

**ATTENTION AND INFORMATION MUNICIPAL POINT OF
THE REGIONAL OBSERVATORY OF GENDER VIOLENCE
IN PARACUELLOS DE JARAMA.**

Telephone: 91 268 49 48/ 626 306 673



E-mail: mujer@paracuellosdejarama.es

EMERGENCY TELEPHONE NUMBERS:



012 y 016: . Telephone numbers for victims of
gender violence.

912 688 692: Civil Guard.

912 684 949 y 609 100 092 Local Police.

WHERE TO FIND US:



**CENTER FOR SOCIAL SERVICES, SENIORS AND
WOMEN.**

Telephone: 91 268 49 48/ 626 306 673

C/ ALGETE, N° 7.

28860

Q ARE THESE SIGNS FAMILIAR TO YOU? X

Makes me feel inferior, ridiculous or
worthless

He threatens me, shouts at me,
insults me...

He tries to isolate me, he doesn't
want me to meet other people

Wants to know who I'm with and controls
my cell phone photos and social networks

He blackmails me if I don't do what he
wants me to

I am afraid of his reactions

Need to control what I do

I feel forced to engage in sexual relationships
that I am not comfortable with

Does not accept NO, nor respect my
limits

I'm starting to think that I'm to blame for
everything, and that I'm crazy

Q PMORVG X

**If you have answered YES to any of
these statements, we can accompany
you.**



HOW CAN I KNOW IF I AM STUCK IN A GENDER VIOLENCE RELATIONSHIP?

Q SOME SIGNS THAT COULD HELP YOU: X

You become increasingly isolated and avoid spending time with family and friends.

You have to give him a lot of explanations for what you do.

Controls your time and/or money.

You are scared of your partner's reactions and avoid conflict to keep him or her calm.

You feel despised, insulted and small next to them.

If he threatens to harm you or himself if you leave his side or do not give in to his requests.

Q IF YOU ALREADY IDENTIFIED IT, WHY IS IT SO HARD FOR ME TO GET OUT OF IT? X

If he has apologized to you many times, or you think about how he was at the beginning of the relationship... you think he might change and give him another chance. But soon you realize that he doesn't change.

Sometimes, you may be afraid of the consequences of breaking up or leaving the relationship, as he threatens to hurt you or people you love.

It is easy to think that you are alone and no one can help you or understand what is happening. Sometimes the crudest violence happens only in the privacy of your own home.

Q HOW DOES AN AGGRESSOR BEHAVE? X

Shows a social image opposed to the one at home.

He does not take responsibility for his actions and blames the victim for his violent behaviors.

He alternates his aggressive behaviors with friendly and seductive ones.

Avoid direct confrontation with him, and call the police to avoid putting yourself at risk.

WHAT TO DO IN CASE OF AGGRESSION?



What is the Municipal Point Against Gender Violence?

It is a resource of the Community of Madrid specialized in gender violence, which offers a space of attention, listening and counseling to women who suffer gender violence in their relationships.

The main objective of the service will be to make you feel safe, helping you to identify violent behaviors, since... Violence is not only hitting, slapping or pushing, but also scorn, insults, humiliation, control and social isolation.

WE OFFER YOU: ○○

Social Attention

Psychological Attention

Legal Attention

Q Who is served? X

WOMEN

CHILDREN

FAMILY MEMBERS

WOMEN WITH ORDER OF PROTECTION*

*To their sons and daughters and dependent family members.

How do we help you?

- In a space for reflection where you can think about your situation and better understand what is happening to you.
- Confidentially.
- We will attend to your request and listen to what you want to share with us, without making value judgments.