

RoSara guidance and support WE ARE HERE!

Do you feel trapped and isolated at home?

Women*, you have the right to flee!

Women*, you are never to blame when you suffer violence!

Women*, there's help for you!

What you shouldn't forget:

◆ Violence starts when your boundaries are crossed, inter alia through insults, lack of respect and threats.

◆ There are no excuses for violence.

◆ When you suffer violence, it's always the perpetrator's fault, never yours.

◆ You are irreplaceable. You have the right to protect yourself and your body.

◆ No one has the right to disregard your NO. If and when your NO is disrespected, you have to enforce it. It's up to you in which manner you do so.



How to respond to acts of violence:

◆ Protect yourself (and your children): You have many opportunities. You can say NO, get help, leave, try to talk to the perpetrator, physically defend yourself or many other things.

◆ Get help: Alarm your neighbor, your friend, the police. Contact a counselling center.

◆ Talk about your experiences: Don't be ashamed. It is NOT your fault.

◆ My phone was taken away/I'm trapped at home: Open a window: Tell people to call the police or attach a note with your telephone number and/or an "SOS" sign.

◆ Devise a plan that'll provide you with safety in advance, if a crisis situation occurs (again). Prepare an emergency suitcase (with clothes, medications, money, IDs), if you want to leave the house.

◆ When you're having panic attacks make sure you move, concentrate yourself on your breathing or on a particular flavor and drink a glass of water.

◆ Shield your electronical devices from supervision: Use "private browsing", delete your recent internet history and a set secure password for your mobile phone.

◆ Corona crisis: You may feel overwhelmed and burdened (psychologically) by your work, your family. Treat yourself to a break. Do not constantly read about corona-topics. You don't always have to be "productive".

There's many of us - you're not alone!

There are loud and aggressive arguments going on in my neighboring apartment. Should I intervene?

Yes, because: Domestic violence is a criminal offence and not a private matter. The sooner the intervention happens the likelier it is to prevent an act of violence.

The victims and the people at risk will subsequently be assisted by specialist departments.

Women*, what you can do:

Hotline RoSara: +41 79 120 09 10

Ambulance: 144

"Dargebotene Hand" (crisis line): 143

BIF (women's advice center): +41 44 278 99 99

Who do I contact, when I suffer domestic violence?

Assistance from "Opferhilfe" (victim support):

<https://www.opferhilfe-schweiz.ch>

SPAZ (Assistance for undocumented migrants):

<https://www.sans-papiers.ch>

Women's shelter:

<https://www.frauenhaus-schweiz.ch>

- Everyone is entitled to victim support
- migrant background shall stay in the background
- long live equal treatment!