

Advice is available - free and in confidence!

Where can you get help?

Advice and protection facilities

- Women's Information Centre/Emergency Helpline
0 25 61/37 38
- Frauenhaus Bocholt (Women's Shelter)
0 28 71/4 01 94
- Frauenschutzwohnung Gronau (Women's Safe House)
0 25 62/81 73 40
- Helpline for contact and assistance
in case of domestic violence
0 25 61/9 52 30

Local courts

- in Ahaus 0 25 61/42 70
- in Bocholt 0 28 71/29 50
- in Borken 0 28 61/89 90
- in Gronau 0 25 62/92 00

Contact persons

- Victim Protection Officer of Borken District Police
(for reporting an offence)
0 28 61/9 00 55 04
0 28 61/9 00 55 05
- Weisser Ring e. V.
0 25 42/95 41 19
(Non-profit organization engaged in assisting
victims of crime and crime prevention)

Round-the-clock help

- Police emergency number: 110
- Frauenhaus Bocholt (Women's Shelter):
0 28 71/4 01 94
- Frauenschutzwohnung Gronau (Women's Safe House):
0 25 62/81 73 40
- Helpline for children and young people run by the
German League for the Protection of Children
("Nummer gegen Kummer")
0 800/1 110 333
- Helpline "Violence against Women"
0 80 00/11 60 16, www.hilfetelefon.de

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Under the auspices of Dr. Kai Zwicker, Chief Executive Officer
of the District of Borken



Administrative Office of the Round
Table: Equality Commissioner for
the District of Borken
(Geschäftsstelle des Runden
Tisches: Gleichstellungsbeauftragte
des Kreises Borken)
Burloer Str. 93, 46325 Borken,
Tel.: 0 28 61 / 82-21 06
www.gewalternativen.de

HELP!

**LOOK!
ACT!
HELP!
AGAINST
DOMESTIC
VIOLENCE.**

What is domestic violence?

Domestic violence is violence between people who live together or who used to live together, e.g.

- men – women
- parents – children
- partners in same-sex relationships
- etc.

Domestic violence

- mostly affects women and children
- is an insidious process in which the humiliations and acts of violence and the resulting effects on the victims constantly intensify
- usually takes place in the home environment
- is not a private matter but something that concerns everyone

Forms of domestic violence include

- hitting and kicking
- sexualized violence
- humiliation and put-downs
- threats and verbal abuse
- confinement to the home, social isolation
- withholding money or taking it away
- etc.

HELP!

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110

What should you do if faced with domestic violence?

If you experience violence at home, you can call the police by ringing the emergency number 110. The police have powers to exclude the perpetrator from the home for 10 days. The perpetrator must leave the house/flat after handing in the keys. During this time, he (she) is prohibited from returning to the joint home. The police carry out checks to monitor compliance with the ban.

If the perpetrator does not comply with the ban, call the police once more!

Legal possibilities to continue using the home alone

During the time of exclusion from the home and the ban on returning, which is usually valid for a period of 10 days, you have the possibility to extend the period for which the home is assigned to you.

During this time, you can apply to your local court ("Amtsgericht") for the joint home to be assigned exclusively to you, as well as for other protective measures such as restraining and contact prohibition orders. Take the documentation on the police operation with you to the court. The perpetrator can be excluded from the joint home for a period of up to 6 months.

But even if the police were not called in, you can still apply for the home to be assigned to you. This is not only possible if you have received an actual injury; a threat of violence can also be sufficient. This is especially the case if the wellbeing of children who also live in the household is at risk.

You can make the necessary applications to the local court ("Amtsgericht"), not only in writing but also by word of mouth to the court personnel. You can naturally also enlist the services of a lawyer. And if your own financial resources are insufficient, you can apply for legal aid, which means that the state will assume the costs.

Protection possibilities you can apply for to the local court

The court can prohibit the perpetrator

- from making contact with you, including also via email, social networks, telephone, text messages, post etc.
- from coming closer to you or your home than a specified minimum distance
- from going to places to which you have to go regularly yourself, e.g. your workplace, playschool

**You have no
need to tolerate
violence!
You have rights,
and help
is available!**

Move out of your home – but then where?

If you are unwilling or unable to remain in your home, you have the possibility to make use of the help offered by the women's refuge facilities. There, you and your children will find accommodation and protection right round the clock, as well as free professional advice and counselling and support in planning your future.