



“Stop Domestic Violence”

Programme PL14 “Prevention of domestic and gender based violence” funded under the Norway Financial Mechanism 2009-2014.



YELLOW CARD

If you received yellow card in conjunction with launch of „Blue Card” procedure it means that your behaviour towards your partner or family members is considered as domestic violence by the police, social services and voluntary agencies.

The following actions by person who has got advantage over another person (physical, mental, financial, legal) are considered as domestic violence:

- **pushing, slapping, hitting, pulling**
- **ridicule, verbal abuse, calling names**
- **forcing to do things without permission from the other person**
- **prevent or isolate from contacts with friends and family**
- **threaten to cause harm, injury or murder**
- **take the money or prevent the person who is financially dependant on them to use the money**
- **destroy personal belongings**
- **touch without person’s consent, force to sexual intercourse**
- **blackmail, control post (telephone, computer, social media, letters)**

The person who is treated in the way described above becomes vulnerable, intimidated and is unable to protect themselves and their rights. Many people may believe that this kind of behaviour is their own business, however according to the law in Poland this behaviour is subject to punishment in the same way as violence towards any other person.



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DOMESTIC VIOLENCE IS A CRIMINAL OFFENCE!

Police, medical services, social services, education services, committees dealing with alcoholic cases have a right to intervene and initiate „Blue Card” procedure if they suspect domestic violence takes place. The aim of these actions is to stop the violence and help the victims.

According to the Polish law, in accordance with the amended regulations regarding preventing domestic violence the person imposing domestic violence may be subject to the following actions:

- **starting a prosecution and/or administrative procedure**
- **restraining order prohibiting contacting or approaching specific person**
- **order to leave premises cohabited with the victim**

Interesy osób krzywdzonych chronią także zapisy prawa Cywilnego zawarte m.in. w Kodeksie Rodzinnym i Opiekuńczym.

It is important to know that the **ABUSER IS RESPONSIBLE FOR THE DOMESTIC VIOLENCE**. Actions of the victim, even if the victims feels being provoked do not justify domestic violence.

The Yellow Card is a warning that continuing domestic violence may trigger criminal prosecution. It is also an encouragement to think about the wrong behaviour and consider introducing changes to that behaviour. There are programmes offered to people who are suspected of using domestic violence which can help with tackling specific emotions such as anger and irritation, aggression, stress and also how to have positive influence on other people without using violence. This can help to establish good relationship with partners and members of the family.

We would like to encourage people to contact one of our institutions offering help – the benefits will be noticeable on both sides: the abuser and the family!



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List of institutions offering help

1	Police Station	ul. Piłsudskiego 58 23-310 Modliborzyce	15 87 10 283
2	Municipal Social Welfare Centre	ul. Piłsudskiego 63 23-310 Modliborzyce	15 87 15 108
3	Municipal Committee for solving alcoholic and drug related addictions	ul. Piłsudskiego 63 23-310 Modliborzyce pokój 19	15 87 15 079
4	Medical Centre SPZOZ	ul. Piłsudskiego 61 23-310 Modliborzyce	15 87 15 014
5	Outpatient Addiction Centre SPZZOZ in Janow Lubelski	ul. Zamoyskiego 149 23-300 Janów Lubelski (Hotel pielę. pok. 110)	15 84 36 332
6	Families District Support Centre	ul. Ogrodowa 20 23-300 Janów Lubelski	15 87 23 345
7	Crisis Intervention Centre	ul. Ogrodowa 20 23-300 Janów Lubelski	15 87 23 345
8	Catholic Family Support Centre	ul. Armii Krajowej 11 23-310 Modliborzyce	605 298 344
9	Family Advice Centre HUMANUS	ul. Bohaterów Porytowego Wzgórza 23 23-300 Janów Lubelski	15 81 42 251
10	District Court in Biłgoraj z/s in Janow Lubelski	ul. Zamoyskiego 94 23-300 Janów Lubelski	15 87 20 050
11	The District Prosecutor’s Office in Janow Lubelski	ul. Wojska Polskiego 19a, 23-300 Janów Lubelski	15 87 20 784
12	Court Service Curatorial Team	ul. Zamoyskiego 99 23-300 Janów Lubelski	15 87 20 050 wew. 143