

Domestic violence is a violation of Human Rights.

Psychological violence is also domestic violence.

The crimes of rape and sexual abuse can also take place within the marital and non-marital cohabitation.

Over time, the violence tends to worsen becoming more frequent and progressing to more severe acts.

Being a public crime, the victim or another person who has knowledge of the crime, can press charges with the Public Security Police, the National Guard, the Public Prosecution Office, the National Institute of Forensic Medicine, or the Criminal Police.



If you are a victim of domestic violence, contact:

Information Services for Victims of Domestic Violence

800 202 148

CIG

COMISSÃO PARA A CIDADANIA E A IGUALDADE DE GÉNERO

Sede

Av. da República, 32, 1.º 1050-193 Lisboa
Tel. 21 798 30 00 Fax 21 798 30 98

Delegação Porto

R. Ferreira Borges, 69, 2.º C 4050-253 Porto
Tel. 22 207 43 70 Fax 22 207 43 98

Immigrant Helpline

808 257 257 (if calling from a landline)

21 810 61 91 (if calling from a mobile phone)

CNAI

CENTRO NACIONAL APOIO AO IMIGRANTE

LISBON

Rua Álvaro Coutinho, nº 14 1150-025 Lisboa
Tel: 21 81 061 00 Fax: 21 81 061 17

OPORTO

Rua do Pinheiro, nº 9 4050-484 Porto
Tel: 22 207 38 10 Fax: 22 207 38 17

FARO'S BRANCH

CITIZENS ADVICE BUREAU,
MUNICIPAL MARKET, 1ST FLOOR
Largo Dr. Francisco Sá Carneiro 8000-151 Faro
Fax: 289 106 595

**SAY
NO
TO DOMESTIC VIOLENCE**

**DOMESTIC VIOLENCE
IS A CRIME IN PORTUGAL**

FIND OUT MORE

> *What is domestic violence? In what kind of relationship does it occur?*

Domestic violence is characterized by violent behaviour and abuse of power by one person over another in order to control him/her. It occurs between people who have/had an intimate relationship, family-wise or of dependency.

> *Which are the forms of violence that exist?*

Physical, sexual and/or psychological.

> *Does domestic violence affect only a specific group of people?*

No, domestic violence is a universal social problem that is present in all cultures, ethnicities, cultural, religions and economic strata. Anyone can fall victim. However, there are more vulnerable groups: the elderly, children, people with disabilities or suffering from an illness, pregnant women and those economically dependent on the aggressor.

> *Am I a victim of domestic violence?*

If your partner has resorted to some of the following forms of aggression, you're probably in an abusive relationship:

- » (S)he has resorted to shoving, slapping, punching or any other type of physical violence;
- » (S)he makes you have sex against your will;
- » (S)he has threatened you with knives, guns or other objects;
- » (S)he has humiliated or insulted you in private or in front of other people;
- » (S)he doesn't allow you to work outside of the house;
- » (S)he doesn't let you decide freely on various aspects of your life (health, religion, motherhood, education, employment, etc.);
- » (S)he doesn't allow you to learn the Portuguese language;

- » (S)he threatens that you will "lose everything" (children, the house and property, residence permit and/or process of acquisition of Portuguese nationality) should you leave the relationship; Ameaça-a/o que a/o denuncia ao Serviço de Estrangeiros e Fronteiras ou às Forças Policiais por ser imigrante ilegal;
- » (S)he threatens that (s)he will give you up to the Aliens and Borders Service or the Police Forces for being an illegal immigrant;
- » (S)he demonstrates exaggerated jealousy;
- » (S)he does not allow you to interact with your family or have friends;
- » (S)he controls all the money, including your salary (S)he controls your daily routine;
- » **(S)he blames you for the violence and minimizes its severity**

> *I am an immigrant. Do I have rights?*

Regardless of being in an irregular situation in Portugal, domestic violence is a crime punishable under the Portuguese law. As a person and as a victim, you have rights.

> *Are there many cases of domestic violence in Portugal?*

Since the year 2000 there has been a visibly sharp increase in the number of reports made to the security forces.

The improvement of available resources, the change in the legislative framework and a greater awareness of the population living in Portugal towards the social condemnation of this crime explains this increase that has been recorded over the last decade.

YEAR	Nr. REPORTS
2000	11.162
2001	12.697
2002	14.071
2003	17.527
2004	15.541
2005	18.193
2006	20.595
2007	21.907
2008	27.743
2009	30.543
2010	31.235
2011	28.980

(Source: General-Directorate of Internal Affairs)

> *I'm afraid to press charges or ask for help. What can I do?*

Many of the immigrants who are victims of domestic violence are afraid to complain or ask for help because they fear they will worsen their situation: they fear the reaction of the aggressor, the loss of the child(ren), being forced to leave the country, of losing the house or what they built...

If this is your situation, seek information and help at:

1. Immigrant's Associations;
2. Local Centres of Support for the Integration of Immigrants ("CLAII");
3. Entities that provide support for victims of domestic violence.

> *What can these organizations do for me? How can I contact them?*

They can inform you, for free, of your rights and (to the extent of their resources) support you psychologically, socially and legally.

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