**VIOLENCE AGAINST WOMEN - useful information**

WHAT IS IT?

From the Istanbul Convention (2011):

1. the expression "violence against women" means a violation of human rights and a form of discrimination against women, including all acts of gender-based violence that cause or are likely to cause harm or suffering of a physical, sexual, psychological or economic nature, including threats to carry out such acts, coercion or arbitrary deprivation of liberty, whether in public or private life;

2. the term “domestic violence” means all acts of physical, sexual, psychological or economic violence that occur within the family or household or between current or former spouses or partners, regardless of whether the perpetrator of such acts shares or has shared the same residence with the victim;

3. the term "gender" refers to socially constructed roles, behaviors, activities and attributes that a given society considers appropriate for women and men;

4. the term “gender-based violence against women” means any violence directed against a woman for the fact of being a woman, or which affects women disproportionately;

5. "victim" means any person who suffers the acts or behaviors referred to in the previous paragraphs 1 and 2; the term "women" also includes girls under the age of 18.

DOMESTIC VIOLENCE

Domestic violence or violence between partners is the set of physical, psychological, economic or sexual violence

which coexist or follow one another in a spiral (Baldry, 2008).

PSYCHOLOGICAL VIOLENCE

Comprehends:

• intimidating, threatening, harassing and denigrating attitudes on the part of the partner, as well as

• isolation tactics from friends, relatives, places, habits.

It can cause a process of real moral destruction that can lead women to lose their SELF-ESTEEM.

PHYSICAL VIOLENCE

The use of any act aimed at hurting or frightening the victim and in most cases causes injuries, and in general physical damage caused not accidentally and with different means.

Physical aggression is not only violent action but also any physical contact or approach made to frighten and intimidate the victim.

SEXUAL VIOLENCE

Sexual violence is a crime committed by those who illicitly use their strength, their authority or a means of oppression, forcing through acts, prevarication or threats (explicit or implicit) to perform or undergo sexual acts against their will.

ECONOMIC VIOLENCE

The set of attitudes aimed at preventing the partner from being economically independent to be able to control her.

For example:

prevent you from looking for work,

salary deprivation or control,

control of economic management in daily life.

STALKING (PERSECUTIVE ACTS)

It refers to a series of repeated persecutory acts

which generate in the victim a state of anxiety and fear so strong as to force them to change their lifestyle habits.

It can be:

continuous phone calls, messages, cards, letters, stalking, requests for appointments, unwanted gifts, etc.

When persecution occurs through the use of the internet, email, social networks, etc. we talk about cyberstalking.

WITNESSED VIOLENCE

It occurs when children and minors witness violent conduct, of any type, against a reference figure, adult or minor.

Witnessing violence can generate a series of symptoms on a psychophysical level which include sleep or eating disorders as well as psychological trauma, with important short and long-term consequences.

We tend to think that very young children cannot be victims because they are not yet able to understand: in reality they too perceive and suffer from the climate of tension and fear that is established in the home and that their mother experiences.