



Domestic violence

The coronavirus crisis is a major challenge for many families. Not enough space and a lack of exercise can cause a lot of tension. Fears of the future, financial worries or changes in the usual daily routine can further contribute to already stressful circumstances – and thus increase the risk of severe disputes, aggressive behaviour or outbursts of violence. However, no one has to put up with this. We are all entitled to a life in freedom, dignity and security. As parents we have to stand up for these values in our family and also look out for other children, friends or neighbours in need.

How to define “violence”?

- Violence hurts: physically, emotionally or financially
- Violence is intentional
- Violence is defined by its victims

Sometimes perpetrators believe that they are right. However, violence feels wrong for the victim, not necessarily for the offender.

Have you or your children experienced violence or abuse?

Do not remain silent! Talk to persons of trust, e.g. doctors, pharmacists, friends and counselling and information centres (e.g. Diakonie, Caritas or AWO). **The Violence against women support Hotline is free of charge** (08000 116 016) and offers victims advice – anonymously and around the clock. **There are interpreters for many languages.**



In imminent danger, call the police: 110!

Give your name and address and tell them that you need **help immediately.**

Get yourself and your children to safety until the police has arrived, e.g. at your neighbours, at shops, or in your own home.

Nobody is perfect. But there are mistakes, that simply must not happen. If you are afraid of becoming violent yourself, please talk to your doctor, a counselling and information centre (e.g. AWO, Caritas or Diakonie) or call this free-of-charge helpline 0800 70 222 40 for anonymous telephone counselling.

What can you do when you are angry?

- Put yourself in your child's place, make eye contact, empathise with your child
- Leave the scene: Go out into the street, onto the balcony or to another room
- Exercise: Run up and down stairs, do push-ups, dance, go for a walk
- Take a deep breath to calm down: inhale 5 seconds – exhale 5 seconds, repeat as long as necessary
- Call friends and tell them what upsets you right now
- Take a shower