

If you are at home

- When you leave home and arrive back home, pay attention and check the surrounding area.
- Take safety precautions: change the locks, ensure good visibility through the peephole, etc.
- Change your phone numbers and ask the company that they not be registered in any public listings.
- Before opening the door, check who is calling, if you do not see them clearly, DO NOT open the door.
- NEVER open the door for the aggressor and instruct the people who are dependent on you and other people that you are sharing housing with not to open.
- Inform the people you trust, especially neighbours, of your situation, and ask them to let you know if they see the aggressor lurking around your home.
- Find a friend, neighbour or family member who will take you in if you have to urgently leave your home.
- Talk to a neighbour and agree with them on a clear signal for them to call the police.

• In case you have to leave in a hurry, always keep a bag ready containing: documentation (your health card and those of the people who are dependent on you, ID and passport, residence permit, family book, bank cards and savings books, housing contracts, separation or divorce documents, public documents or deeds, medical reports, keys to the home and the car, daily medications, etc.).

If you are away from home

- Always have a mobile phone with you.
- Save the emergency services numbers (112, 091, 062) on speed dial on your mobile phone.
- Pay attention around you on your regular routes and when arriving or leaving work, picking up or dropping off children, etc.
- If you have shared a car with the aggressor, change the locks on it. Before getting in or out of the car check around you to see if the aggressor is lurking around.
- Always lock all car doors. Do not park in areas that are not well lit or that are solitary.
- If you know beforehand that there is a possibility of coinciding with the aggressor (meeting points, joint legal actions, etc.) ask a family member or person you trust to accompany you. And notify the police of the situation; if necessary, they will assess what protection you will require.
- Always carry with you a copy of the document establishing the legal protection measures.

If you have children together

- When handing over the children, always have with you a person that you trust.
- Inform the school, personally and in writing, of who has permission to collect the children.
- Teach the children how to protect themselves and to ask for help, tell them not to open the door and not to provide information over the phone or to anyone without your permission.
- Check with the children any information they share on their social media, as well as their privacy settings.
- Even if your partner insists on seeing you or the children, do not give in to potential emotional blackmail and NEVER AGREE TO TALK WITH HIM ON YOUR OWN.
- Instruct the children and people who are dependent on you to not open the door and to not provide information over the phone.

If the aggressor is in the home

- Take your phone to a safe room where you can lock yourself in and call the Police or Guardia Civil. If you do not have enough time, go to a window and shout for help. Agree beforehand with the children on a signal to let them know that they should lock themselves in or go out to ask for help.
- Move away from the kitchen and rooms where there are dangerous objects.



It is in your best interest to answer these questions:

- If any of the circumstances surrounding your partner should change, would you go back to them?
- After some time has gone by, do you believe that the problem really "wasn't that big of a deal"?
- Have you ever considered that you should give your partner "another" chance, or, has your partner asked you for "another" chance, promising that they will change?
- Have you ever thought that this time their regret is actually truly sincere?
- Do you feel guilty for having to remove the children away from their father?
- Do you feel that in your environment they are pressuring you or advising you to return to your partner?
- Do you believe that you will not be able to make it on your own or that without your partner's support you will not be able to properly take care of the children?
- Do you sometimes feel lonely and that pushes you to go back to your partner?


→ **If you replied YES to one or several of these questions, you can consider that you are at risk of skipping the self-protection measures at some point.**




Emergency


phone numbers


 **016 (Information telephone for women)**

 **012 Woman (Telephone for information of the Junta de Castilla y León)**

 **112 (Emergency)**

 **062 (Guardia Civil)**

 **012 Woman (Telephone for information of the Junta de Castilla y León)**

 **092 (Local police)**

*Self-protection
against
gender-based
violence*



Contra la violencia de género
Servicios Sociales de Castilla y León



DIPUTACIÓN DE LEÓN

DERECHOS SOCIALES Y TERRITORIO SOSTENIBLE



Junta de Castilla y León