

## WHO CAN I TELL ABOUT THE VIOLENCE?

- a person I trust
- someone in my family
- an assisting person at Lebenshilfe
- a group leader at Lebenshilfe
- The persons of trust at Lebenshilfe are

Adrian Catharina Lisa Lukas Petra



and all division managers and the boss

## COUNSELLING CENTRES IN TÜBINGEN SEXUAL VIOLENCE

### AGIT:

Frauen helfen Frauen:  
07071 / 79 111 00 (for women)  
Pfunzkerle:  
07071 / 79 111 01 (for men)

### Aufwind:

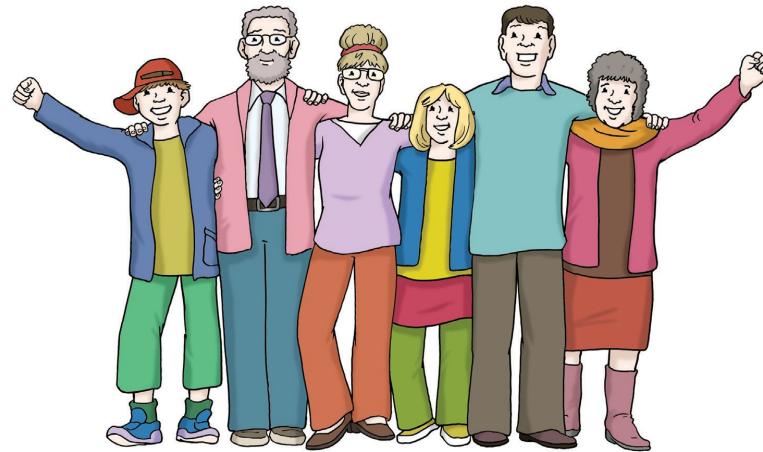
07071 / 76 3006 (for girls and boys)

### Help telephone in case of violence in general:

Violence against women: 11 6016  
Violence against men: 0800 123 9900  
Emergency call police: 110



## EVERYONE SHOULD FEEL SAFE AT OUR ACTIVITIES!



### Contact person for protection against violence:

Petra Schmid  
Phone: 0176 / 111 975 71  
E-mail: [petra.schmid@lebenshilfe-tuebingen.de](mailto:petra.schmid@lebenshilfe-tuebingen.de)

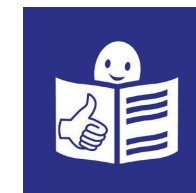
### Lebenshilfe Tübingen e.V.

Handwerkerpark 7, 72070 Tübingen  
Telephone: 07071 / 9440-3  
E-mail: [mail@lebenshilfe-tuebingen.de](mailto:mail@lebenshilfe-tuebingen.de)  
Internet: [www.lebenshilfe-tuebingen.de](http://www.lebenshilfe-tuebingen.de)

### Every euro helps - make a donation!

Kreissparkasse Tübingen  
IBAN: DE94 6415 0020 0000 1776 10  
BIC: SOLADES1TUB

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**Protection against  
violence**  
at Lebenshilfe Tübingen



## VIOLENCE - WHAT EXACTLY IS IT ?

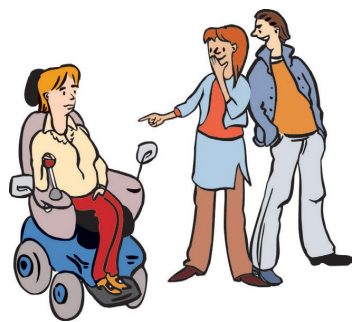
### PHYSICAL VIOLENCE

- hitting, pushing, kicking
- Biting, choking, pinching, scratching
- tearing at hair or clothing
- forcing or refusing food



### PSYCHOLOGICAL VIOLENCE

- Excluding, bullying, laughing at someone
- insulting, shouting at someone
- dominating someone



### SEXUAL VIOLENCE

- Forcing kisses or hugs
- sexual language
- forcing someone to have sex
- touching someone when the person does not agree



## VIOLENCE IS FORBIDDEN - FOR EVERYONE!

A violent person is an offender!

Nobody is allowed to hurt others! Also no sexual harassment!

- no participant
- No assisting person
- No leader



**Violence is forbidden - I know that!**

**I take care of myself and others. I have courage!**



When I see that someone is experiencing violence

- I will help immediately - if I can!
- I shout loudly "STOP!"
- I get help immediately
- I'll tell someone I trust later



When I experience violence myself

- I shout "STOP!" loudly and defend myself.
- I call loudly for help
- I try to get away from the violent person
- I'll tell someone I trust later

