Read about them on these websites:

NANE: <https://nane.hu/>

PATENT: <https://www.patent.org.hu/>





- **Lithuania**

Specialised Comprehensive Assistance Centre

8 700 55516

Specialised Comprehensive Assistance Centre provides free and confidential support for all victims of violence and abuse.

A specialist at the centre provides you information on psychological, legal and other assistance, and helps you to communicate with the police, social workers and other public authorities.



Women's helpline

8 800 66366

You can access this service
by calling to their free phone
any day and any time
or by email pagalba@moteriai.lt

Women's helpline
offers emotional support
free of charge,
this means that you don't have to pay anything.
Everything you talk to them
will be confidential,
that means that no one
will be able to find out what you talk about

Helpline

8 652 55286

You can access the following service
by calling to their free phone
or by email nukentejau@lygus.lt



The Helpline provides emotional support,
legal and counselling support
for victims of violence
or their relatives.

- **Poland**

Alert 112

Among other things,
the app allows you to call for help
when you cannot make a call.
It also allows you to add the addresses
where we are most likely to be.
When registering, you are required to agree
to access to the phone's location,
which allows the precise location of the event.





My Police Station

allows you to quickly contact
your district officer by phone or e-mail.

It can be downloaded on
Google Play and on the App Store.

Avon Alert

An app for victims and witnesses,
linking to the phone
Feminoteka's anti-violence phone.

The phone (888 88 33 88) is open
From Monday to Friday
from 8.00 a.m. to 8.00 p.m.,
It also has a chat room
that allows you to send a text message.
Is available 24 hours a day.



Your Umbrella

The application contains
contact details of organisations
offering assistance
to people affected by violence.

When you open it,
you can see weather
data on your phone screen.
But just double-click on the weather icon twice
to access hidden functions.
The app works in overt and hidden mode,
and it also allows you
to quickly dial an emergency phone.

National Emergency Service for Victims of Family Violence

It is also known as "Blue Line".
You can call
any day and any time
to this number 800 12 00 02.

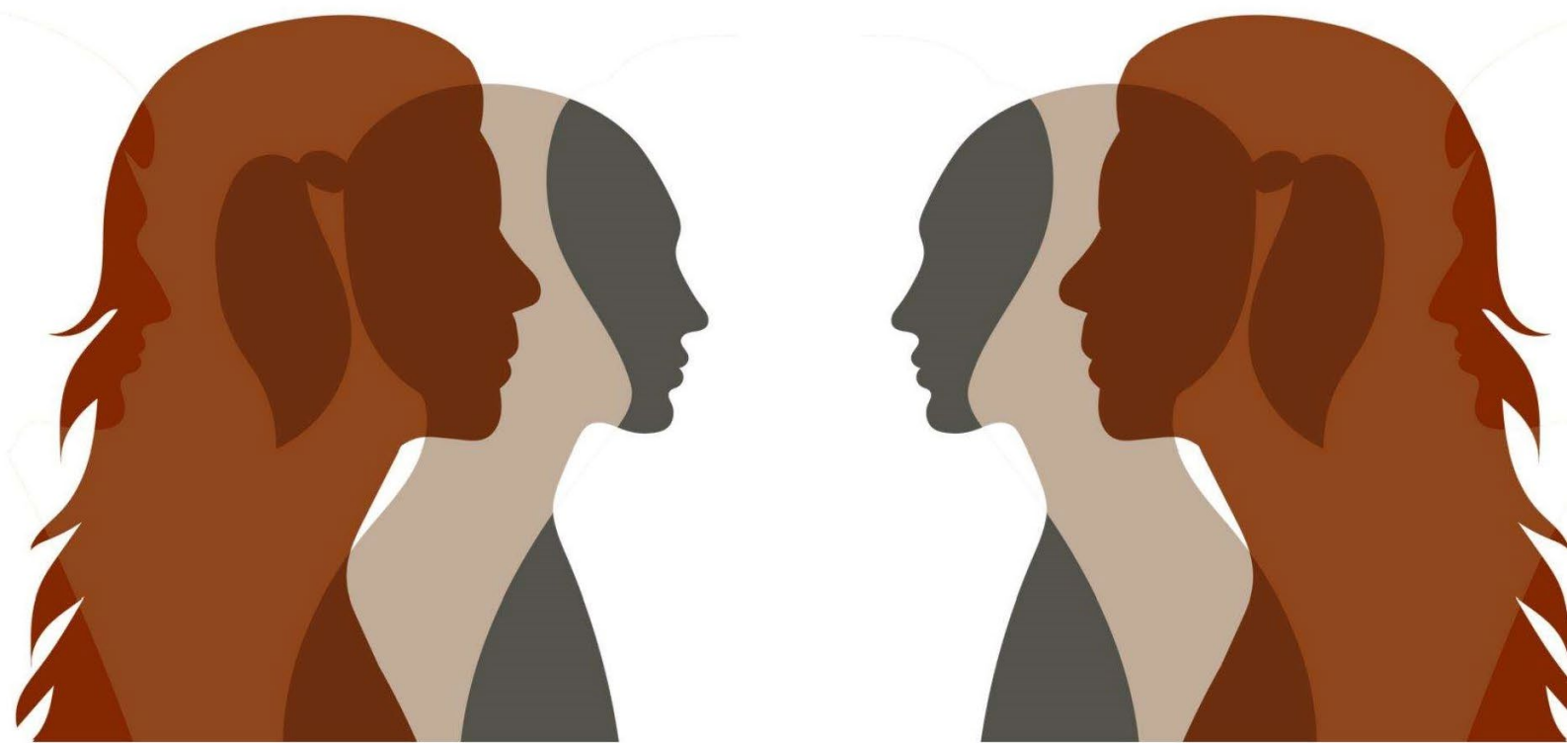


They give support for victims,
witnesses of crime,
and their closest one.

- **Portugal**

National Emergency Number

You can call
any day and any time
to this number 112.
It is free of charge,
this means that you don't have to pay anything.





Information Service for Victims of Domestic Violence:

It is an information telephone
to support people
who are victims of domestic violence.

You can call free of charge.

This means
you don't have to pay for it.

It is anonymous and confidential,
this means that you do not have to
give any personal information about yourself,
such as your name
and that no one will be able to know
what you talked about on the call.

You can call any day
and at any time.

You can call 800 202 148
or by text message to SMS 3060.

You can also ask for emotional care and support
by sending an email to violencia@cig.gov.pt.



Portuguese Victim Support Association

It is also known as APAV.

They supports people who have been victims of crime and violence, their family members and Friends.

You can call free of charge
on 116 006
Monday to Friday
from 8am to 10pm.

- **Spain**

016 service

The 016 service is dedicated to information and legal advice on gender violence.

Women can access this service by phone or by email and receive support from psychologists or social workers.



It operates 24 hours a day,
every day of the year.

It is free of charge and accessible to foreigners
and to persons with visual and hearing impairments.

The Care Unit for Victims with Intellectual Disabilities

The Care Unit for Victims with Intellectual Disabilities
in Spanish we also call it with the acronym UAVDI.

The UAVDI is a service for women
with intellectual disabilities who suffered sexual abuse.

It offers the woman who suffered sexual abuse
and her family

advice and support in the legal process
and psychological therapy.





Centres for victims of gender-based violence:

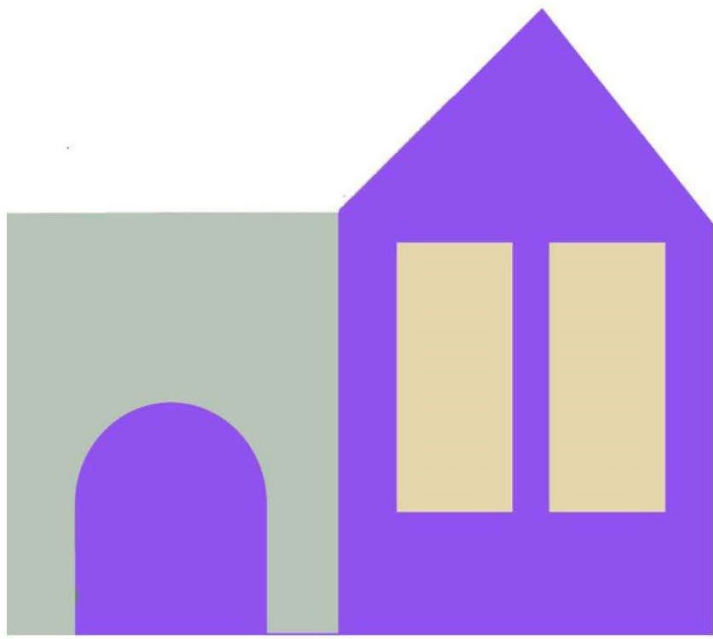
Centres for victims of gender-based violence can be of 2 types, residential and non-residential.

Residential centres provide temporary accommodation and support for women who are victims of gender-based violence and for their children.

For example, emergency centres, shelters or supervised flats.

Non-residential centres are centres for the recovery of victims of gender-based violence.

For example, psychosocial care centres or day centres.



3. Empowerment of women with disabilities

Women with disabilities who experienced and overcame gender-based violence have the necessary experience to support and train other women with disabilities.

Peer support and sisterhood allow for the empowerment of women with disabilities.

Peer support

Peer support is when people who have similar experiences can help each other as they can share advice about their experiences.





Women with disabilities who are victims of gender-based violence can participate in peer support when they get the training and support they need.

Benefits of peer support or peer learning for women with disabilities:

- Facilitates empowerment and communication.
- Improves self-esteem and self-confidence.
- Prevents social isolation.





Sisterhood

Sisterhood is about solidarity among women.

It allows women

to support and empower each other

and to fight together to eliminate gender-based violence.

Empowerment means giving a person

the power and confidence

to make decisions about her or his life.

The empowerment of women allows

women to participate in

all aspects of their personal and social lives.

As a result, they can decide about their lives

and participate in all areas of society.

The empowerment of women with disabilities

who are victims of gender-based violence happens when:

- We recognise, appreciate and develop the skills of the women.
- Women learn to identify situations of gender-based violence so that they can prevent and manage them.
- We create a social support network, based on sisterhood, inclusion and respect for diversity.

4. Glossary

Sexual abuse:

To force a person to perform sexual acts.

Sexual harassment:

It is sexual behaviour that one person does to offend and humiliate another person, such as teasing, sexual looks, groping or pinching.

Comprehensive care:

Comprehensive care, that covers all the needs of people.

Gender gap:

Difference that exists between women and men in terms of rights and opportunities.

For example, it is more difficult for women to access senior positions in companies than men.

**Climate change:**

It is an increase in the temperature of the earth caused by human activity or by natural factors.

Human rights and fundamental freedoms:

They are the rights of all people, such as freedom of opinion or religion.

Right to self-image:

The right of all people.

This right protects your image and prohibits other people from using your image without your permission. For example, a person cannot post your photograph on social media without your permission.

Discrimination:

When one person treats another person as if he or she is inferior.

Diversity:

Differences that exist between people.

Empowerment:

To give power or make a person strong so that he or she becomes independent.

**Gender stereotypes:**

Ideas that society has about how men and women should behave.

For example, men never cry or women take better care of children.

Sexual exploitation:

To violently force a person to participate in sexual activities without his or her consent and to earn money for such activities.

For example, prostitution.

Forced sterilisation:

The surgery on a person without his or her permission so that he or she cannot have children.

Prosecutor's office:

Institution that guarantees that the rights and freedoms of people are respected.

**Inclusion:**

A situation in which a person enjoys the same rights as another person and participates in society.

Forensic doctor:

Professional who uses medicine in the area of justice.

Forensic doctors help in court where they investigate and give evidence.

For example, they assess personal injuries or investigate the cause of death of a person.

Precautionary measures:

Measures that a judge establishes to guarantee a legal process and to guarantee that a sentence gets executed.

For example, to stop a person involved in a crime from escaping, the judge can order pre-trial detention, which means that the person is imprisoned until the trial takes place.

**Forensic psychologist:**

Psychologist who works in the area of justice.

Forensic psychologists produce reports to advise judges, for example in cases of domestic violence or abuse.

Prejudice:

To have negative ideas about something or someone for no reason and without having any knowledge of it.

For example, many people never met foreign people but reject them.

Such people are prejudiced against people from other countries.

Legal procedure:

The set of actions and steps that are taken to trial to decide who is responsible for a crime.

Breach of sentence:

To breach a sentence or precautionary measure ordered by a judge, such as a restraining order.

A restraining order prohibits a perpetrator from contacting or approaching his victim.

**Respect for diversity:**

To recognise and accept that all people are unique and different but have the same rights.

Criminal responsibility:

A person who commits a crime faces the legal consequences of his or her actions.
For example, imprisonment.

Responsive and inclusive services:

Services that allow all people to participate with the necessary supports.

Electronic system:

A system that includes electrical devices that can process information, for example, a computer.

Solidarity:

To help another person in need in a selfless way without expecting anything in return.

**Human trafficking:**

It involves deceiving, threatening
or using force
to exploit others for sexual
or labour purposes.

Domestic violence:

This is violence that happens in a family.
For example, when a child hits his or her parents,
or when a parent threatens and insults a child.

Judge:

Person who has the authority
to decide in a trial
whether the accused is guilty or not guilty.
In addition, he or she can impose punishment.

Public prosecutor:

It is the State's attorney
who accuses a person
or several persons
of a crime in a trial.

**Lawyer:**

A person who has studied law.

Gives advice to clients on legal matters.

He also defends his client
in court or speaks to the judge.

Court:

It is the place where trials are held
or hearings with the judge
or judges.

Witness:

A person who sees
or hears something happening
and which may be a crime.

For example:

A person who sees
a man hitting a woman.

This person has
to tell in a court case,
to the police or lawyers,
what he or she saw or heard.

**Public crime:**

A crime is doing something
that is outside the law.

A serious crime
is punishable by imprisonment,
when they are less serious
can be punished with other penalties
such as a fine, or community service.

Judgement:

It is the decision taken by
a judge or judges
at the end of a trial
to apply the law.

Complaint:

It is a complaint or claim
that a person files to a judge.

For example:

When a person
wants to separate from her husband
files a divorce petition
to the judge.



Victim:

Is a person who suffers harm
when someone commits a crime.

For example:

When a man hurts a woman
just because she is a woman,
the woman is a victim
of gender-based violence.

