

If you are a victim of violence, you have to know that you are not alone.

- Do not feel responsible for the abuse. There is no justification to threaten or beat women or children. The abuser is responsible for his actions.
- Entrust yourself to someone!
- Approach somebody who can help! Your questions can be answered in a personal conversation. The consultation is private and free of charge. When you call us, please mention that you need a consultation concerning domestic violence and you will get an appointment at short notice.
- In case of emergency, call the police (110).

**The first step towards
a future without violence...**

“And again I could hear my neighbours angry voice above me. Surely he will beat his wife again... Should I call the police?”

“During sports yesterday I noticed that my office colleague had bruises again. She pretended to be fallen. Should I talk to her about it and offer my help?”

“A few days ago our children came home from playing at the neighbours house and they were really upset. They reported a quarrel between our friends. Since then, our neighbour withdraws from us and pretends to have no time. Should I tell her about my suspicions and offer my help?”



Publisher of this flyer and contact persons are

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Kreis Lippe – Gleichstellungstelle

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Important addresses:

Womens advice center Alraune e.V.
Wall 5 · Detmold · Telephone 0 52 31 / 2 01 77

Family, marriage, children and youth Counselling Center
Kreis Lippe – Detmold: Hofstraße 3 · in Lemgo: Papenstraße 4
Bad Salzuflen: Schülerstraße 11 · Telephone 0 52 61 / 9 77 20

Advice center of protestant charitable organization
by the Lippische Landeskirche
Lortzingstraße 6 · Detmold · Telephone 0 52 31 / 9 92 80

SOS-Counselling Center · Schillerstraße 1 · Schieder-
Schwalenberg · Telephone 0 52 82 / 9 8 110

Womens Shelter Lippe (AWO) · Telephone 0 52 32 / 850 850 - 0

Police victim protection · Telephone 0 52 31 / 609 13 73

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LISTEN**



Gestaltung: www.adeso-design.de



GET HELP



Domestic violence is not a private affair!



In Germany, four million women are regularly abused by their partners every year.

Violence is an issue in every fourth relationship.

Affected are women

- of every age
- of every nationality
- from all social circumstances
- with and without marriage certificate
- with and without children

Most violence against women happens at home.

Especially children suffer from the abuse aimed at their mothers or are abused themselves.

Women, whose relationships are characterized by violence, live in shame and fear. Many feel guilty for the aggressive behavior of their partner and see themselves as losers.

That is the reason why women find it so hard to free themselves from an abusive relationship.

Violence in partnership is a crime and not a "family affair". So you are not interfering if you want to help.

The Act on the protection against violence and legal regulation by law strengthens the rights and protects the victims since 2002: "The abuser has to leave, the victim stays."

In order to improve the implementation of the legal possibilities and rights of the victims, police, judiciary, youth welfare, equal opportunities, counseling centers and women's shelter have consolidated a cooperation board named "Pro Lippe (county) against domestic violence".

Our aims are

- to make sure that the abuse of women is no longer seen as a private affair
- that the affected women no longer hide because they are scared or ashamed
- to provide help, protection and security for abused women and their children
- to achieve that violent criminals are held liable and that their behavior is no longer tolerated
- that acquaintances, friends, neighbours, colleagues and relatives get active when they gain knowledge of violence against women in their environment

**We demand
all Citizens of Lippe,
no longer look the other
way, but to take action.
Possibilities are there.
Contact us!**

What you can do when a friend, neighbour or relative is affected:

Whoever has experienced domestic violence in a partnership usually doesn't dare or is ashamed to ask anybody for help.

Thereby your support is often the first step.

- Offer your help. Have patience and be sympathetic about the situation. It is not easy to talk about abuse. The longer women live in an abusive relationship, the more helpless and weak they become.
- Start a conversation about the partnership violence, listen and take threats and acts of violence seriously. Experience shows that violence increases during a relationship.
- Help the victim by getting advice and having injuries medically documented.
- Inform yourself via information centers about what you can do in particular.
- If you experience violent outbursts, don't endanger yourself. Call the police (110). The police can remove the violent abuser from the home. This action offers the victim time for consideration. The operation documentation that is handed to the victim by the police can facilitate the state of evidence if it comes to a judicial application for a protection order.
- It is your choice to do one step or several.

One small step often shows great effect.

