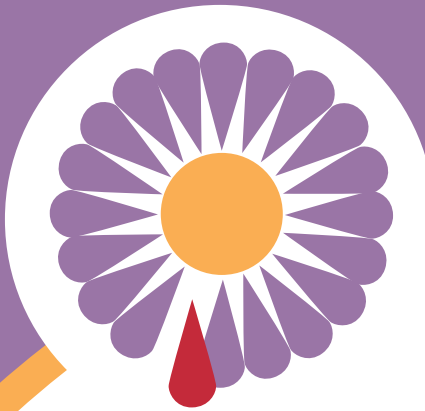




ENTE BILATERALE
TERRITORIALE DEL TERZIARIO
DI BERGAMO



ENTE BILATERALE
ALBERGHIERO E DEI PUBBLICI
ESERCIZI DI BERGAMO



Safety Guide

In collaborazione con



A S C O M
BERGAMO
CONFCOMMERCIO
IMPRESE PER L'ITALIA



FISASCAT
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Associazione delle Imprese e delle Attività Commerciali e Artigianali



NON SEI SOLA
Rete Antiviolenza Area Bergamo Est



Centro antiviolenza
Penelope
Rete Antiviolenza Area Bergamo Est

RETE INTERISTITUZIONALE
TERRITORIALE
ANTIVIOLENZA
AREA BERGAMO EST



Centro antiviolenza
SPORTELLO DONNA
Troviglio-Hivonia d'Adda



SIRIO|CSF
cooperativa sociale onlus



Victims of violence could be a neighbour or a relative, perhaps a woman you meet in the workplace, in a doctor's waiting room or out in public ... Her lost, frightened or worried gaze might tell us that she needs help. Our eyes and words can be instrumental in providing her with adequate support, even if only by showing solidarity without giving advice or expressing personal opinions in view of her fears and uncertainty. If feasible, we can listen to what she wants to say in a natural way but without pushing her for more details.

Simply reassure and encourage her about the opportunities to get out of her own personal hell, pointing her towards Domestic Violence Centres, specialised places where she can find women trained to listen and provide the right information and assistance in accordance with the needs of each individual situation.

The Different Forms of Violence



Physical

Any deed intended to harm or terrorise the victim. Physical violence includes:

- Throwing and striking the victim with objects
- Pushing, shaking, strangulation
- Slapping and biting, kicking and punching
- Assault, suffocation
- Using and threatening with firearms and sharp weapons



Sexual

This involves the imposition of unwanted sexual acts and relationships that, in addition to causing physical harm, are detrimental to a person's dignity. Often occurring together with various kinds of threat, these humiliating acts are intended to eradicate a person's subjectivity, causing deep psychological and physical wounds.



Psychological

This encompasses all acts – even if hidden or sly – that over time, harm a woman's dignity and identity, leaving deep wounds, such as:

- Verbal attacks and harassment, mockery and insults, denigration, all with the aim of invalidating, subduing and maintaining control over the person
- Repeated attacks of jealousy and accusations of infidelity, restriction and control over relationships with acquaintances, threats and assaults against the woman's children, relatives or friends, as well as repeated threats of abandonment
- Damage to or destruction of the woman's property, as well as mistreatment of the woman's and her children's pets
- Constant and intentional fits of rage intent on tormenting with the aim of overwhelming the woman's will and ultimately subjugating her

Psychological violence is also exercised by alienating the woman from family and social relationships through isolation or preventing access to her economic resources and independence.



Financial

This form of violence is often difficult to register as such, since it has long been considered normal for the man to manage the family finances. Such abuse includes:

- Denying or restricting access to family finances
- Not sharing assets
- Preventing or banning the woman from working outside the home
- Exploiting the woman by forcing her to work outside the home or in family businesses then taking away any pay or income
- Owning real estate and other assets but forcing the woman to sign credit contracts or other financial documentation

This form of direct control, impeding the woman's economic independence, makes it near impossible to escape a destructive relationship marked by harmful treatment.



Stalking

This form of violence is characterised by persecutory, controlling behaviour, also by a stranger but mainly by an ex-partner against the woman who has escaped domestic violence.

Also in this case, the stalker's conduct is intended to make the woman feel as if she is being controlled, hunted and not free, forcing her to live in a constant state of alertness, even such as to change her lifestyle in an attempt to escape stalking and other forms of control.

In cases of stalking, the woman suffers psychological and even physical damage with high levels of anxiety and frequent panic attacks.

If you are in need of help ...

- Contact your local **Domestic Violence Centre**

**For telephonic or electronic appointments
and support requests,
please contact us via the numbers below**

BERGAMO AND DALMINE DOMESTIC VIOLENCE NETWORK

- Centro Antiviolenza Associazione Aiuto Donna - Uscire dalla Violenza in Bergamo (Domestic Violence Centre of the Women's Assistance Association – Escaping Violence in Bergamo) - Tel. +39 035212933
- Spazio Donna di Associazione Aiuto Donna in Dalmine (Women's Space of the Women's Assistance Association in Dalmine) - Tel. +39 035564952

NON SEI SOLA DOMENSTIC VIOLENCE NETWORK IN TREVIGLIO AND ROMANO DI LOMBARDIA

- Centro Antiviolenza Sportello Donna della Coop. Sirio e Treviglio (Women's Domestic Violence Assistance Centre of the Sirio and Treviglio Cooperative) - Tel. +39 0363301773
- Sportello d'ascolto della Coop. Sirio a Romano di Lombardia (Outreach Service of the Sirio Cooperative in Romano di Lombardia) - Tel. +39 0363990354
- Sportello d'ascolto della Coop. Sirio a Brignano Gera d'Adda (Outreach Service of the Sirio Cooperative in Brignano Gera d'Adda) - Tel. +39 0363301773
- Sportello d'ascolto della Coop. Sirio a Castel Rozzone (Outreach Service of the Sirio Cooperative in Castel Rozzone) - Tel. +39 0363301773
- Sportello d'ascolto della Coop. Sirio a Rivolta d'Adda (Outreach Service of the Sirio Cooperative in Rivolta d'Adda) - Tel. +39 0363301773

DOMESTIC VIOLENCE NETWORK OF VAL BREMBANA, VALLE IMAGNA AND VILLA D'ALMÈ

- Centro Antiviolenza Penelope della Coop. Sirio a San Pellegrino terme (Penelope Domestic Violence Centre of the Sirio Cooperative in San Pellegrino Terme) - Tel. +39 3341046230
- Sportello d'ascolto della Coop. Sirio a Sant'Omobono Terme (Outreach Service of the Sirio Cooperative in Sant'Omobono Terme) - Tel. +39 035851782 Ext. 3
- Sportello d'ascolto della Coop. Sirio a Almenno San Bartolomeo (Outreach Service of the Sirio Cooperative in Almenno San Bartolomeo) - Tel. +39 035851782 Ext. 3

R.I.T.A. DOMESTIC VIOLENCE NETWORK OF THE BERGAMO EST DISTRICT

- Centro Antiviolenza R.I.T.A. di Associazione Aiuto Donna a Seriate (R.I.T.A. Domestic Violence Centre of the Associazione Aiuto Donna in Seriate) - Tel. +39 035303266
- Spazio di Ascolto E.V.A. di Associazione Aiuto Donna a Vigano San Martino (E.V.A. Outreach Area of the Associazione Aiuto Donna in Vigano San Martino) - Tel. +39 035821563

DOMESTIC VIOLENCE NETWORK OF THE ISOLA BERGAMASCA AND BASSA VAL SAN MARTINO

- Centro Antiviolenza "Ascolta chi parla" di Associazione Aiuto Donna a Termò d'Isola ("Ascolta Chi Parla" Domestic Violence Centre of the Associazione Aiuto Donna in Termò d'Isola)
Tel. +39 03519910067

- Call **112** (in Italy) if you need immediate law enforcement or emergency medical assistance
- Use the **YOUPOL** App run by the State Police, also to anonymously report violence suffered by other women

Be aware that:

- In every hospital, there is the **Percorso Rosa** – a 'Pink Pathway' – for preferential assistance for women who have suffered violence.
- In every Police Station and Carabinieri Station, there are specialised personnel able to receive complaints regarding gender, domestic and sexual violence, as well as stalking.