

**HAVE YOU EXPERIENCED
VIOLENCE?**

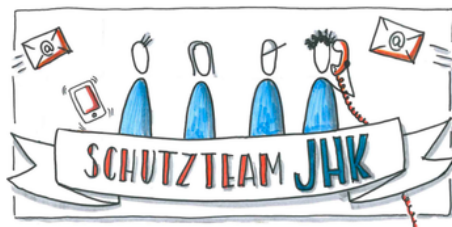
Or:

**HAS ANOTHER PERSON
EXPERIENCED
VIOLENCE?**

GET HELP

Important is:

Your feelings are right.
You decide what happens to your
body.
You don't need to feel ashamed.
It is not your fault.



**We listen to you.
We help you.**

GET HELP:

Talk to someone you trust.

The **staff** at **Jugendhilfe** will help you.

Or:

Send an **email** to the
Protection Team.

The Protection Team's email address
is:
schutzteam@jugendhilfe-koeln.de

Give us your phone number.

We will call you back.

We will help you quickly.

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**VIOLENCE?
WE WILL
HELP YOU!**

WHAT IS THE PROTECTION CONCEPT FOR?

So you know:

- You are not alone.
- You will get help.



WHAT CAN VIOLENCE LOOK LIKE?

There are many forms of violence. Here we explain the different forms of violence:

PHYSICAL VIOLENCE

This means:
The body is hurt.

For example:

- Pushing
- Hitting
- Kicking
- Holding down

It is also physical violence:

- When a person does not get enough food
- A person is not allowed to go to the doctor

EMOTIONAL VIOLENCE

This means:

Emotional violence often happens with words.

Feelings are hurt.

For example:

- Insulting someone
- Making fun of someone
- Frightening someone
- Bullying
- Forwarding photos or videos of someone without asking
- Telling lies about someone

ABUSE OF POWER

This means:

Someone is abusing their power.

For example:

- Putting pressure on someone
- Making decisions for someone else
- Controlling someone
- Taking advantage of someone



SEXUAL VIOLENCE

This means:

Someone does something sexual against another person's will.

For example:

- Stupid comments
- Sexual movements or noises
- Forcing someone to watch pornography
- Touching someone against their will
- Forcing someone to do something sexual



Please turn over:
More information is
on the back.