



SILENCE
IS
YOUR
ENEMY



2 0 1 8



Edited by the Commission for Equal Opportunities of Men and Women

**The Friuli Venezia Giulia Autonomous Region
Regional Council**

**The Commission's working group
"Health and Social Policies to combat violence against women"**

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"(...) Truth did not admit of violence (...)"

M.K.Gandhi

Silence is your enemy

There is a way out of violence

June 2015

Silence is your enemy 2018

Silence is your enemy 2018

Violence against women is a widespread issue that does not seem to be decreasing in fact, last data and surveys show that it is increasing: every day there are new cases of maltreat, violence and abuse against women, within or beyond the domestic unit. Moreover, children often witness such violence, with severe emotional and cognitive consequences.

This horrible phenomenon, which affects people of all ages and social classes, must be tackled with determination, by helping women to report violence and break the silence, an enemy being both insidious and very often present. The purpose of this brochure published by the Commission for Equal Opportunities of the Friuli Venezia Giulia Region is to show that women can and must find a way out of violence!

Fear, lack of self-confidence, loneliness and despair make women who are victims of violence powerless. This handbook provides clear and precise data to analyse the different forms of violence: physical, psychological, sexual and economic violence, including stalking. Our aim is to show women how they can get help from the competent Bodies and Organisations.

Violent behaviour is totally unacceptable and a serious issue and it can never be justified either by perpetrators or by victims.

The purpose of this handbook is to encourage victims to report abuse immediately, with determination and confidence, and to break the silence to preserve human dignity in the name of RESPECT: an irreproachable and non-negotiable moral principle.

Our hope is that women, thanks also to the information here provided, may overcome anachronistic inhibitions and learn to share their experience to pursue real change and true emancipation, despite the suffering and pain.

Annamaria POGGIOLI
Chair of the Regional Commission for
Equal Opportunities of Men and Women

THERE IS
A WAY
OUT OF
VIOLENCE

25
november
International Day
for the elimination of violence
against women

| Di. Maio Simona | SAUD |

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S i l e n c e i s y o u r e n e m y 2 0 1 8

The situation in Friuli Venezia Giulia, year 2011

In 2011, the Centres Against Violence of our Region provided support to 626 women

331 aged 18-40	346 aged 41-64	99 unknown
374 married	211 unmarried	106 separated
42 divorced	25 widows	18 unknown
382 employed	81 housewives	159 out of work
101 other	53 unknown	

Number of victims by forms of violence

449 psychological	489 physical	206 stalking	360 economic	106 sexual
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People living in shelters

64 women living in shelters	56 children of women living in shelters	48 vacancies available in 8 shelters, maximum capacity of reception (data from 2009)
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Data source: SISS – Health and Social Database

The situation in Friuli Venezia Giulia, year 2012

In 2012, the Centres Against Violence of our Region provided support to 737 women

362 aged 18-40	361 aged 41-64	14 unknown
361 married	222 unmarried	87 separated
38 divorced	25 widows	4 unknown
373 employed	68 housewives	188 out of work
99 other	90 unknown	

Number of victims by type of violence

681 psychological	499 physical	166 stalking	345 economic	101 sexual
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Number of victims by education level

35 primary education	188 lower secondary education	283 upper secondary education	79 university education	30 professional training
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People living in shelters

86 women living in shelters	85 children of women living in shelters
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Data source: SISS – Health and Social Database

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The situation in Friuli Venezia Giulia, year 2013

In 2013, the Centres Against Violence of our Region provided support to 791 women

366 aged 18-40	392 aged 41-64	30 unknown
343 married	244 unmarried	117 separated
52 divorced	23 widows	11 unknown
373 employed	68 housewives	188 out of work
99 other	9 unknown	1 man

Number of victims by type of violence

736 psychological	506 physical	172 stalking	311 economic	97 sexual
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Number of victims by education level

31 primary education	197 lower secondary education	281 upper secondary education	107 university education	54 professional training
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People living in shelters

82 women living in shelters	66 children of women living in shelters
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Data source: SISS – Health and Social Database

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The situation in Friuli Venezia Giulia, year 2014

In 2014, the Centres Against Violence of our Region provided support to 764 women

369 aged 18-40	372 aged 41-64	21 unknown	
343 married	247 unmarried	89 separated	
45 divorced	19 widows	21 unknown	
378 employed	58 housewives	212 out of work	34 students
5 other	17 unknown		

Number of victims by type of violence

705 psychological	483 physical	179 stalking	362 economic	127 sexual
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Number of victims by education level

31 primary education	205 lower secondary education	276 upper secondary education	120 university education	53 professional training
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People living in shelters

81 women living in shelters	77 children of women living in shelters
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Data source: SISS – Health and Social Database

S i l e n c e i s y o u r e n e m y 2 0 1 8

The situation in Friuli Venezia Giulia, year 2015

In 2015, the Centres Against Violence of our Region provided support to 775 women

362 aged 18-40	393 aged 41-64	18 unknown	
371 married	240 unmarried	90 separated	
43 divorced	16 widows	3 unknown	
375 employed	84 housewives	202 out of work	34 students
16 other	20 unknown		

Number of victims by type of violence

729 psychological	496 physical	145 stalking	367 economic	119 sexual
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Number of victims by education level

31 primary education	192 lower secondary education	291 upper secondary education	118 university education	34 professional training
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People living in shelters

76 women living in shelters	82 children of women living in shelters
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Data source: SISS – Health and Social Database

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**THIS IS NOT
LOVE**

**25
NOVEMBER**
International
Day for the
Elimination
of Violence
against women

[Costanza Chiara | ISADP]

Violence against women

Physical:

any intimidating act against the person and personal property

- pushing, slapping, biting, kicking, spitting, pinching, burning, destruction of personal property
- preventing someone from moving, forcing someone to remain home
- withholding medication or sleep

Psychological:

often occurring before physical violence because abusers devalue victims and do not respect their personal dignity, making it look like a normal thing

- criticizing, humiliating or ridiculing the other person in front of friends or the family, insulting someone
- isolating someone from relatives and friends or not allowing someone to have hobbies
- threatening to harm the person and her children
- making threats to commit suicide or self-harm

Sexual:

- forced sexual intercourse or being forced to perform sexual games
- being forced to watch or use pornography
- forcing the person to have or watch sexual intercourse with other people
- forcing someone to have sexual intercourse in front of their children or other persons

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Economic:

- not allowing someone to take choices regarding the family budget and the financial situation
- controlling expenses and forbidding someone from opening a bank account
- not allowing someone to look for a job or to be employed
- being forced to contract debts or economic commitments without consent
- registering all assets on the abuser's name even if the victim has contributed with her resources
- refusing to pay an adequate maintenance allowance

Stalking

trying to get away from a violent or unwanted relationship

- repeated following or waiting for someone when they leave home or work
- sending cards, threats, text messages or phoning
- appearing at places where victims usually go to make them feel "trapped"

Perpetrators of Violence

Data concerning cases handled by the Centres Against Violence of the Friuli Venezia Giulia Region in 2011

Partner (husband, boyfriend, fiancé)	481
Former partner	147
Family member	68
Friend/acquaintance/colleague	34
Stranger	6
Group violence	3
Employer	4
Other	19
Unknown	20

Data concerning cases handled by the Centres Against Violence of the Friuli Venezia Giulia Region in 2012

Partner (husband, boyfriend, fiancé)	487
Former partner	132
Family member	59
Friend/acquaintance/colleague	18
Stranger	6
Other	35
Unknown	4

Data concerning cases handled by the Centres Against Violence of the Friuli Venezia Giulia Region in 2013

Partner (husband, boyfriend, fiancé)	463
Former partner	176
Family member	79
Friend/acquaintance/colleague	27
Stranger	6
Other	42
Unknown	4

S i l e n c e i s y o u r e n e m y 2 0 1 8

Data concerning cases handled by the Centres Against Violence of the Friuli Venezia Giulia Region in 2014

Partner (husband, boyfriend, fiancé)	469
Former partner	148
Family member	57
Friend/acquaintance/colleague	32
Stranger	-
Other	53
Unknown	4

Data concerning cases handled by the Centres Against Violence of the Friuli Venezia Giulia Region in 2015

Partner (husband, boyfriend, fiancé)	492
Former partner	134
Family member	69
Friend/acquaintance/colleague	34
Stranger	-
Other	31
Unknown	15

S i l e n c e i s y o u r e n e m y 2 0 1 8

Danger indicators

- Woman's personal perception of being in *danger*
- Partner's *obsessive* and *possessive* jealousy
- Possession of *weapons*
- Previous acts of *violence*
- *Increase* in violence in recent periods
- Occurrence of cruel or serious *episodes* of violence
- Violence on *pets*
- *Criminal records*
- Use of *alcohol* and drugs
- Aggressive and violent behaviour *outside* the home

Domestic violence

Statistics prove that acts of violence that occur within the family or domestic unit have the highest rates of occurrence. This form of violence develops in families where relationships are based on power and on the use and control of other family members. The existence of an emotional bond makes it more difficult to recognize.

The victim

- lives an ambiguous relationship due to the overlapping of abusive and affective behaviours that leads to *confusion*: the victim wishes to keep the family together but, at the same time, she is aware that children need to be kept away of violence.
- is *devalued* in her role of mother
- feels responsible for the successful outcome of the relationship and *ashamed* to express her distress
- faces repeated and continuous violence on a daily basis: violent behaviour is rarely unexpected
- starts to experience a sense of *powerlessness* - a feeling that deeply affects her life - due to inevitable, continuous and constant threats
- starts to underestimate herself, loses self-confidence, feels *isolated* and guilty
- often experiences *depression*, *panic* attacks, *anxiety* and phobic symptoms.

These issues deeply affect women's relations with their children as well as women's ability to care for and meet children's emotional needs. Many women, mothers of maltreated or abused children, live in a state of such impoverishment (in terms of relationships or resources) that they are unable to take any effective action.

Consequences

- **Lack of self-confidence**, loss of confidence in one's capacities
- **Insecurity** and inability to make choices
- **Feeling of guilt**, loneliness and despair
- **Fear to communicate**, fear of *not being believed*
- Fear that **violence may repeat**



| Forgiveness | SAUD |

VIOLENCE KILLS YOU A LITTLE MORE INSIDE EACH TIME

Commonplaces

(Stereotypes)

People believe that...

- It is a limited phenomenon
- It only affects disadvantaged, emarginated and poor social groups
- Violence is a consequence of a major problem: alcohol or drug addiction, personality disorders
- Men who show a violent behaviour were victims of and/or witnessed acts of violence in the past.
- Domestic violence does not affect women's health
- It is an issue that must be solved within the family or domestic unit
- Domestic violence is caused by random and rare episodes of anger
- It is caused by women's behaviour: they often are cheeky, unwise, provocative

The truth is that...

- It is a widespread, underestimated phenomenon that often goes unreported
- It affects people of all ages and social classes
- Violence is perpetrated by men who have no particular problems. Alcohol, drugs and psychological disorders can worsen the situation.
- Studies reveal that not all the children who were victims of and/or witnessed violence become violent adults.
- It severely affects women's psychological and physical well-being
- It is important to report violence and get help to combat it
- Beating someone up is a "strategy" used to change the other person's behaviour
- Women's attitude can never justify violence

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THERE IS A WAY OUT



25 november
International Day for
the elimination of violence
against women

[Candace Chihara | Fedele Moreno | Lanteri Jessica | SAUD]

Useful advice

The phenomenon of violence against women includes all those behaviours, acts and threats that cause physical, sexual, psychological or economic **suffering**. If you are a victim of violence, you should immediately get help, **without hesitance or fear**, but with resolve and determination.

If the abuser **wounds you** or **leaves you bruised**, go to the **Emergency Room** to receive care. A medical certificate will be issued, too.

Keep in mind that there are a number of **Centres Against Violence** where you can find people that will listen to you and provide you with useful information and psychological and legal support. The specialized female staff members will listen to your story, support and help you to find a way out of violence, **protecting your privacy** and, if you want, your anonymity.

Only after receiving **your consent**, the operators will help you to get in touch with the most appropriate services and specialised professionals, from family counselling to social service, from doctors to the armed forces... they will provide you with all sorts of support and, if you wish so, they will assist you during the first interviews and meetings.

If you do not know how to find the closest Centre, you can contact your municipality's Welfare Services or call the free number



1522
WOMEN'S HELPLINE AGAINST VIOLENCE
24H PHONE SUPPORT



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WHAT CAN I DO? IF YOU ARE A VICTIM OF VIOLENCE

IF YOU WITNESS VIOLENCE CALL



1522
WOMEN'S HELPLINE AGAINST VIOLENCE
24H PHONE SUPPORT



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International legislation

The “**Council of Europe Convention on preventing and combating violence against women and domestic violence**” (**Istanbul Convention**) came into force on 1 August 2014. The Convention is a legally-binding instrument, signed by the member countries of the Council of Europe, which requires States to take all necessary measures, focused on three specific areas, to:

-prevent violence against women: running awareness-raising campaigns and programmes for the independence and empowerment of women; designing teaching material for all levels of education that promotes gender equality and mutual respect; encouraging the media and the ICT sector to set and implement guidelines and self-regulatory standards; adequate training of professional figures that provide support to the victims or treatment for perpetrators;

- protect the victims: providing adequate protection from further violence by meeting victims' specific needs and ensuring cooperation among relevant agencies (the judiciary, law enforcement agencies, health and social services, associations and NGOs, etc.); providing victims with information on support services (psychological and legal services, job and accommodation search assistance) and legal measures in a timely manner; providing assistance to help victims report violence; setting up specific shelters and free helplines (in Italy, you can call the free helpline against violence 1522); providing protection and support to children who have witnessed violence; taking into account incidents of violence when decisions on custody and the extent of visitation rights are taken, ensuring that victims and their children remain safe from any further harm and their rights respected;

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- **prosecute the perpetrators:** laying down effective and dissuasive sanctions that match with the seriousness of the offences; ensuring the monitoring or supervision of convicted persons; withdrawing of parental rights of convicted persons to guarantee the “best interest of the child”.

To download the Istanbul Convention please visit:

http://www.consiglio.regione.fvg.it/pagine/pariopportunita/pagine/allegati/convenzione_Istanbul_violenza_donne.pdf

Italian legislation

All acts of violence, including physical, moral, psychological or sexual violence, are offences punishable under the Italian law. Engaging in threatening conduct directed at another person (stalking) is also an offence.

Except for severe offences, (e.g. family maltreatment, grievous bodily harm, attempted murder, certain forms of alleged sexual violence or stalking), it is necessary that victims expressly request (by filing a complaint) the prosecution of perpetrators (offences that may be prosecuted only following a report made by the victim).

Severe offences, on the other hand, are prosecuted automatically (i.e. without requiring a complaint from an injured party) when the authorities become aware of the act of violence (offences prosecuted ex officio).

On the Commission's website:

http://www.consiglio.regione.fvg.it/pagine/pariopportunita/pagine/allegati/riferimenti_normativi.pdf

Legal measures to provide victims with immediate protection

In case of acts of violence constituting offences, especially offences prosecuted ex officio, the following measures may be taken immediately, in order to protect the victim:

- the abusive person must leave the family**
- forbidding the perpetrator from approaching, contacting or communicating** with the victim, or from appearing at his/her home, place of work or education facilities);
- **restraining orders** (e.g. preventive detention, house arrest) for the most serious cases;
- **warning** issued by the Chief of Police, in case of stalking.

Where the acts of violence are perpetrated within the domestic unit, victims may request, through civil proceedings, to remove the abusive person from the family and forbid the persecutor from approaching or contacting the victim.

The Centres Against Violences of the Friuli Venezia Giulia Region may provide you with legal information and adequate support to file and complaint and request the adoption of protective measure.

Regional legislation

Since the year 2000, the Friuli Venezia Giulia Region has been promoting and funding, pursuant to Regional Law 17/2000, the “projects to combat violence” promoted by local authorities and regional women associations (Centres Against Violence).

Centres against violence

Trieste

GOAP

Via San Silvestro, 3/5 – Trieste
Tel. 040 347 8827 - fax: 040 347 8856
info@goap.it
<http://www.goap.it>

Pordenone

VOCE DONNA

Viale Cossetti, 16 – Pordenone
Tel and fax 0434 21 779
voicedonnapn@gmail.com
<http://www.voicedonnapn.it>

Gorizia

SOS ROSA

Via Diaz 5 / Palazzo Alvarez – Gorizia
Tel. and fax 0481 32 954
sosrosa@yahoo.it
<http://www.sosrosa.it/>

DA DONNA A DONNA

Via Roma, 13 – Ronchi dei Legionari
Tel. 0481 474 700
info@dadonnaadonna.org
<http://www.dadonnaadonna.org>

Udine

IOTUNOIVOI DONNE INSIEME

Via Martignacco, 23 – Udine
Tel. 0432 421 011 – fax 0432 485 550
ass.idi@infinito.it
<http://www.wiotunoivoi.it>

ZERO TOLERANCE

Fighting violence against women
Via San Valentino 20 – 3°p / Udine
Freephone number 800 531 135
zerotolerance@comune.udine.it
<http://www.comune.udine.it>

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<http://www.consiglio.regione.fvg.it/pagine/pariopportunita/default.asp>



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