

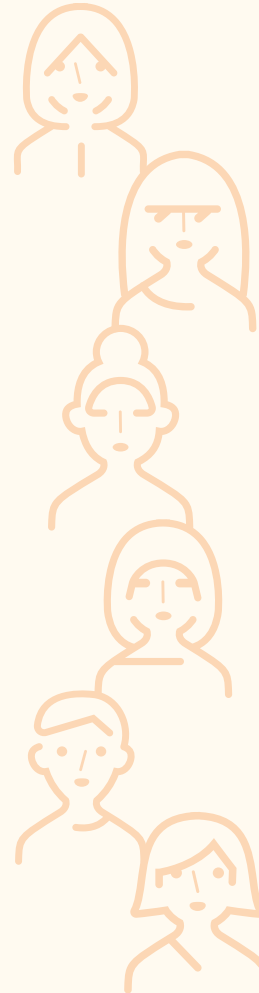
**Identify violence.  
Get help.**

**STOP**

**Standing  
up to violence  
against women  
and girls**



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Women's  
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# FRAUEN ZENTRUM

**ÖIF** ÖSTERREICHISCHER  
INTEGRATIONS  
FONDS

## **Personal counselling and integration offers for migrant women.**

Consulting hours, seminars and excursions on topics such as work and education, german language courses, health, family, prevention of violence and self-determination. The services are free of charge.

### **ÖIF-FRAUENZENTRUM**

📍 Landstraßer Hauptstraße 26  
1030 Wien

☎ 01 715 10 51 113

✉ frauen@integrationsfonds.at

Special offers for women are available in all ÖIF Integration Centres.



[integrationsfonds.at/frauen](https://integrationsfonds.at/frauen)

## FOREWORD

Violence affects many women and girls regardless of their origins, social class or religion. It leaves behind mental and physical traces that those affected often suffer from for the rest of their lives. This brochure is intended as an aid for all women who have experienced or are experiencing violence.

As a woman, you have the right to a self-determined life free from violence. You are not alone. In Austria, you can get help. Many advisory bodies are available to give you the support you need.

It's important that all of us stand up to violence against women and girls.

### **Susanne Raab**

Federal Minister for Women, Family,  
Integration and Media

### **Franz Wolf**

Director of the Austrian  
Integration Fund

# IDENTIFY VIOLENCE, GET HELP

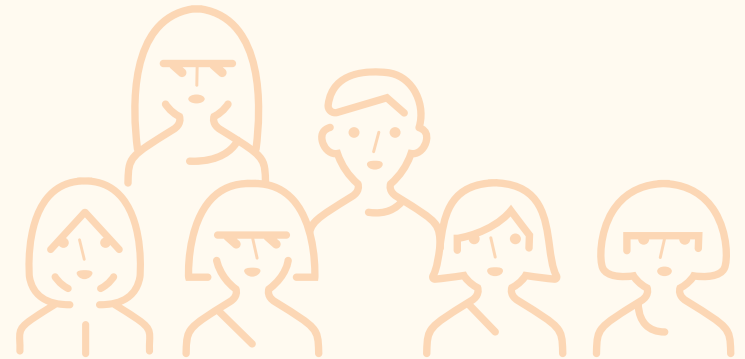
Violence against women and girls can take many forms. This brochure focuses on physical, mental, financial, sexual and cultural violence.

Women can be affected by numerous types of violence. In many cases, the women affected don't dare speak about it.



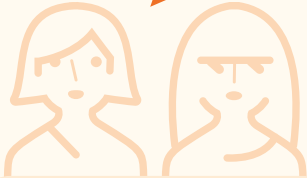
Women often don't even realise that they have experienced violence. This is not an acceptable situation.

This brochure gives different examples of violence and provides contacts for affected women throughout Austria. This is important: Talk about it, and get help!



# WHAT IS VIOLENCE?

## *What is physical violence?*



One person consciously harms the body of another. This can be done through actions such as:

- > beating or kicking
- > choking, pulling hair

Sometimes the person might use objects to commit violence.

Victims of physical violence often display tell-tale signs:

- > bruises or a black eye
- > grazes, scratches or cuts
- > burns

*"When my boyfriend gets angry, he pulls my hair or bruises my arm."*

*"My husband beats me. I'm afraid of him."*

*"My partner hurts me. He kicks me and hits me with objects. What can I do?"*



## **Physical violence is never acceptable!**

In Austria, bodily harm is a criminal offence. You are not alone. Get help - see page 24 onwards for contacts.

## *What is mental violence?*

Mental violence means that a person consciously hurts another person with words or with their behaviour. For example through:

- scolding, insulting, humiliating
- blackmailing, pressuring, threatening
- controlling, stalking, following
- locking up, prohibiting contact, taking away the person's mobile phone

It can often be more difficult to identify mental violence than physical violence.

It doesn't leave externally visible traces.

Its consequences could be:

- sadness, depression
- low self-esteem
- problems sleeping
- embarrassment, fear

*"My husband scolds and insults me. He tells me I'm ugly and stupid."*

*"My boyfriend controls me. He's jealous and doesn't want me to speak to other men. I feel trapped."*

*"I'm not allowed to leave the house by myself. I don't have a mobile phone and am not allowed to contact my friends."*

## **Mental violence is never acceptable!**

Nobody is allowed to scold, insult or control another person. Get help – see page 24 onwards for contacts.




## *What is sexual violence?*

Sex must only involve what the parties agree to. A "no" must always be accepted. Sex must not happen under pressure, coercion or extortion. Everyone involved must feel good about it. Otherwise it's sexual violence.


This can involve such things as:

- being touched when you don't want to be
- harassment (catcalling, inappropriate jokes or photographs)
- rape (in all situations where a person is forced to have sex, including in a partnership)


Many victims feel embarrassed and don't want to talk about it. But it's important to open up to someone. This is not your fault. The perpetrators are at fault, always.



*"An acquaintance of mine touches me a lot. He talks to me about sex. But I find this uncomfortable and I don't want it."*



*"I don't want any more children. But my husband insists on unprotected sex. He says that it's a wife's duty."*

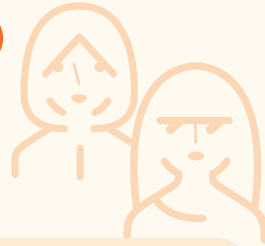


*"My husband forces me to have sex. But I don't want to. He hurts me."*

## **Sexual violence is never acceptable!**

It's important to speak to someone. You are not alone. Get help - see page 24 onwards for contacts.

## What is financial violence?



Financial violence is used to exercise power and exert pressure. There are different types:

- A woman earns her own money. Her husband forces her to give him all of her income or prohibits her from opening her own bank account.
- A husband prohibits his wife from working and earning her own money.
- A husband has an income and his wife does not have an income. He gives her too little to run the household and too little for the children.

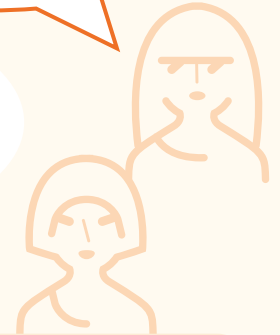
If both partners have an income, both should make a contribution to household expenses. In a partnership, rights, duties and responsibility should be fairly distributed.

*"I'm not allowed to use my money. My family prohibits this. I'm not allowed to open my own bank account."*



*"I want to separate from my husband. But he tells me that I don't have any money and wouldn't survive."*

*"My boyfriend doesn't let me buy clothes. He tells me it's his money because he earns it."*



**Financial violence is never acceptable!**

Your partner does not have the right to prohibit anything. Get help - see page 24 onwards for contacts.



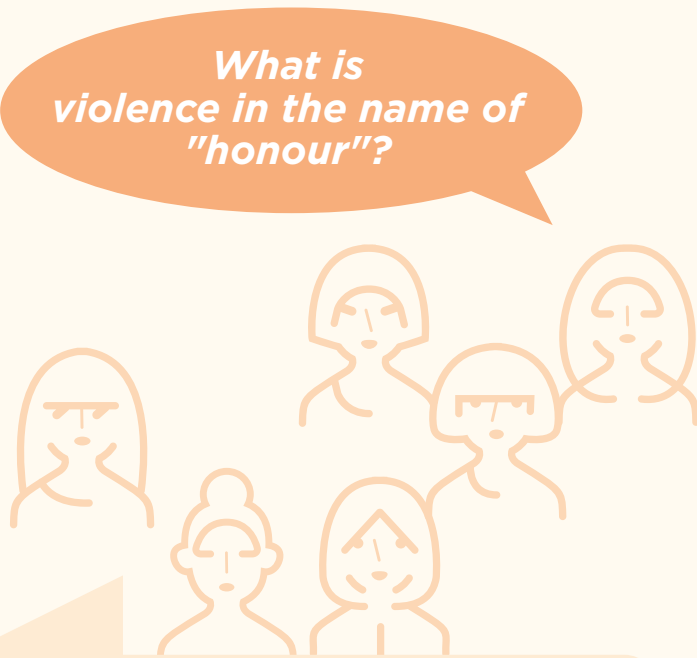
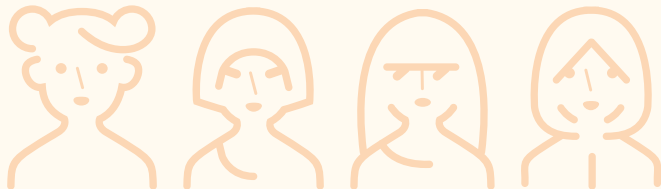


***What is cultural violence?***

Cultural violence can take many forms. They all relate to an idea of "tradition". The victims of this "tradition" are women.

Cultural violence includes:

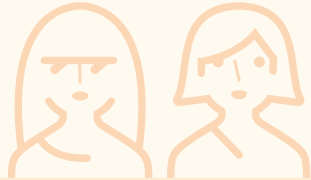
- violence in the name of "honour"
- forced marriage
- genital circumcision (FGM/C)



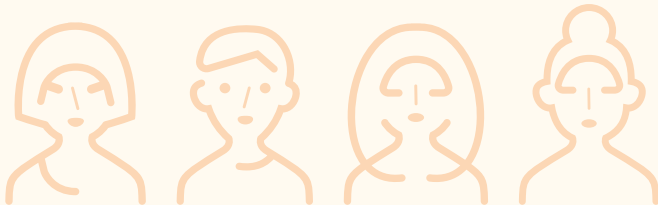
***What is violence in the name of "honour"?***

In Austria, a woman may live however she likes. Some men or families believe that their honour is dependent on the "correct" behaviour of their daughters or wife. Women are not allowed to make their own decisions. Families often put pressure on women. Some even threaten, blackmail, kidnap or murder them.

## *What is forced marriage?*



A man or family forces a girl or young woman to marry a man. If she doesn't want to, they threaten her, commit violence or even abduct her abroad (kidnapping). Often, forced marriage also involves other types of violence (mental, physical, sexual violence). In Austria forced marriage is forbidden and punishable by law.



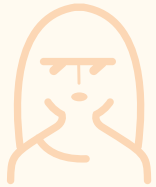
## *What is female genital circumcision?*



During female genital circumcision (FGM/C), some or all of a girl's external sexual organs are cut off.

It is often claimed that genital circumcision is part of culture and tradition. However, genital circumcision is not a tradition but serious bodily harm and illegal in Austria. It is also illegal to arrange for a child to undergo genital circumcision abroad. Genital mutilation harms the body and the spirit. Women often suffer from it for the rest of their life. The consequences include:

- (life-threatening) inflammation
- pain during sex
- infertility
- danger to life of the mother and child when giving birth



*"My parents don't let me have a boyfriend. They say that would damage our honour."*

*"I'm 18 years old and I want to go to university. But my parents want me to marry a stranger. I don't know the man and I'm afraid."*



*"Since I went through genital circumcision I have had pain when urinating. What can I do?"*



*"I underwent genital circumcision as a child. My husband also wants this to be done to our daughters. But I don't want that to happen. What can I do?"*



*"I'm pregnant and affected by FGM. I'm afraid of giving birth. Will I need a caesarean? Where can I get information?"*



## **Cultural violence is never acceptable!**

In Austria, women can decide themselves which education or profession they pursue or whom they want to marry. Genital circumcision (FGM/C) and forced marriage are prohibited here. Get help – see page 24 onwards for contacts.

*"My husband doesn't treat me well. But I don't want to leave him because I'm afraid that he'll take my children away from me."*



*"I'm not happy in my marriage. I'm not allowed to go out and my husband controls me. I'm afraid of being deported. That's why I'm not getting separated."*



*"My German isn't good and I don't have a job. My husband beats me. But I don't want to get separated. How could I survive on my own?"*



*"My family doesn't want me to go on a course to improve my German. I'm supposed to stay at home and look after the children."*



*"I'm afraid of my husband. Where would I go if we separated? I don't want to be homeless."*

*"I'm afraid of being deported. If I go back, they'll force me to have genital circumcision. It's a tradition there. What can I do?"*



## **Violence is never acceptable!**

You are not alone. Speak about your worries and fears. Be courageous and contact the advisory bodies, authorities or associations. You have rights and can get help. On the following pages, you can find the organisations and persons who can assist you.

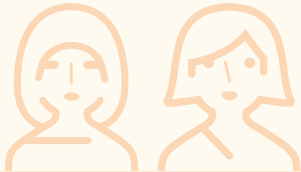
# THIS IS WHERE YOU CAN GET HELP

## Help by telephone

If you are affected by violence, you can contact the women's helpline against violence from any place in Austria.

In Vienna you can also call the 24-hour emergency service for women.

You can get advice around the clock, 24 hours a day.



The advice is anonymous and free of charge. Nobody will pass on your story or details.

When you call, you will speak to an expert. You can tell her what happened or what problems you're experiencing.

An illustration of a smartphone screen with a white background and orange text. The screen displays two phone numbers: one for a general helpline and one for a 24-hour emergency service in Vienna.

Helpline  
for women:  
0800/222 555

24-hour  
emergency service  
for women  
(Vienna only):  
01/71719

The expert will try to help you. She can also tell you about other places to get assistance - depending on what you need. You can ask any questions you may have.

If your German isn't very good, you can also get advice in other languages:

**24-hour emergency service for women (Vienna only):** among other, Bosnian/Croatian/Serbian, English, Dari/Farsi, Polish, Spanish

**Helpline for women:** among other, Bosnian/Croatian/Serbian, Dari/Farsi, English, Romanian, Spanish, Turkish and Arabic

## In an emergency: Call the police!

In Austria, all types of violence are prohibited. You can report a violent act to the police.



If you're in danger, the police can issue a restraining order for premises or persons.

- Restraining order for premises:** Your partner can no longer enter the apartment or house.
- Restraining order for persons:** Your partner must not get closer to you than 100 metres.

If necessary, the police might also arrest your partner.



**Police  
emergency  
number:  
133**

**Europe-wide  
emergency  
number:  
112**

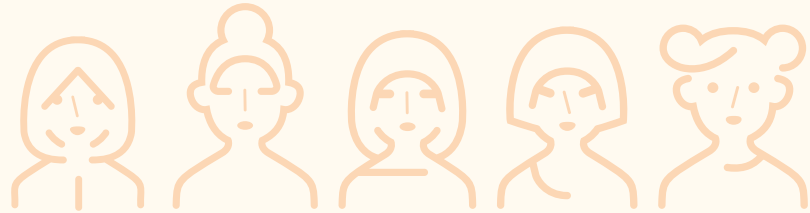
In an emergency, you should:

- Get your mobile phone.
- Go to a safe place. For example, a room that you can lock. Or leave the apartment.
- Dial the police emergency number (133) or Europe-wide emergency number (112).  
First say where you are. Then say what happened. Finally give your details.

The police will come to you and help you as quickly as possible!

# Centres for protection against violence

Are you affected by violence?  
The centres for protection against violence offer you help and support.



If you are in immediate danger, call the police. The police can also inform the centre for protection against violence.

There is a centre for protection against violence in every provincial state in Austria. In Vienna, it is called the intervention agency.

Help is provided free of charge and anonymous upon request.

Anyone can contact the centres for protection against violence. It does not matter where you are from, what your gender is or how old you are.

The advisers at the centre for protection against violence can help you in an emergency and will ensure your safety. Legal advisers can give you important information.

Nobody will be told your story. The centres for protection against violence will not pass on your information or data.

The centres for protection against violence also offer advice in other languages.

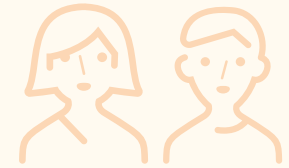
This is where you can find the contacts in your provincial state:  
[www.gewaltschutzzentrum.at](http://www.gewaltschutzzentrum.at)



# Women's shelters

Women's shelters can offer you protection and counselling.

There are women's shelters in all provincial states.



## When can I move to a women's shelter?

You can move to a women's shelter if you are more than 18 years old, are suffering from violence or seek protection from violence.

## Can I bring my children?

Of course you can bring your children. The women's shelters have trained childminders.

## Where is the nearest women's shelter?

Scan these QR codes:

AÖF:



ZÖF:



## How long can I stay?

That depends on what protection you need. Some stay a few days, others a year.

## Does it cost money to move to a women's shelter?

If you have an income, you will pay a small contribution. If you do not have an income, you can stay free of charge.

## What happens at the women's shelter?

You will be given a room and protection. You can discuss your situation with your adviser.

## What do I do if my children's school is far away?

The advisers can assist you and try to find a solution.

## What happens if I want to return to my husband?

That's your decision. If you need help again, you can contact the women's shelters.



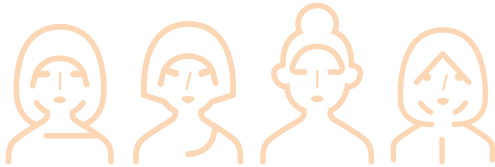
## Addresses

You can find many contacts in your provincial state at [www.bundeskanzleramt.gv.at/frauenserviceportal](http://www.bundeskanzleramt.gv.at/frauenserviceportal).

You can also access the page via the QR code on the right:



## Chat

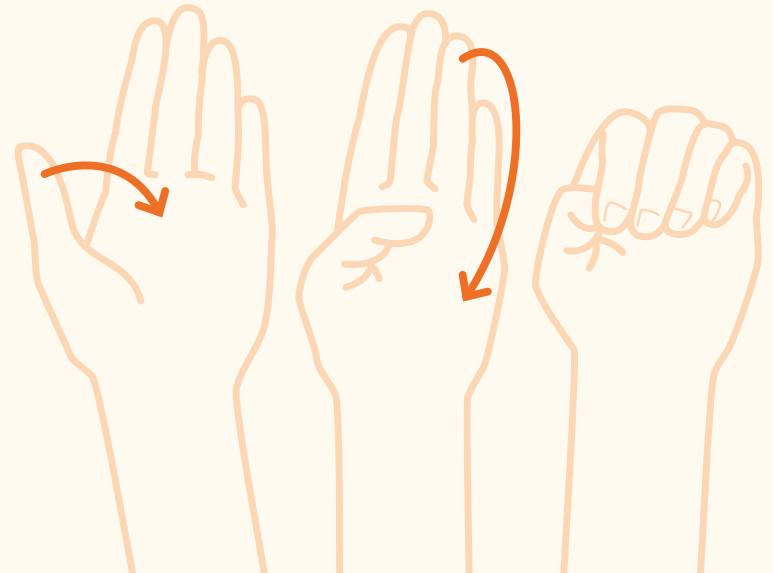


Are you in an emergency situation? Do you have any questions? Do you want to talk to someone? At [www.haltdergewalt.at](http://www.haltdergewalt.at), you can chat to experts confidentially.

Languages available for chats: German, Arabic, Bosnian/Croatian/Serbian, English, Dari/Farsi, French, Italian, Polish, Russian, Somali, Spanish and Turkish.



Are you affected by violence?  
Using the **hand signal "Signal for Help"** you can show others that you need help, without saying a word. Tuck in your thumb onto your palm. Then trap the thumb with your fingers.



# LEGAL INFORMATION

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Helpline for women:  
0800 / 222 555

24-hour  
emergency service  
for women  
(Vienna only):  
01 / 71719

Police  
emergency  
number:

133

Europe-wide  
emergency  
number:

112