

Get informed in complete safety

You can ask to speak privately with the social worker in your reception centre. If you are not in contact with a social worker, make a call to understand how to ensure your safety and access your rights.

Before your call

- Make sure you are in a safe place and have enough time for the conversation,
- Make sure your phone is charged,
- Think about the questions you want to ask: what are the problems that hold you in this violent relationship ?

During your call

- Ask for an interpreter if necessary,
- Ask all the necessary questions,
- Ask for an address close to you where you can meet a worker who can help you.

Your conversation will remain confidential

IN CASE OF DANGER

Police : **17**

TO TALK ABOUT IT

Violence against women: 39 19

Forced marriage: **01 30 31 05 05** [Voix de femmes]

Sexual assault : **0 800 05 95 95** [Collectif féministe contre le viol]

Exploitation, forced prostitution: **0825 009 907** [Association ALC]

Female genital mutilation: **39 19** for adult women

119 for underage girls [Allo enfance en danger]

YOU ARE NOT ALONE TO FACE VIOLENCE



www.france-terre-asile.org/projet-swim



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Do you feel safe?

- ❖ Are you often afraid of someone or a member of your family?
- ❖ Have you ever been hit, kicked, shoved, punched, bitten, choked, spat at or had things thrown at you by anyone?
- ❖ Does anyone demean you, threaten to hurt you or put you down consistently?
- ❖ Has anyone been using fear, intimidation, threats and/or name calling to hurt and control you?
- ❖ Do you have to ask anyone permission to spend your money, going out or socialise with your friends and family members?
- ❖ Does anyone ever threaten to hurt your children or to take them away from you?
- ❖ Does anyone ever touch you in a way you don't want to be touched?
- ❖ Are you or do you ever feel pressured to have sex with your partner or someone else against your will?
- ❖ Has anyone ever destroyed your belongings in order to control or scare you?
- ❖ Is somebody deprived you of your passport or other important documents?
- ❖ Have you been blackmailed by anyone and are afraid to seek for help?
- ❖ Are you getting married against your will?

If you answer yes to any of the following questions, you might be in an abusive situation

It is not your fault

Abuse can happen to anyone regardless of gender, sexual identity, age, ethnic group, nationality, culture, religion, disability, economic status or location.

Using abusive and controlling behaviour is never acceptable.

You have the right to protection from abuse and violence and access to justice and support in all European countries.

You are not alone and you are not the person to blame for the abuse or violence you are experiencing.

You have rights

- ❖ You can submit your own asylum application, regardless of your partner or family, you are entitled to a separate interview at Ofpra and an individual decision.
- ❖ For your legal or health procedures, you can ask to be received by a woman and assisted by a female interpreter.
- ❖ You can request that your interviews take place in a private place.
- ❖ If you are victim of violence or intimidation, you are entitled to free legal advice regarding:
 - your safety,
 - the custody of your children,
 - sharing family's financial resources,
 - access to residence permit,
 - a divorce procedure.
- ❖ You have the right to request accommodation separate from the person who is hurting you.
- ❖ You have the right to appropriate care regarding what you have been through.
- ❖ You should have access to psychological aid to recover from traumatic experiences.