



## INFORMATION FOR PEOPLE AFFECTED BY DOMESTIC VIOLENCE

### What is domestic violence?

**Domestic violence** – one-off or repeated incidents or negligence infringing the laws or personal rights of the partner or family members, in particular threatening behaviour, violence or abuse: psychological, physical, sexual, financial or emotional – definition adopted by act of 20th July 2005 about domestic violence prevention (Dz. U. z 2005 r. Nr 180, poz. 1493 z późn. zm.)

### Definition of the violence

- **Deliberate** actions or negligence towards members of the family or the partner with the aim to control or subordinate the „victim”.
- The abuser takes advantage of the already existing situation or the authority.
- The **infringement of the law and personal rights** takes place (e.g.the right to protect and safeguard the body, the right to dignity, respect etc.)
- To cause suffering and pain when the abuser puts **health and life** of the victim **in danger**.  
**The victim** experiencing suffering and pain **has got less ability to protect and oppose the abuser**

### Types of violence:

**Physical** - when someone uses a part of their body or an object to control a person’s actions.

Deliberately using physical force to cause harm and injury such as: hitting, pinching, hair-pulling, arm-twisting, strangling, burning with a cigarette, stabbing, punching, pushing, slapping, beating, shoving, kicking, choking, biting etc

**Psychological** – violation of personal dignity. Verbal or nonverbal threats to use force towards another person e.g. being offensive, calling names, negative criticism, judging, bullying, blackmailing, threatening, frightening, blaming, libel, discrediting feelings and needs, disclosure of secrets, reading personal correspondence, hurting animals etc.

**Financial** - using a person’s money, assets or property. Not allowing access to joint financial resources, taking money from the person without permission, refusing to let the person work. Not allowing access to resources or refusing to finance the necessary needs of the person e.g.



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stealing, destroying personal property, breaking into other person’s room, using personal belongings without permission, selling personal or shared belongings without permission, forcing to paying off debts etc.

**Sexual** – intrusion of intimacy. Forcing the person to perform sexual acts against their will either by direct use of force or emotional blackmail e.g. forced sexual intercourse – rape, touching in a sexual manner, forcing to unwillingly take part in sexual acts, judging other persons body, sexual performance, appearance etc.

**Neglect** – failing to provide care or assistance for the partner or member of the family. Deliberate failing to meet the physical and emotional needs towards child, disabled person or elderly by refusing for example to provide food, clothes, shelter, financial resources, refusing to help when the person is ill, refusing to provide help, not allowing access to the basic needs resources such as: shelter, kitchen, bathroom, bed etc.

### **Domestic violence can affect anyone!**

- spouse
- partner in an unamrried couple
- children
- elderly person
- disabled person

### **If you believe that someone from your family or you are a victim of domestic violence:**

- **Do not give up! Seek help!**
- **You have a right to dignity and protecting your body**
- **You have a right to live in a peaceful and safe home environment**
- **Remember that there are people who can help you.**

### **If you witness domestic violence – do not remain indifferent!!!**

If you are aware of domestic violence in your neighbourhood or someone you know is the victim of domestic violence for example you hear fights in the neighbours flat, calling names, crying, breaking plates or chairs, however no one asks you to help, quite contrary they are trying to hide bruises. You see hungry children, not dressed properly, neglected, sad all the time, bruised. Maybe you know an elderly or disabled person whose carers „forget” about very often? You may



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think „*this is none of my business*”. Maybe this person does not want help or accepts this situation.

### **It is not true!**

Remember that the victim of domestic violence is always threaten. That person is not allowed to tell anyone what is happening at home and does not believe that things can change and someone can help. That person is ashamed because they take responsibility for the situation at home by being manipulated by the abuser. Primarily this person fears for their life and health and/or life or health of their family.

### **What can you do to help?**

- If you witness domestic violence call police on 997 or 112!!! **Remember that not taking action can lead to the tragedy.**
- If you believe someone is a victim of domestic violence you can try to talk with them, listen to what they have got to say and tell them where they can seek help.
- You can inform police, social services or other institutions dealing with domestic violence about your suspicions.
- If a child is the victim of domestic violence you can inform school authorities or teachers and Family Court or prosecutors!

**Remember!!!**

**Your actions can save someone’s life!!!**



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### List of institutions offering help

1	Police Station	ul. Piłsudskiego 58 23-310 Modliborzyce	15 87 10 283
2	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	Family Help Municipal Centre	ul. Ogrodowa 20 23-300 Janów Lubelski	15 87 23 345
6	Crisis Intervention Centre	ul. Ogrodowa 20 23-300 Janów Lubelski	15 87 23 345
7	Psychological and Pedagogical Clinic	ul. Zamoyskiego 77 23-300 Janów Lubelski	15 87 24 041
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 Biłgoraju z/s w 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
13	Outpatient Addiction Centre SPZZOZ in Janowie Lubelskim	ul. Zamoyskiego 149 23-300 Janów Lubelski (Hotel pielęgniarek pok.110)	15 84 36 332
14	Specialist Support Centre for Victims of Domestic Violence	ul. Bazylianówka 44 20- 044 Lublin	81 74 03 677 81 74 73 750
15	Specialist Support Centre for Victims of Domestic Violence	Wielka 101 22-630 Tyszowce	84 66 19 587 515 245 935