REMEMBER

SGBV is NOT your fault!
Worldwide many women, men, girls and boys experience physical or sexual abuse or other forms of SGBV in their lifetime. Anyone can become a victim of sexual and gender-based violence.

You are NOT alone! Help is available!
There are people who can help you, such as doctors, police officers, and social workers. If you have experienced or are experiencing SGBV, tell someone you trust or contact the organizations listed above.

HELP others stay safe as well!
If someone who suffered SGBV reaches out to you, listen to them, trust them and remind them that SGBV is not their fault and that they are not alone. Tell them that help is available and encourage them to seek assistance. If they agree you can contact the organizations listed above together.

Share the leaflet and the video so that it reaches more people!

https://youtu.be/KsIE6Q7nXe8
What is SGBV?

SEXUAL AND GENDER-BASED VIOLENCE (SGBV) is any act which is perpetrated WITHOUT A PERSON’S CONSENT, based on gender norms and unequal power relations. It includes acts that may cause physical, sexual, emotional, psychological or economic harm or suffering. Perpetrators often use force, coercion, deception or manipulation. Most often SGBV is not recognised or reported.

SEXUAL VIOLENCE can take many forms and includes rape, injury to or unwanted touching of the private parts, being forced to have sex with someone, being forced to watch someone else being sexually violated, being forced to be naked, and much more. Sexual violence is not sex. It is about violence, power, and control.

OTHER EXAMPLES OF SGBV include violence which takes place within the family; being forced to marry, to have a baby or to have an abortion; being harassed with unwanted looks, remarks or gestures; being transported to another country in exchange for money, sexual acts or labour; honor crimes; and female genital mutilation; being forced to follow a religion you don’t want to, being spied or followed.

If you think or suspect that violence is happening to you or even if you are unsure, you can ask for help.

What types of SGBV exist?

There are many forms of SGBV. Sexual violence is amongst the most commonly reported types.

WHAT IS THE DIFFERENCE BETWEEN SEX, GENDER AND GENDER IDENTITY?

A person’s SEX is the biological characteristics that are assigned when they were born, while GENDER is how society believes that people should behave (how they should dress and present themselves, what their roles and responsibilities should be, etc) according to their biological sex.

A person’s GENDER IDENTITY refers to each person’s deeply felt internal and individual experience of gender. This may or may not correspond with the sex assigned at birth, including the personal sense of the body (which may involve, if freely chosen, modification of bodily appearance or function by medical, surgical or other means) and other expressions of gender, including dress, speech and mannerisms.

To whom can SGBV happen?

SGBV can happen to ANYONE and is NEVER the victim’s fault. Women and men, girls and boys, adults and children can all become victims of SGBV. Sometimes violence is directed at someone because of who they love or because they are vulnerable. No matter what, violence is NEVER justifiable. Majority SGBV refers to women and girls, who represent the largest group affected. However the lack of data on the incidence of SGBV perpetrated against men and boys does not mean that they do not suffer SGBV, but rather that coming forward is problematic.

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If you think or suspect that violence is happening to you or even if you are unsure, you can ask for help.
What are the consequences of SGBV?

SGBV can have both physical and emotional consequences. Physically, SGBV can cause bodily harm, pain, infections, and women and girls can become pregnant without wanting to, among other consequences. The emotional consequences of SGBV can include trauma, nightmares, insomnia, headaches, and many different feelings such as anger, shame, sadness, guilt, and fear. All feelings are valid, and Croatia has professional and confidential services to support victims. You are not alone.

Where can SGBV happen?

SGBV can happen anywhere: in your home country, during your journey to another country, and in the country you are currently living in. It can happen in public places and private homes, at work, in detention centres and prisons, during random stops and at checkpoints.

Is SGBV my fault?

SGBV is NEVER the victim’s fault. Gender norms and unequal power relations are the root causes of SGBV. The perpetrator is the only person to blame.

What if I did not fight back?

It is very common not to fight back during an assault because you may panic and feel hopeless or trapped and you don’t know what to do to get out of the situation. This does not mean that you consented to the violence.

What if I am asked for sex in exchange for money, help or other goods?

Nobody has the right to force you to have sex or to get you to agree to have sex in exchange for something you may need or want. If someone forces you to have sex in exchange for money, help or other goods, this is sexual exploitation and a form of sexual violence. In Croatia, if you are under 16, it is a crime if someone offers you money, help or any goods or services in exchange for sex.

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What can I do if I or someone I know has experienced or witnessed SGBV?

If you or someone you know has experienced or witnessed SGBV, there are several options available to you:

1. **Tell a Family Member, Relative, or Another Adult You Trust**: You are not alone. It is important to share your experience or witness with someone you trust.

2. **Ask for Help from Staff at the Asylum or Accommodation Center Where You Live**: You can seek help from the staff at the asylum or accommodation center where you reside.

3. **Reach Out to Your Legal Representative or Guardian**: If you have one, contacting your legal representative or guardian can provide additional support.

4. **Contact Other Professionals**: There are also other professionals who can offer support confidentially, such as teachers, social workers, police officers, and doctors. In addition, you can contact migrant and refugee organizations, women’s and youth organizations.

**List of Useful Contacts in Croatia**

**OMBUDSMAN FOR CHILDREN**

- **Contact Information**:
  - Telephone: 01/4929-669
  - Email: info@djete.hr
  - Website: www.djete.hr
  - Address: Teslina 10, 10 000 Zagreb

**SOCIETY FOR PSYCHOLOGICAL ASSISTANCE - COUNSELLING FOR CHILDREN, YOUTH AND FAMILIES “MODUS”**

- **Contact Information**:
  - Telephone: 01/4621-554; 095/4826-111 (Mondays to Fridays: 9:00-21:00)
  - Email: modus@dpp.hr
  - Website: www.dpp.hr
  - Address: Kneza Mislava 11, 10 000 Zagreb

**DUGA ZAGREB, HOME FOR CHILDREN AND ADULTS**

- **Contact Information**:
  - Free telephone counseling center for children and adult victims of family violence.
  - Telephone: 0800 8898 (Mondays to Fridays, 16.30-19.30)
  - Additional Telephone: 01/6383 503 (every day, 8:00-20:00)

**BRAVE PHONE FOR CHILDREN**

- **Contact Information**:
  - Toll Free Phone: 116 111 (Mondays to Fridays, 9:00-20:00)
  - Email: hrabrisa@hrabritelefon.hr
  - Website: www.hrabritelefon.hr

**NATIONAL SOS LINE AGAINST TRAFFICKING**

- **Contact Information**:
  - Telephone: 0800 77 99
  - Telephone for information on inclusion in the psychosocial treatment of domestic violence offenders: 01 / 4590-560 (Mondays and Wednesdays: 14.00-20:00; Tuesdays to Fridays: 9:00-15.00)

**CROATIAN RED CROSS**

- **Contact Information**:
  - If you or someone you know has experienced trafficking in human beings, you can seek advice, help, or suspect potential trafficking in human beings. You can contact us via e-mail:
  - Telephone: 01/4655-814 (working days, 8.00-16.00)
  - Email: trafficking@hrc.hr
  - Website: Ul. Crvenog križa 14, 10 000 Zagreb
  - www.akaz.net