The project is co-funded by the European Union and the Republic of Turkey

Guidelines For Professionals on the Detection of Gender-based Violence and Provision of Support to Survivors

Toolkit

Surt Foundation

December 2015

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This Toolkit is produced in the framework of the project "WAVE: Women Against Violence Engagement" (Reference: TR2010/0135.01-01/339), financed by the European Commission and the Republic of Turkey, under the Civil Society Dialogue Between EU and Turkey Programme, and carried out between 2015 and 2016.

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Contents

Introduction

Guidelines on how to use this Toolkit: Who is this toolkit for?

This toolkit is aimed at social professionals and members of civil society organisations in Turkey. Its main objective is to provide them with basic knowledge and tips on the conceptual framework of gender-based violence, how to detect cases of gender-based violence and how to provide support to women suffering violence.

- Professionals and members of Civil Society Organisations (CSOs) who are not working directly in the field of gender-based violence, but have daily contact with women. This group may involve a variety of services: health, occupational integration, training, social services, community groups and so on.
- Professionals and members of CSOs currently working in the field of gender-based violence and women's rights. This target group may find guidelines in chapter 4 of this toolkit especially useful, and the rest of the document may also be helpful for them in improving their knowledge and providing training to other professionals.

The WAVE project

This toolkit was created in the framework of the project "WAVE: Women Against Violence Engagement", financed by the European Commission and the Republic of Turkey, under the Euroaid action Civil Society Dialogue Between EU and Turkey, and carried out between October 2014 and January 2016.

The project was coordinated by NOTUS (Spain), with the participation of the following partner organisations: Fondazione Giacomo Brodolini (Italy), SURT Women's Foundation, Private Foundation (Spain), Türk Sosyal Bilimler Derneği - Turkish Social Sciences Association (Turkey) and Kadın Dayanışma Vakfı/ The Foundation for Women's Solidarity (Turkey).

The general goal of the project was to contribute to fighting violence against women in Turkey by fostering knowledge exchange between

EU and Turkish CSOs. Bearing this general goal in mind, the project aimed to familiarise target groups with EU legislation and practices, as well as providing actions and tools to prevent VAW.

The specific objectives were:

1. To increase knowledge of the characteristics of VAW in the partner countries and enhance the exchange of policies and actions to contrast VAW in Turkey, Italy and Spain.
2. To improve the capabilities of CSOs through the provision of a dedicated tool kit and training.
3. To increase dialogue between policy makers and CSOs.

There were four expected results related to these goals:

1. Improving CSOs' understanding of the features of VAW in their countries and facilitating the exchange of information between Italy, Spain and Turkey.
2. Providing tailor-made tools and training for improving the work of CSOs involved in preventing violence and helping victims.
3. Empowering women in the fight against violence in order to break the vicious cycle of violence, increase social awareness of the topic and improve dialogue with policy makers.
4. Raising awareness of VAW by disseminating the outcomes of the actions developed.

The main activities of the project were:

- Research on violence against women in Turkey, Spain and Italy.
- Design of this toolkit for CSOs working with VAW victims and the provision of training for CSO professionals.
- Women empowerment workshops in Turkey.
- Raising awareness and information dissemination: communication materials, launch of awareness campaigns and final conference in Ankara.

1. Conceptual framework: What is gender-based violence?

What is gender-based violence? Clarifying terminology

One of the main problems for policy makers and professionals dealing with the phenomenon of gender-based violence is reaching a common understanding on terminology.

Using appropriate terminology is not trivial, as it has important implications, affecting how professionals understand and address a phenomenon. Additionally, differences in terminology among countries prevent data being comparable and makes it difficult to address the phenomenon at the international level.

International organisations mainly use two terms to talk about violence exerted against women on the basis of gender: violence against women and gender-based violence.

The United Nations and the Council of Europe use the term “violence against women” as “all acts of gender-based violence that result in, or are likely to result in, physical, sexual, psychological or economic harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life”. According to the European Institute for Gender Equality, “gender-based violence is violence that is directed against a person on the basis of gender. It constitutes a breach of the fundamental right to life, liberty, security, dignity, equality between women and men, non-discrimination and physical and mental integrity”.

This booklet uses interchangeably the terms gender-based violence and violence against women, on the basis of the definitions above.

Gender-based violence: a human rights issue, a manifestation of gender inequality

Gender-based violence is a violation of fundamental freedoms and rights, such as the right to liberty and security, as mentioned in the Charter of Fundamental Rights of the European Union (2000).

Gender-based violence is a manifestation of structural gender inequality, a structural phenomenon rooted in the unequal power relations between women and men in the framework of patriarchal society. It is an expression of male power and it is used by men to reproduce and maintain their status and authority over women.

In this sense, it is an instrumental violence that is functional to men and the patriarchal system. The General Recommendation No. 19 (1992) of the Convention on the Elimina-tion of All Forms of Discrimination against Women (CEDAW) defines violence against women as a "violence that is directed against a woman because she is a woman or that affects women disproportionately".

Gender-based violence is often highly tolerated and legitimated. It is through the process of socialisation that gender roles are transmitted, learned and interiorised as something natural. On the basis of this process, men are associated with a masculine role. Society expects them to be strong, active, independent and brave. Beginning from childhood, socialisation of men is highly related with violence. Toys, games, cartoons and sports for boys include tough elements and violence. Military service is still mandatory and gives men the ability and privilege to use violence, which contributes to men's image and gender roles. In contrast, women are associated with the feminine role, with lower social prestige. They are expected to be sentimental, passive, dependent and fearful. Different roles, expectations, approaches and values apply for men and women throughout all life in public and private spheres.

With modernisation the opposition between sexes is slightly decreasing. Women who are highly educated, have a good career and an independent life, are under attack from conservative ideologies. As women get more social, economic and legal rights, and have much more power compared to 50 years ago, there is a slow change in gender roles, however it is vulnerable to arguments and conflicts.

The current sex-gender system establishes a hierarchy that structures unequal power relations between women and men that result in an unequal distribution of knowledge, property, income, responsibilities and rights. However, due to the naturalisation of gen-der roles, these inequalities are broadly accepted and not usually questioned.

Kinds of violence

Gender-based violence or violence against women can take a variety of forms, such as psychological, physical, sexual, economic and social. It can also take place both in public and private settings. In “Law No 6284 on the Protection of Family and Prevention of Violence against Women”, which has been effective since 2012 in Turkey, violence against women is defined as physical, sexual, psychological and economic violence which occurs on the basis of gender.

The Council of Europe Recommendation on the protection of women against violence (2002) states that violence against women includes, but is not limited to: “violence occurring in the family or domestic unit, including, inter alia, physical and mental aggression, emotional and psychological abuse, rape and sexual abuse, incest, rape between spouses, regular or occasional partners, crimes committed in the name of honour, female genital and sexual mutilation and other traditional practices harmful to women, such as forced marriages.”

“Domestic violence” vs. “intimate partner violence”

The Istanbul Convention Explanatory Report notes in paragraph 41 that: “domestic violence includes mainly two types of violence: intimate-partner violence between current or former spouses or partners, and inter-generational violence which typically occurs between parents and children.” However, there is a lack of a generally accepted and clear definition for “domestic violence”.

In some countries, as is the case in our country, the term “domestic violence” is used as a synonym of intimate partner violence, while in others it is understood as equivalent to violence in the family environment (any act of violence, physical, psychological, sexual, financial, emotional, etc., exerted within a relationship of kinship considered in broad terms, ascendants, descendants, siblings, spouses, etc.), regardless of gender and sex. These ambiguities may cause confusion and for this reason this document uses the term “intimate partner violence”.

Intimate partner violence refers to behaviour by an intimate partner or ex-partner that causes physical, sexual or psychological harm, including physical aggression, sexual coercion, psychological abuse and controlling behaviours. Concerning intimate partner violence against women, the definition covers violence against women perpetrated by both current and former male spouses and partners.

Intimate partner violence is hard to recognise. As a result, victims often do not realise that they are in an abusive relationship. This might be due to the nature of abuse – in which the victim is often manipulated into thinking that they are to blame. In some cases, it may be difficult to accept intimate-relationship violence for the reason that the violence is not continuous, or because the woman has complex feelings towards the perpetrator.

Gender-based violence is not only exerted by intimate partners

Intimate partner violence is the most known form of gender-based violence, but it is far from being the only one. Women are regularly subjected to several kinds of gender-based violence in different settings (private and public spaces) and by different male perpetrators (family members, friends, acquaintances or strangers). All these forms are related to the power imbalance between women and men, and are used to reinforce it.

Family violence refers to violence exerted inside the family, both to female and male family members. In the case of violence exerted against women, it includes not only physical and psychological violence, but also sexual violence.

Sexual violence (outside intimate relationships) includes several forms:

- Rape: any act of sexual penetration, of whatever kind and by whatever means, of a woman's body by the use of violence and threats or by trickery or artifice, or by taking advantage of a woman who is not in a position to give free consent or offer resistance, and regardless of whether the person shows signs of resistance.
- Sexual assault (excluding rape): any sexual act committed against non-consenting women, even if they do not show signs of resistance, with the exception of rape/ penetration.
- Sexual harassment: unwanted physical, verbal or non-verbal conduct of a sexual nature, violating the victim's dignity and creating a hostile environment. Acts are inclusive of, but not limited to, vulgar actions, requesting sexual favours, threatening or forcing with the purpose of gaining sexual satisfaction or forcibly imposed sexual intimacy. Sexual harassment is an action which the offender knows, or ought to know, will constitute harassment.
- Stalking refers to seeking proximity to the victim with serious det-

riment to the person's lifestyle, and arousing, indirectly, directly or virtually, distress, fear or harm in the targeted person. In particular, this can be done by trying to establish contact by any means, misusing the victim's personal data for the purpose of ordering goods or services, or causing third persons to make contact, threatening the victim or someone close to the victim.

This list of forms of gender-based violence is not exhaustive. Some other forms and spheres of gender-based violence are:

- Violence in the workplace: forms of harassment based on gender discrimination, for example, being hindered from promotion and sexual assault in the workplace.
- Traditional harmful practices: female genital mutilation, forced marriage, honour crimes, child marriage and bride exchange.
- Trafficking: moving women from one country or region to another, and keeping her there by use of force or deception, particularly for the purpose of sexual exploitation or labour exploitation in work such as housekeeping and child care.
- Violence against the sexual and reproductive rights of women: it may include prohibition of or difficulty in access to birth control methods, forced childbearing or abortion, prohibition of abortion, restriction of abortion, virginity tests, and pressure and violence against non-heterosexual sexual orientation.
- Violence in armed conflicts: all kinds of violence against women, primarily sexual violence, in times of armed conflicts and wars.
- Other forms of community-based and social control: such as controlling movement of women in public spaces (dress, speech, loud laughter of women, etc.).

Physical abuse
Physical abuse is the form of gender-based violence that people are most familiar with, as it is the easiest to identify. It involves the abuser physically hurting the victim by punching, kicking, burning, choking, slapping, etc. It can lead to serious physical health problems for the victim such as broken bones, internal injuries, or in the most severe cases, even death. It is also important to understand that continuous abuse will often grow in severity. Physical violence is usually repeated many times and may continue for years without leaving any trace.

However, an unhealthy and abusive relationship can exist long before any physical violence takes place. Several other forms of violence can occur, leading up to, or simul-taneous to physical abuse, harming victims in many ways. These include:

Psychological abuse
Along with physical abuse, this is often what victims can most clearly recognise, because it occurs when they are living in fear of their abuser. This is often related to efforts by the abuser to isolate the victim from friends, family, school and/or work.

Signs of this include:
- He becomes angry about little things. His reactions are explosive, so you need to be on guard, you fear him, and you do everything you can not to make him angry.
- He insults, belittles and disgraces you.
- He has destroyed your property.
- He abuses animals.
- He blames you and others for his problems, as well as for problems with the children.
- He is harsh towards you and uses physical force or he threatens you with violence.

Controlling behaviour is also a sign of psychological abuse:

- Your partner is possessive, demanding and jealous. He is jealous not only of other men, but also of friends and relatives.
- He controls and limits your movements: he wants to know exactly where you are, calls to check up on you, checks who you are in touch with and wants you to adhere to a curfew.
- He forbids you to get help or discuss the situation with others.
- He withholds access to phone and/or transportation.
- He constantly makes unfounded accusations.
- He controls and regularly criticises your appearance, for example, your clothes and make-up.
- As a result, you may have less and less contact with friends and family; you may avoid them to cover up the situation or because your partner demands it.

Putting fear into and isolating victims make them feel powerless (even when it is not true). Doing so also makes it harder for the victim to leave the situation. Women who are psychologically abused over long periods of time are more likely to suffer from depression, anxiety and insomnia. It can also lead to excessive drug and alcohol use, and suicide.

Sexual abuse

Sexual abuse is forcing sexual contact without consent. Types of sexual abuse and violence against women include: rape, sexual harassment, forcing women to have sexual intercourse in a way not desired by her, forcing her to carry out sex work, female genital and sexual mutilation, forced marriage, forced childbearing or abortion, damaging sexual organs and incest.

- You find sex degrading and abusive.
- He demands sex and becomes angry if you say no.
- You have sex when you don’t want to.

Sexual abuse is typically used by abusers to establish and maintain power and control over their partner. Research indicates that men who assault and rape are more likely to severely injure or kill their partners. Sexual violence applied by a man against his wife, particularly marital rape, may be considered “normal” and not perceived as an act of violence. This is not only violates human rights, but obliging the woman to meet the sexual desires of her husband also makes it difficult to legally articulate sexual violence and struggle.

Sexual abuse can cause significant physical and psychological health problems for women. It is the form of abuse that victims often have the most difficulty seeking help for. As a result, it can affect them psychologically and emotionally long after the relationship has ended.

Emotional abuse

Emotional abuse involves manipulation and undermines a victim’s sense of worth. Signs of this include:

- You must constantly apologise and you don’t know why.
- He behaves differently when you are together with others.
- He constantly ridicules you as a woman or mother.
- He promises that he will change, but never keeps his promises.
- He claims that the man is always right and most important.
- He demands to be forgiven and no further discussion is allowed.
- He regularly makes you feel guilty when he gets angry.
- He regularly says bad things about you to your children, hurting your relationship with them.

In many ways, emotional abuse is more harmful than physical abuse. This is because it usually occurs more frequently, maybe even every day. Emotional abuse is also more likely to lead victims to blame themselves. If someone hits you, it’s easier to see that he or she is the problem, but if the abuse is subtle – saying or implying that you are ugly, a bad parent, stupid, incompetent, unworthy of attention and love

– you are more likely to think that you are the problem. Such behaviour is often defined as relationship problems and not considered as a kind of abuse or violence.

Financial abuse

Financial abuse occurs when the abuser makes the victim financially dependent. Signs include:

- He keeps total control over financial resources including your own.
- He hides how he spends money and does not allow you to participate in financial decisions.
- He forbids you to attend school or work.

This form of abuse is often overlooked, but can have lifelong impacts. For one, it can make it even harder for the victim to leave the abusive situation as she does not have the money to do so. Even after the abusive relationship has ended, it can negatively affect the victim, especially if she is responsible for debt or bills that have accumulated. If the victim has not been allowed to attend school or work, then trying to enter the workforce can be difficult, and may push a victim into poverty when leaving the abusive relationship.

Harassment in the workplace

- Discrimination against a woman because she is a woman.
- Addressing the woman with offensive terms or forms.
- Ridicule, underestimating the abilities, skills and intellectual potential of women.
- Using sexist humour.
- Underestimating women's work.
- Ridicule of women when they carry out traditionally male tasks.
- Ignoring the contributions, comments or actions of women (excluding her, or not taking her seriously).

- Assigning a woman work responsibilities lower than her professional capacity or category.
- Assigning a woman with pointless tasks or tasks that are impossible to achieve (e.g. with unreasonable deadlines).
- Sabotaging her job, preventing access to adequate resources to do it (information, documents, equipment, etc.).
- Denying a woman of her labour rights.

Myths about gender-based violence

There are many false beliefs, or myths, that cause society to justify or accept gender-based violence. Many are related to intimate partner violence. We must better understand what they are in order to ensure that society provides the support that is needed by victims.

MYTH #1: She must have done something to provoke or deserve the abuse

It does not matter what she has or has not done. Nobody has the right to harm another person. In many cases, the so-called provocations are a way to blame the victim and take responsibility away from the abuser.

MYTH #2: Only certain kinds of men are abusive

Many abusers come from households in which abuse occurred. Intimate partner violence is a learned behaviour, so observing it during childhood could lead to violence in adult life. Some social factors such as poverty, unemployment and low education level may facilitate the occurrence of violence. However, abusers come from all walks of life and backgrounds. In some cases, there might be specific “triggers” which cause violent acts, such as stress, individual pathology, substance use or a “dysfunctional” relationship. However, long term patterns of violence are most likely the result of intentional behaviour.

MYTH #3: Drinking alcohol is an excuse for violence
Drinking may be one of many "triggers" that lead to violent acts. However, to say it is the only cause is too simplistic. For example, many men drink and do not abuse anyone as a result, and abusive men often are violent even when sober. If drinking alcohol is part of the problem, then it should be the responsibility of the man to stop drinking.

MYTH #4: She must have known what he was like
Abusers often act differently early in relationships and become violent as time goes on. Thus, victims may become aware of abusers' violent tendencies only when it is "too late" (they have moved in together, had children, etc.). Even when they do become violent, abusers typically behave differently in public than in private, so some forms of intimate partner violence go undetected within the community. It is difficult to believe that a person who behaves respectably in public can act so appallingly at home.

MYTH #5: Women must enjoy the abuse, otherwise they would leave
Leaving abusive relationships does not guarantee that violence will stop. In fact, the period when a woman is planning or making her exit, is often the most dangerous time for her and her children. Many women are frightened of the abuser – and with good reason. Perpetrators often threaten to harm or even kill women and their children if they leave. Being economically dependent on a man, lack of work and work experience, not being supported by close circles, insufficient social services and responsibilities for children, are the main factors which make women's struggle harder.

MYTH #6: Intimate partner violence is not gender-based
The majority of intimate partner violence victims are women, and men are generally the perpetrators. Abuse is enabled through the greater physical, social, and financial strength of the abuser. Greater physical strength, such as that of a typical man over a woman, enables the

abuser to physically overpower and inflict fear in the victim. Greater social power, based on ideas of "traditional gender roles" in which men should be dominant, leads women to blame themselves and stay. Greater economic power, such as the higher incomes that men typically have compared women, leads to financial dependence making it harder for women to leave abusive partners. Thus, there is clearly a gender-based element involved.

MYTH #7: It is a private issue – we shouldn't get involved

If you saw a person attack someone on the street, you would probably call the police. Why would it be any different if violence takes place at home between partners? Inti-mate partner violence is a serious crime that can lead to physical injury, hospitalisation, and mental health issues for women and children. In the most extreme cases, it can lead to death – getting involved means you might save a life.

MYTH #8: Intimate partner violence is not a significant public problem

No society hoping to promote human rights can at the same time ignore regular physical, emotional and mental violence performed on members of the community. Also, every year, health care systems spend significant time and money treating intimate partner violence victims. These are resources that could be used for other purposes if a strong effort was made to eliminate intimate partner violence in society.

MYTH #9: Women who experience violence are poorly educated, come from rural areas and are poor. Well-educated and employed women do not experience violence

Previous studies in Turkey indicate that frequency and intensity of violence increases with a decrease in education and welfare level, and slightly more than half of women experience physical and sexual violence. However, the frequency of violence is not low among women with a high education and welfare level: approximately one third of highly educated women experience violence.

MYTH #10: Women are mostly subjected to violence by women.
The impact of mother-in-law violence, violence applied by female managers to other women in the workplace, and social control applied by women to each other within intimate social circles of women should not be underestimated. However, the fact that women who have been socially weakened may gain strength through their sons or their career, and attempt to sustain this strength by trying to weaken other women, is a consequence of the male-dominant structure. It should be noted that the origin of this approach is the male-dominant mentality which has been built to hold women responsible for violence. Moreover, it should be remembered that previous studies indicate that women are subjected to violence by men in their intimate circle, particularly from their husband, father or older brother.

MYTH #11: Men are brought up by their mothers. Therefore, it is again women who are responsible for discriminative gender roles and violence against women by men.
The influence of mothers and other women in the process of gendering men is significant. However, this ignores the major role played by fathers, older brothers and other men in the social circle, violence based games, and male images in the media. This approach of blaming women is used as an instrument to justify male behaviour.

Consequences of violence

As indicated previously, gender-based violence takes various forms and has different types of consequences for victims, such as:

Physical effects

There are obvious physical injuries inflicted directly by the abuser on the victim, which depend on the degree of physical violence. The longer physical violence takes place, the more likely it will escalate in seriousness. Less immediately obvious, but still important, are the indirect effects that long-term violence can cause, such as a predisposition to somatic and psychological conditions. It can create feelings of hopelessness and may lead to self-destructive behaviour, such as substance abuse and/or suicidal thoughts.

Psychological effects

Psychological effects are often more long-term, and many victims feel they are even more difficult to cope with. Violence creeps into life little by little, with its psychological ef-fects beginning to appear over time. These include fatigue, sleeping disorders, headaches, difficulty concentrating and memory problems. Victims may also suffer from nightmares, anxiety and depression.

Violence leads to fear, which hinders all aspects of everyday life. Victims tend to blame themselves and shame makes them stay quiet. As violence continues, it crushes self-confidence and self-esteem. All this greatly reduces the victim's decision-making ability.

Social effects

Physical and psychological effects of abuse often lead to serious social problems that can hinder victims in their efforts to connect with other people during and after violent relationships. Feelings of shame or forced isolation by an abuser often causes victims to have less contact with friends and family, and the scope of their social life narrows. Sexual

violence in particular makes it difficult to create trust in future intimate relation-ships. All of these factors can also negatively affect the relation-ship between a victim and her children – especially if the children have witnessed the violence. This can cause victims to be less willing or able to reach out for help.

Financial effects

Intimate partner violence can often have financial effects on the victim. The abuser can inflict damage on the victim's financial sustainability as a way to maintain control. It can also lead to many types of exploita-tion and evasion of responsibilities by the abuser. As a result, after a relationship ends, the victim often receives an unfair division of as-sets, and must get by with little or no child support paid by the abuser. The victim may lack job skills to support herself after leaving the abusive relationship, and may face large amounts of debt or have other financial troubles, all of which may force her into poverty.

Theory of the cycle of violence

The theory of the cycle of violence was created by Lenore Walker in her book The Battered Woman (1979). Her theory basically describes the repeated pattern of abuse in intimate partner violence.

The cycle starts when tension arises. This may be triggered by any apparent motive (a "bad day at work", drinking or arguing over money). Eventually (physical) abuse takes place, but emotional or mental abuse may have been occurring already.

Afterwards, the abuser apologises and says it will not happen again, or denies that anything happened, or may even blame the victim. A period of calm then follows, until tensions and violence build up again. This phase is sometimes labelled the "honeymoon phase".

Although most violent relationships start out like this, as time goes on, the "making up" and "calm" stages often shrink and eventually disap-pear, until some form of violence is an everyday occurrence.

2. How to tackle violence? General principles for services and professionals

Principles of a gender-sensitive approach to gender-based violence
Tackling gender-based violence from a gender-sensitive approach may imply adopting the following methodological approaches.

Focus on women's empowerment
Empowerment is the process through which women become conscious of their personal, private and public subordination, of their rights, and of the need to transform the situation and establish new power relations among people. The process of empowerment is crucial, both in preventing as well as in supporting victims of intimate partner violence.

In order for women to be empowered, raising awareness about oppression of women and the social foundations of violence against women, and reducing the sense of guilt, are all highly important. It is necessary to work in cooperation with women in order to improve their personal capabilities for leading an independent and non-violent life. All practice should be carried out following a principle of shared female consciousness and solidarity.

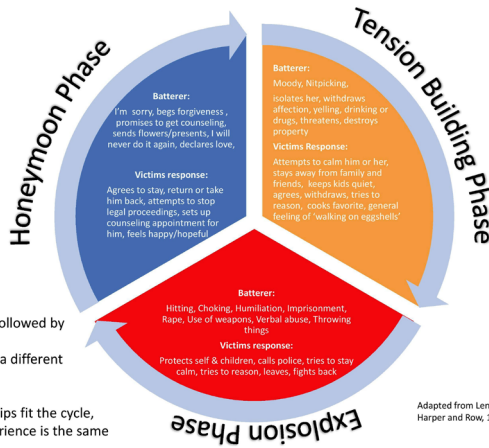
An intersectional perspective
Kimberlé Crenshaw (1991) defined the intersectional perspective as "the intersection of multiple identities and experiences of exclusion and subordination. It refers to the interaction between gender, race and other categories of difference in individual lives, social practices, institutional arrangements, and cultural ideologies and the outcomes of these interactions in terms of power".

Thus, the intersectional approach emphasises the individual lived experience of women with different backgrounds, as well as the struc-

tural causes of violence. It is an essential approach in our multicultural societies.

The Ecological model

Urie Bronfenbrenner (1994) argues that in order to understand human development, one must consider the entire ecological system in which growth occurs. This system is composed of 5 socially organised sub-systems that help support and guide human growth. They range from the micro-system, which refers to the relationship between a developing person and the immediate environment, such as family, to the



Each phase may be followed by periods of calm,
Each phase may last a different amount of time,
The cycle repeats,
Not all DV relationships fit the cycle,
Not everyone's experience is the same

Adapted from Lenore Walker, The Battered Woman, Harper and Row, 1979

macro-system, which refers to institutional patterns of culture, such as the economy and bodies of knowledge.

An ecological approach to gender-based violence conceptualises it as a multifaceted phenomenon grounded in interplay among personal, situational, and sociocultural factors.

A competence-based approach

A competence-based approach allows for the identification and assessment of the resources each individual has as a result of his/her experiences. Identifying these resources and valuing them as positive assets is a fundamental condition of women's empowerment and their potential to recover from a situation of violence. In this sense, it is essential to strengthen women's capacities acquired and developed in different areas, and make them emerge during the recovery process.

The preparation of professionals

Services providing support to potential victims of gender-based violence should rely on a skilled and multidisciplinary team of professionals that work directly with women. The required team of professionals should include: lawyers, psychologists and social workers.

More in general, the professional profile should include basic notions of feminism, gender relations and violence against women. Professionals need to be respectful, empathic and have communication skills such as active listening, paraphrasing and positive reformulation, and the ability to facilitate groups.

Moreover, it is essential for the professional team to have intercultural competences that allow working effectively in cross-cultural contexts.

Minimum standards of services

Both the Council of Europe (2007) and the European Institute for Gender Equality (2012) established basic standards of support services for women survivors of intimate partner violence. It is important to take into

account these basic standards when establishing and implementing the support service.
Some of them are:

- A gendered understanding of violence against women.
- Empowerment and autonomy.
- Diversity and non-discrimination: all services must respect the diversity of service users and apply a non-discriminatory approach.
- Safety, security and human dignity: services need to ensure that all interventions prioritise the safety and security of survivors and respect their dignity.
- Confidentiality.
- Fair access and free of charge services.

Regarding the quality of the service it is also essential to:

- Promote and guarantee interdisciplinary work between the different services provided.
- Guarantee a coordinated response: services need to operate within a context of relevant inter-agency cooperation, collaboration and coordinated service delivery.
- Develop a protocol that establishes the structure and operating proceedings to be followed.

3. Detecting situations of violence: Tips for professionals

This section of the toolkit deals with guidelines on how to observe and interact with women using professional services, in order to obtain evidence about potential situations of gender-based violence, and allow professionals to act accordingly.

As it was stressed above, situations of gender-based violence may be expressed in very different ways and do not have a common profile or prototype. Situations of abuse may affect women of all ages, social, cultural and family backgrounds. Gender-based violence is not always related to intimate partner violence, but may consist of violence in several spheres of life (work, family, community, etc.).

Detecting violence is not an easy matter. One of the main difficulties is that very often situations of violence are not considered as such by the victim herself nor by the perpetrator, as they may be justified and normalised within abusive dynamics at the micro-level and also very often be socially legitimated.

Social and cultural legitimisation also makes it difficult for professionals to detect violence. Professionals also act on the basis of the gender socialisation they have acquired and they are also affected by interiorised stereotypes. This makes it all the more relevant that professionals are trained on gender issues and gender-based violence.

When detecting situations of violence, three elements should be considered: context, type of request for help and person making the request:

1. Professional contexts for the detection of violence:
   - Individual interviews. Counselling related to job placement, psychological counselling, etc.
   - Group contexts: training, community meetings, etc.

2. Type of request received. It is probable that women experiencing violence do not recognise or articulate their experience, as they may be afraid or ashamed about it, or simply because they are not aware that what they are going through is a form of abuse. For this reason, we should distinguish between

- Implicit request. Situations where you suspect the woman is in a situation of violence, but does not recognise it.
- Explicit request. Situations where the woman recognises that everything is not right, and is aware that she is going through some kind of abuse or even asks openly for help. In this case, the situation of violence is explicit and is confirmed.

3. Person making the request:

- Woman going through violence herself.
- Third persons: situations where someone comes to you worried because someone may be in a situation of gender-based violence.

3.1. Interview questions and guidelines

General guidelines

Provide a quiet space to meet alone with the woman, without interruptions and allowing for proximity and fluid conversation. If violence is detected in a group situation, generally do not break the group dynamics, instead look for a quiet moment and space to speak to the woman alone.

- Encourage conversation and explore the situation of the woman, how she is and the degree of awareness of the abuse. Focus on this key information:

- Urgency of the situation. See risk assessment section.
- Type of violence: intimate partner violence, family, work, social/community

- Support networks and people she may have (family, friends, etc.) supporting her or acting as risk factors.
- If a request for help is not expressed, allow enough time to establish a trust relationship and work to ensure empowerment of women in this process.

- If the request for help is explicit, address the situation immediately, keeping calm in possible situations of anxiety and urgency.
- Not all guidelines and questions are valid for all situations. Professionals should always take into account the diversity of women and aim to provide individualised support.

In some cases, depending on the knowledge we have of the woman and the climate of trust established, it may be necessary to contextualise the questions beforehand and make an introduction. If you consider that the woman will accept a direct introduction of violence as a social problem, you may use sentences such as the following:

- Violence is a common problem in women's lives. And it may be a very serious issue. For this reason, I always ask women who come to the office about it.
- Many women experience some form of violence throughout their lives.

It may also be advisable to address general issues through direct questions:

- How are things going at home?
- (If some kind of uneasiness is detected) Where do you think your discomfort or health issue comes from?
- You look rather uneasy. Are you worried about anything?
- Are you experiencing any problematic situation which makes you feel uneasy?
- Relationships may be violent sometimes. What happens when you

have an argument at home? How are these arguments? Do they involve physical aggression?
- Have you experienced or are you experiencing psychological, physical or sexual violence by your partner? What kind of violence?
- (If they answer yes:) Since when? How often?

Guidelines for interviewing a woman that may be suffering violence

- Interview her alone and ensure confidentiality.
- Pay attention to her attitude and emotional state (in her verbal and nonverbal language).
- Encourage her to express her feelings.
- Keep an empathic attitude, facilitating communication and listening actively.
- Express clearly that violence in human relations is never justified.
- Make the woman feel that she is not guilty of the violence suffered.
- Believe her without questioning her interpretation of the facts, without making judgments and try to make her lose the fear of having disclosed the abuse.
- Help her think and sort ideas.
- Warn her of the risks and accept her decision.
- Follow a logical sequence: from more general and indirect questions to more specific and direct questions.
- Do not impose criteria or decisions. The woman is the one taking the decisions and determining the timing of her actions. Do not lead her to believe that everything will be solved easily.
- Do not give false hope.
- Do not criticise her attitude or her lack of reaction with phrases such as: “Why are you still with him?” or “If you wanted to end it, he would leave”.
- Do not underestimate the feeling of danger women express.
- Do you recommend family counselling or family mediation?

- (For health practitioners:) Do not prescribe drugs that reduce her ability to react.
- Do not adopt a paternalistic attitude.
- Adopt the approach of “working with women” rather than “working for women”. It would be wrong to decide on behalf of women, to think that the professional knows the best thing for the women concerned, and to impose your own truth. All actions should be planned together in cooperation with the women concerned, towards the empowerment of women.

Questions when there are grounds to suspect violence

If you have information about the woman’s history and characteristics (keeping in mind confidentiality):

- I have read your history and found some things that I want to talk to you about. I saw that ... (explain the findings). Why do you think this is happening? What can you tell me about this? Do you think that these things are related?
- In many cases, women who have problems like yours, such as... (tell some of the most significant issues) are experiencing some form of violence from someone, for example their partner. Is this your case?
- For health practitioners: If the woman has a background history of dyspareunia, pelvic pain: Have you ever been forced into sexual relations or practices when you did not want to?

When suspicion is based on physical injuries:

- This kind of injury looks like the result of a hard blow / punch ... Is that what happened to you?
- Does your partner or someone else use force against you? What kind? Since when?
- Have you ever been attacked more seriously? (beatings, use of weapons, sexual assault, etc.)

When there are suspected psychological problems:

- I would like to know your opinion about how you say you are feeling (anxiety, nervousness, sadness, apathy...): How long have you felt this way? Why do you think this is happening? Do you think these feelings are related to anything? To things at home? To a relationship? To someone you know?
- Has something recently happened in your life that makes you be worried or sad? Maybe you have a problem with your partner? With your children? With someone in the family? With someone at work?
- It seems as if you were scared, alert. What are you afraid of?
- Is it difficult for you to see your friends or your family? What prevents you from doing so?
- If you were able to change anything disturbing you in your life, what would you change?

Questions to assess the situation and type of violence in cases of intimate partner violence specifically

Psychological violence

- Does he often yell at you or speak authoritatively?
- Does he threaten to hurt you, your children, other people or your pets?
- Does he insult you, ridicule you or belittle you, when you are both alone or in front of your children or other people?
- Does he get jealous for no reason?
- Does he prevent you from seeing your friends and family? Or does he stand in the way when you want to visit them?
- Does he blame you for everything that happens to you?
- Does he control money and force you to give explanations about your expenses?
- Does he prevent you from having a job or studying?

- Does he threaten to take your children away from you if you leave?
- Does he ignore your feelings, your presence, etc.?

Physical violence
- Does your partner push you or grab you?
- Does your partner hit you, slap you, or otherwise attack you?

Sexual violence
- Does your partner force you to have sex against your will?
- Does he force you to carry out any sexual practice that you do not want to do?

3.2. Indicators to aid detection

There are a number of signs that may suggest that women are suffering gender-based violence. Professionals in contact with women in different services and organisations should be alert to detect these signs and intervene in violent situations.
However, it should be noted that there is no consensus on indicators of gender-based violence. The following list is provided as a suggestion.

General indicators
- She arrives at the service asking for something very urgently and does not give much information about why she wants it. This may have to do with issues of emancipation, such as, for example, an urgent search for housing, employment, etc.
- She arrives at the service distressed, nervous, embarrassed or afraid.
- She comes with an apparent reason, but in fact she asks for something else.
- Inconsistencies between what she says and what she expresses

physically.
- She comes with someone else (a relative, partner, friend...) and it is this person who answers the questions.
- She misses training courses or activities she said she would do.
- She misses appointments with the professional.
- She comes repeatedly under the influence of toxic substances or is known to abusively consume toxic substances.
- She shows concentration or memory problems.

In group activities, especially if they are related to gender issues and gender-based violence, these indicators may be useful:
- She quickly leaves the room where the activity is carried out.
- She rejects and boycotts the activity or discussion.
- She minimises or justifies violent situations.
- She suddenly becomes restless, nervous or embarrassed.
- She changes her attitude and mood during an activity (from cheerful to sad, from participatory behaviour to isolated behaviour, etc.).
- The above indicators may be triggered when peers look directly at her during the activity.

Background history
- Having suffered or witnessed abuse as a child (ask about the issue).
- Information on past or present situations of abuse by relatives, friends, or other professionals or institutions.
- History of abuse of medication, particularly psychotropic drugs, and of alcohol and drug abuse.
- History of suicide attempts.
- History of repeated accidents (home accidents, falls, playing sports, etc.).
- Eating disorders.
- Gynaecological and obstetric background

- Injuries on the genitals, abdomen or breasts (especially during pregnancy).
- Dyspareunia, pelvic pain and repeated genital infections.
- No fertility control: unwanted or unaccepted pregnancies.
- Delays in asking for medical support during pregnancy.
- Repeated miscarriages or abortions.
- HIV or AIDS.

Reasons for consultation (health service)

- No diagnosis found justifying the symptoms.
- Repeated somatic symptoms: mainly chronic pain and digestive discomfort.
- Repeated psychological symptoms: sleep disorders, anxiety and panic attacks, and depression.

Patterns of use of services

- Overuse or combination of periods of overuse with long absences.
- Missed appointments and failure to keep commitments.
- Constant presence of the partner or someone else in the office.
- Repeated use of emergency services.

Visible injuriesr

- Delayed request for assistance when having suffered a bodily injury.
- Inconsistency between the type of injury and the explanation for the injury.
- Injuries in areas normally hidden by clothing.
- Genital injuries.
- Bruising in suspicious areas: face and head, and inside of the arms and legs
- Injuries with different stages of healing (violence over time).
- Self-defence injuries (e.g. inner forearm).
- Injuries which indicate extreme passivity (e.g. cigarette burns).

Attitude and/or state of the woman during the interview

- Sadness, with low self-esteem and guilt.
- Attitude of fear or avoidance, difficulties to explain herself and discomfort.
- Shame, difficult communication, and avoidance of visual contact.
- Anxiety, anger out of context, and aggression towards the professional.
- Isolation: lack of relationships with other people.
- Lack of personal care.
- She justifies injuries or minimises them.
- If the partner is present: she seeks their approval and shows fear in answering.

Attitude of the partner

- He asks to be present throughout the visit.
- He has control over everything the woman says: he replies or interrupts her to specify or clarify her story.
- He seems to have the need to show that he cares.
- He may look nervous and even hostile or aggressive with the woman or the professional.
- He may make excessive demonstrations of love and passion.

3.3. Indicators to assess level of risk

When positive indicators for signs of violence are found, professionals should assess the risk in each case. This assessment should help determine whether the woman is facing important risks to her safety and if immediate action should be taken (guidelines in the next chapter). As a general guideline, a grid is presented on the following page.

RISK EVALUATION

Does the woman have a recent risk evaluation by professionals? (e.g. she has a protection order, she has been assessed by other professionals recently and the situations have not changed).	Yes No	Risk level	

Recommended indicators for risk evaluation

Note: This is not a questionnaire. This information should be obtained during the interview, collecting the information provided spontaneously by the woman, or asking them questions at the right time during the interview, flexibly and taking into account the woman's state. More than one interview may be necessary.

Recommended indicators for risk evaluation	Yes	No	UNKNOWN
Physical and/or sexual violence in the last 18 months to the woman or to previous partners			
Violence against other people (family members or others)			
Aggression to the woman during pregnancy			
Police/legal record of intimate partner violence (current or previous partners)			
Breach of protection orders by the perpetrator			
Threats and/or serious abuse against the woman	Yes	No	UNKNOWN
The woman was subjected to serious and likely threats, and/or use of arms against her physical integrity.			
The woman suffered serious emotional and verbal abuse in the past 6 months.	Yes	No	UNKNOWN
Aggravators			
The woman said to the presumed perpetrator that she wants to separate less than 6 months ago.			
Increase in the last 6 months in the frequency and seriousness of violence incidents.			
The presumed perpetrator is an alcohol and/or drug abuser.			
The presumed perpetrator has a diagnosis or history of mental disorder.			
The presumed perpetrator has or has easy access to arms.			
The presumed perpetrator has attempted suicide or has suicidal ideas.			
Extreme control of the woman's actions in relation to jealousy or a similar sentiment.			
Vulnerability of the woman	Yes	No	UNKNOWN
The woman is socially isolated and/or lacks personal resources and/or justifies violence exerted by the presumed perpetrator and/or presence of minor children dependent on the woman.			
Perception of risk by the woman	Yes	No	UNKNOWN
She believes that the presumed perpetrator is able to kill her (himself or through other people).			

ADDITION OF AFFIRMATIVE RESPONSES – TOTAL RISK EVALUATION	

LOW RISK (1 to 7 affirmative responses)	
MEDIUM RISK (8 to 9 affirmative responses)	
HIGH RISK (10 to 16 affirmative responses)	

	With less than 7 unknown factors the evaluation cannot be considered final.

Other key factors to assess risk					
She is currently pregnant.					
There are signs that the partner or ex-partner has the intention to kill her.					
Others (specify):					
RISK EVALUATION BY THE PROFESSIONAL					
LOW		MEDIUM	HIGH		

Observations

Actions

LIKELY CIRCUMSTANCES THAT MAY INCREASE THE RISK LEVEL IN THE FUTURE (ALERT) (e.g. perpetrator expected to leave prison, arrive from another country, etc.)

Supporting women who have experienced violence

- If you are a professional or an organisation that is not specialised in gender-based violence, before any intervention, it is recommended to:
  - Do an active search on the issue of violence against women in your territory. Are there statistics for cases of violence in your territory? For example, data on requests related to violence received by public services, NGOs, police, etc. If no data is collected, it is advisable to promote the creation of a mechanism to register and systematise statistics and improve knowledge of the phenomenon in the territory.
  - Do an active search on policies and actions regarding violence against women, whether they are already developed or in the planning stage.
  - See if there is any organised network or protocol against gender-based violence in your territory and participate in the network.
  - Approach stakeholders in the region involved in matters of gender-based violence, such as women's organisations and NGOs.
  - Take into account the diversity of women in your territory (in terms of age, class, origin, ethnicity, educational background, cultural background, sex orientation, etc.).
  - Train yourself on gender-based violence.

- Contact expert organisations and professionals. After collecting the main information in order to assess the situation, please contact specialised services to make sure that you choose the most appropriate referral mechanism.
- If it is an emergency (high risk). The two main emergency situations

are: when the victim has recently suffered physical and/or sexual violence, and requires urgent medical attention, or her life is at imminent risk and therefore requires the action of the security forces.

- If it is a medical emergency, please contact the referral hospital in the territory. If it is a safety emergency, contact the police. It is important to inform the victim that you will contact them before doing so.
- If you have any questions about assessing the risk level, contact specialised services for guidelines.

If it is a non-emergency situation (medium or low risk):

- Please contact specialised women's support services in your area for advice on the most appropriate referral mechanism. The institutions which are involved in fighting violence against women in Turkey, and which can be contacted directly, are as follows: Law enforcement officers, Police stations, gendarmerie stations, 155 Police Emergency Line and the 156 Gendarmerie Emergency. Contact with these institutions must be recorded with the "Domestic violence incidents entry form".
- 183 Family, Women, Children and Disabled Hotline. It is open 24 hours, seven days a week, informs applicants about their rights, and directs them towards relevant services.
- Bar Associations. Bar Associations provide legal consultancy for women experiencing violence by means of judicial assistance committees and women advice centres. They provide legal aid by assigning lawyers for women suffering from financial difficulties.
- Family Courts. They give protection orders for women and preventive orders for perpetrators in accordance with the Law on the Protection of Family and Prevention of Violence against Women (Law No. 6284).
- Public Prosecution Office. Prosecution offices located in Courthouses may be applied to either directly, or through law enforcement officers.

- Ministry of Family and Social Affairs Provincial and District Directorates. They provide consultancy and guidance services for women, and direct women to shelters or whatever service they need in line with the outcomes of the risk assessment. Financial, legal, medical and psycho-physical support and kindergarten services are also provided.
- Violence Prevention and Monitoring Centres (ŞÖNİM's). An institution specialised in the field of domestic violence, working 24 hours, seven days a week, in 14 cities. People contacting the ŞÖNİM's are directed to risk assessment and other relevant services.
- Women consultation centres. These are the centres from which women get support for their various problems and needs over the telephone or through direct contact. Most municipalities and women's organisations have consultation services.
- If violence indicators are positive, but the woman does not recognise that she is suffering violence, you should offer follow-up interviews or visits, empathically, until she recognises the situation of violence and takes a decision. The aim is not to lose contact.
- Promote situations and activities that support her feeling in control over her life.
- She may benefit from participating in women's groups (not necessarily victim support groups, but empowerment groups).
- Inform and advise the woman on the options and resources available in the region, and ask her if she wants to access a specialist. If you are providing support to a third person, inform him or her about these resources so that whenever the victim wants to look for help she has the appropriate information.
- If you consider it necessary and the woman agrees, refer her to the most appropriate services: victim support centres, social services (if there are social risks), etc.
- Cooperate with the service or professional you refer the woman to. Inform him or her of all the background so that the victim is not required to ask and answer the same questions repeatedly,

thus avoiding secondary victimisation.

- If the woman lives with children or people that depend on her, the impact of violence on them should also be measured, and they should be appropriately referred to specialised services.
- If the woman recognises that she is suffering violence, but is not in an emergency situation:

- Inform her that violence is a crime and she has the right to denounce it.
- Inform her of her rights and those of her children (if any).
- Inform her about the characteristics and effects of gender-based violence.
- Give messages of support to reduce her guilt. Support her for having talked about violence. Stress that she is not responsible for the violence she suffers and she does not deserve it.
- Guarantee confidentiality.
- Respect her autonomy and her decisions and doubts.
- Explain that there are more women in her situation and that there are people that can provide support.
- Stress her strengths and personal qualities.
- Do not give advice or judgements.
- Avoid those issues that make her feel uncomfortable or intimidated. Respect her personal space.
- Do not question her. Avoid blaming her, even if you think that her explanations are ambivalent.
- Do not ask her what she could have done differently.
- Do not contact the abuser.
- Do not facilitate mediation spaces.
- Accept that it is her decision to act and that she may decide not to accept your support.

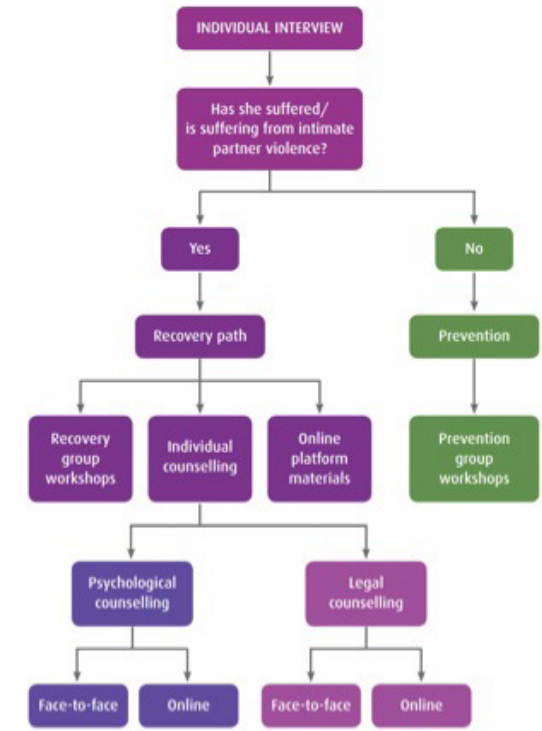
5. Example of practice: the Surt service

The Surt Foundation is a women's foundation based in Barcelona working for women's empowerment in a variety of areas (work, training, community participation, etc.).

In the field of violence, Surt has a specialised service providing support to victims and also prevention actions. Surt's programme is conceived as a comprehensive model addressing intimate partner violence, and includes a wide range of support and recovery services for women, as well as prevention actions.

The model covers both activities for the prevention of, and recovery from, intimate partner violence. In order to safeguard the security and needs of women using the service, it is essential to distinguish between these two main activities. This is why the service is divided into two different paths:

- Recovery path: aimed at women who have suffered or are suffering from intimate partner violence.
- Prevention path: aimed at women who have not suffered from intimate partner violence.



Individual interview

The arrival of women at the service always starts with an individual interview with a professional expert on gender-based violence.

The main objective of the individual interview is to identify if the woman is suffering or has suffered violence. The identification of violence in the individual interview is based on the story, concerns, needs and requests expressed by the woman. The decision to follow the prevention path or the recovery path should be jointly taken by the woman and the professional.

Each woman using the service has a tutor supervising her process. The tutor can be either the professional doing the initial interview or another professional. Stability is important, so it is advised that women have the same tutor during the whole process.

Recovery path

The recovery path includes two services and both of them are crucial: individual counselling and recovery group workshops.

The participation in individual counselling or group workshops is decided jointly between the professional and the woman, based on each woman's needs and the professional's assessment of which stage of the recovery process she is at. For example, not all women who have just started recovering from recent violence experiences may be able to participate in group workshops right away.

Individual counselling

The individual counselling is conceived as an interdisciplinary support service including legal aid and psychological counselling. The individual counselling is a fundamental element of the recovery process. It must be flexible to respond to the unique issues faced by the women. For example, the different types of counselling and support services for current victims, as opposed to former victims who have already escaped from violent situations.

The main objectives of individual counselling are:

- To contribute to the process of overcoming the situation of intimate partner violence and to support women in the recovery process.
- To facilitate the improvement of their living conditions.
- To promote women's identification of other forms of violence they may experience and provide tools for their prevention.
- To promote their empowerment, helping them in the identification and development of all their competences (especially emotional and

social competences).

The specific objectives of the different support options are:

- Legal aid: to provide information on legal and judicial issues to women who find themselves in a situation of domestic violence.
- Psychological counselling: to provide psychological support and therapy to women who find themselves in a situation of violence.

Both legal and psychological counselling are carried out primarily through face-to-face sessions, but follow-up by telephone is advisable. The content of the psychological and legal counselling should be organised by the professional according to the demands, needs and possibilities of the women concerned. In the case of psychological counselling, it is essential to consider which stage of the recovery process each woman is at.

Recovery group workshops

The recovery group workshops are part of the psychological counselling support, and they are a key complementary action to the individual psychological support. Recovery group workshops offer women a space where they can share their experiences, emotions and concerns with women in similar situations.

The main objectives of the recovery group workshops are:

- To support women to overcome the situation of violence.
- To promote changes that can contribute to a return to a situation of normality.
- To support the empowerment process.

The specific objectives of the recovery group workshops are:

- To create opportunities for personal, social and occupational/professional development of women.
- To raise awareness among women of the possibility of using exist-

ing community resources in their area.
- To strengthen protective factors and reduce risk factors to foster resilience.
- To strengthen and promote a set of personal and social competences.

It is recommended that implementation of recovery group workshops should be based on:
- The demands and needs of every woman who participates, respecting their personal process and timing. This also means being respectful to a participant's desire to remain silent.
- The flexibility of the programme, aiming to meet the different needs of the participants, who may find themselves in different stages in relation to the violent situation and their process of recovery.
- The creation of an empathic atmosphere and the encouragement of women's participation by the facilitator.
- An experiential learning approach.
- The promotion of opportunities for the personal, social and occupational/professional development of the participants.

The recovery programme consists of 4 modules, which can be organised in a flexible way, depending on the profile of the women participating and their needs.
The contents covered in each module are:
1) Introduction. Changing identity: from a victim to a survivor identity.
2) Violence: description, identification and resources.
3) From dependency to autonomy and communication.
4) From isolation to a support network. Closing.

Prevention path
The prevention path is based on one main activity: prevention group workshops. The main objective of the prevention group workshops is to keep violence from occurring and reducing the overall likelihood that

any woman may become a victim of violence. In doing so, the prevention group is aimed at preventing the normalisation and legitimation of intimate partner violence.

The specific objectives of the group are:

- To contribute to raising awareness on the phenomenon of violence.
- To facilitate strategies to identify it.
- To provide tools and mechanisms so that women can avoid future possible situations of violence.
- To foster women's empowerment.

After the first individual interview, women who are not identified as victims of intimate partner violence and who are willing to participate should be referred to the prevention group workshops. If during the development of the sessions a woman identifies and shares that she suffered or is suffering from intimate partner violence, the trainer/tutor will offer her the possibility to have an individual interview and to have access to other resources available.

The implementation of the prevention group workshops should be adapted to the needs of the women, the flexibility of the programme and an experiential learning approach.

The suggested prevention programme consists of 4 modules, which can be organised in a flexible way depending on the profile of the women participating and their needs.

The contents covered in each module are:
1) Introduction. Gender stereotypes and gender roles.
2) Understanding the phenomenon of violence against women.
3) Identification of violence against women.
4) Existing resources. Closing.

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