

# GOALSCORE Methodology

for coaches

Designed by the University of Modena and Reggio Emilia (UNIMORE: task leader)  
with the support of all partners



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## Chapter 1. Introduction: Positioning of the document and aim of the methodology

GOALSCORE is a European project involving three countries (Portugal, Malta, and Romania), three National Football Associations (the Malta Football Association, the Romania Football Federation, and the Portuguese Football Federation), three women's associations (MWL - Malta Women's Lobby, FILIA association, APAV - Portuguese Association for Victim Support), the University of Modena and Reggio Emilia (UNIMORE, with specific expertise in social inclusion and gender equality), and EURACTIV, an association specialized in communication. UEFA was involved as the supporting institution.

GOALSCORE aims to fight violence among young female adults. Specific aims are:

1. Providing coaches of female football teams skills to deal with gender-based violence
2. Providing females from football teams with awareness of gender-based violence and how to deal with and refer to it
3. Favouring societal attitudinal and behavioural change with football
4. Promoting football institutional support against gender-based violence.

This document aims to explain in detail what the GOALSCORE method is and the concept behind it. It also describes which activities each project partners; FA and women's associations will implement with selected youth teams.

The following pages will summarise:

- a short compendium of the GOALSCORE research on which the methodology is based;
- a brief description of the training designed for the trainers;
- guidelines and practical examples to the trainers and coaches on how to implement the activities with their teams.

## Chapter 2. Scientific background: the GOALSCORE Research

Gender-based violence (GBV) is violence directed against a person because of their gender. Both women and men experience gender-based violence but the majority of victims are women and girls (EIGE, 2023). It can include physical, sexual, psychological, or economic abuse. GBV can occur in domestic and public settings and affect people of all genders, although it disproportionately affects women and girls. GBV is a severe human rights violation and a public health issue that can have long-lasting physical, mental, and emotional effects on survivors. It is often rooted in gender inequality and discrimination and is a significant barrier to achieving gender equality and women's empowerment.

To develop an effective and coherent methodology, different actions were undertaken. First, the development of the coaches' training courses and football team activities was based on an analysis of the scientific literature operated by the University of Modena and Reggio Emilia, with the support of all partners, on the prevalence, characteristics, risks and protective factors, on the consequences of gender-based violence and domestic violence against women and on the most appropriate interventions to prevent and fight it.

Secondly, to acquire up-to-date data on the prevalence of gender-based violence and domestic violence against women phenomenon within the different countries, the GOALSCORE consortium designed and distributed a survey among the coaches and female players of the project partner FAs and the women's associations (the women's associations were not involved in the distribution of the survey). Both the football coaches and female players answered questions on the gender-based and domestic violence phenomena on and off the football field to explore their knowledge, representations, perception, and experience.

Moreover, the consortium also collected a series of Good Practices which counteract violence against women that helped to inform and inspire the development of the GOALSCORE methodology.

Most of the “activities” share a common denominator related to social responsibility that appears to be relevant to prevent, provide support and counteract violence against women. In this direction, the main activities’ objectives are:

1. working on team identity and team cohesion, especially concerning its social aspects (building significant ties, friendships, support and an image of self as part of the team);
2. increasing the awareness of the biases related to GBV, changing attitudes and beliefs to favour the construction of anti-violence social norms to be followed in and outside the football field;
3. reflecting on the feelings that women who experience gender-based violence and domestic life, thus developing stronger feelings of empathy towards them;
4. offering information and instruments to recognise and counteract GBV both to female players and their coaches.

GOALSCORE will therefore rely on on-field activities based on the aforementioned key elements to maximise their educational outcome.

### Chapter 3. The Methodology

The GOALSCORE methodology will be implemented by each PP FA (with the support of the respective women’s association) during the football season 2023-2024. Before that, specific steps must be undertaken to ensure the Methodology is feasible. This table contains a timetable for refining the methodology and its implementation.

TASK	DESCRIPTION	PROJECT PARTNER(S)	TIMING
<b>First Draft Methodology</b>	The modifications suggested during the TPM have been implemented.	UNIMORE	by February 2023
<b>Methodology details presentation</b>	The modifications suggested during the Lisbon meeting will be implemented.	UNIMORE	by May 10 <sup>th</sup> -11 <sup>th</sup> 2023
<b>Final Modifications</b>	Deliverable deadline Methodology	UNIMORE	By June 30 <sup>st</sup> 2023
<b>Training Trainers</b>	Training of a trainer for each of the three FAs	UNIMORE	By July 2023
<b>Training Coaches</b>	The trainers will train the coaches of the selected teams in their country.	MFA, FRF, FPF	by October 2023

### 3.1 General structure of the Methodology

The GOALSCORE Methodology has been designed to be coherent with the main aims of the project, namely:

1. providing coaches and female players with skills to detect gender-based violence and domestic violence against women;
2. increase awareness and knowledge about gender-based violence and domestic violence against women;
3. increase closeness and empathy toward those who experience violence;
4. promoting a sports context that can represent a supportive and safe space to disclose violence which has been experienced or is currently being experienced.

GOALSCORE will allow coaches and young female athletes to understand, recognise, and deal with gender-based violence and domestic violence against women. Furthermore, it will promote a culture of equal opportunities that condemns violence within and outside of the football context.

Specifically, GOALSCORE aims to combine two priorities: fighting gender-based violence and more in general domestic violence against women; equip female young adults with the right tools, since they may also be the target of gender-based violence. The approach is, therefore, that of active prevention, where individuals are not passive recipients but become agents of change. This project goes a step further by using sport to reduce violence and promote gender equality and respect in the wider society.

To achieve the above-mentioned goals, the Methodology consists of a total of eight activities, so that the football coaches are firstly trained on the subject of gender-based violence and on how to adequately offer support to the victims and, secondly, they work with their female athletes to provide them with awareness through a series of educational and sporting activities. The activities should be implemented within the teams in the exact order in which they are presented. This is because some of the activities are preparatory to the subsequent ones (for example, talking about gender-based violence and domestic violence against women is ineffective if a climate of trust is not fostered).

The training will be delivered in English to trainers who, in turn, will deliver it in PP language to coaches. After the training day, materials can be used to support what was presented (**Annex 3.1.1 “Poster”** can be printed and put in the local room).

### *3.1.1 Objective 1: Providing training to coaches on gender-based violence and domestic violence against women*

#### 3.1.1.1 Approach

Gender-based violence is violence directed towards a person because of their gender. Both women and men experience gender-based violence but the majority of victims are women and girls. Violence against women represents one of the major social problems the EU is facing. It is a clear violation of human rights and damages human dignity, gender equality and self-respect. The Istanbul Convention covers a broad range of measures, including training for experts in close contact with potential victims and involving communities in eradicating gender stereotypes (EPRS, 2020). Research has shown that legitimising violence is a risk factor for perpetuating violence (Abbey & McAuslan, 2004; Warkentin & Gidycz, 2007). On the other hand, because legitimising violence is an attitude, it can change after proper intervention and this can, in turn, reduce the risk of perpetration.

Prevention requires addressing perpetrator attitudes and behaviour, as well as, the peer environment in which they are embedded, especially where these attitudes are likely to emerge, such as the informal and friendly context provided by football teams.

A central role where raising awareness can be effective is represented by the informal educational facilities, and football associations are a privileged agency to work with young people, towards a change of attitudes and towards increasing awareness and intercepting critical situations. Especially the role of the coach could represent an important resource. The coaches have a key role as their influential, non-parental role modelling can make them positively impact how young women think and behave (Fraser-Thomas, Cote, & Deakin, 2005). Thus, training



coaches to teach young adult athletes to recognise and refer gender-based violence, intimate partner violence and domestic violence is a good strategy to increase knowledge, attitudes, and behaviours that reduce gender-based violence inside and outside the football context.

Within the GOALSCORE Methodology, special attention has been given to providing coaches not only with practical suggestions and activities but also with the theoretical basis to understand, recognise and fight violence against women. The 2-hour training includes “A compass to guide coaches to fight gender-based violence and domestic violence against women” (**See Annex 3.2.1.1 “Training Coaches”**) has been developed to inform coaches regarding this social issue, specifically on:

- 1) What gender-based and domestic violence are: definitions and theories;
- 2) Consequences and risks related to gender-based and domestic violence;
- 3) How to detect gender-based violence: a grid of indicators (**See Annex “Coaches grid”**).
- 4) Facilitating disclosure and being supportive for victims of gender-based violence: useful tips;
- 5) Useful contacts to tackle gender-based violence;

The tools will be materials that help coaches to understand, face and support women at risk or who experience violence. At the end

### *3.1.2 Objective 2: Promoting Cohesion within female sports teams*

#### 3.1.2.1 Approach

Gender-based violence is often experienced within intimate relationships. Just over one in five women has experienced physical and/or sexual violence from either a current or previous partner and just over one in ten women indicates that they have experienced some form of sexual violence by an adult before they were 15 years old. Yet only 14% of women reported their most serious incident of intimate partner violence to the police, and

13% reported their most serious incident of non-partner violence to the police. Likewise, 74% of cases of stalking are not reported to the police (FRA, 2014). The low percentage of complaints compared to the high number of experiences of violence suggests that one of the critical elements to fighting this type of violence is to provide helpful support and encourage reporting any gender-based violence suffered. Furthermore, research indicates that intimate partner violence against women is most prevalent in young adulthood and then begins to decline with age, demonstrating the critical importance of early prevention efforts can start as soon as people start dating or having intimate relationships. Thus, the female football teams and the coaches may represent a protective space where women who know or experience some form of violence can talk in a safe and trusted environment, receive information, and be effectively directed to services such as the police, social services or/and specialized support services that provide a wide range of services. In APAV, for instance, specialized victim support services for women victim's of gender-based violence include a wide range of different services, be practical, emotional, legal, psychological or social support, but shelter.

The specific goal for the activities that coaches will carry out with female players is to favour the construction of a positive, supportive, and safe climate in the football teams where young female players can feel safe and protected to disclose eventual experiences of violence and/or represent informal support for their teammates.

### *3.1.3 Objective 3: Providing instruments to the female sports teams to counteract gender-based violence and domestic violence against women*

#### *3.1.3.1 Approach*

The second part of the activities aims to focus on how to fight gender-based and domestic violence, through sport. Specifically, the specific aims are:

1. raise awareness of violence against women and violence in intimate relationships;

2. provide helpful knowledge to recognise and provide support to women experiencing gender-based and domestic violence;
3. foster social support: formal and informal network activation.

The athletes will be involved in theoretical training and field activities that will aid to foster discussions on a deeper level on the topic, which will then help to recognise violence, encourage women to disclose any violence and provide support to women who have experienced violence or are experiencing violence.

### 3.2 Activities

The first part of the methodology includes a training course for coaches to understand, detect and facilitate discussions and support female players who experience(d) violence.

#### 3.2.1 Training to coaches on gender-based violence and domestic violence against women

Coaches will receive training on what gender-based violence is, how to detect it and how to facilitate discussion and support women who experience(d) violence.

**120 minutes**

#### General description of the training

- I. A 60-minute presentation on violence against women and domestic violence will be offered to coaches to inform them about what violence is, its prevalence and consequences. Different forms of violence against women, antecedents and statistics on prevalence in the PP countries will be presented and their effects at the individual, familial, social and community levels will be tackled
- II. Subsequently, coaches will be presented with a grid of indicators to detect violence and then a sub-session will be dedicated to tips on how to be supportive and to favour discussion on violence which has been experienced or is being experienced (40-minute).

- III. Lastly, useful contacts of support services & Governmental entities who deal with gender-based violence cases will be provided. A few minutes for questions and comments are foreseen. (20 minutes).

The second part of the methodology includes a set of coaches' activities with their teams to provide players with awareness about what violence is and a safe and trusting space to disclose violence and receive support through different educational and sporting activities.

Below is a short introduction that coaches can deliver to the players to introduce the project.

### Introduction to GOALSCORE

*It is with pleasure that I inform you that our team has been selected by our National FA to implement a very special project, called "GOALSCORE". The aim of the project, which I will better explain in the next trainings, is to fight a very relevant social issue through football. For this reason, in the coming months, we will carry out some training sessions that are different from the usual ones. We will still be playing football, but we will also have some meaningful discussions together. I trust that you will be involved in this new project as seriously as you usually are during training.*

### 3.2.2 Activity 1 – "Stronger together"

Promoting cohesion within female sports teams to demonstrate the central role of collaboration in achieving goals.

**45 minutes**

#### General description of the activity

The activity features several propositions that challenge the players regarding mutual trust and support. We will focus on trust and support as a basis for discussions in a safe environment which will allow the players to ask for help. Players will be encouraged to undertake a circuit of short exercises to score one goal. The result is based on using teammates to "overcome the attack of other teammates who try to prevent the opponents from scoring goals, thus scoring on goal.

TIME: 25 minutes

### STEP 1 – Collaborate to achieve

The coach divides the team into small groups and the field into four small fields. On field 1, team A will play vs team B; on field 2, team C will play vs team D. The opposing teams will take turns in being the “attacking” team. In the attacking team, each player will challenge three-to-four opponents (individually or with the support of 3/4 teammates, see the single vs team player modes) to score a goal. Each player will be on the field for a maximum of 2 minutes, during which she will either score or lose the ball: after that, she will rotate and another player will enter the field. In the opposing team, 3/4 players will have to defend the goal and prevent the player from scoring (see Annex 3.2.2.1).

The game will end when all members of each team have completed the tasks as both the attacking and the defending team. The coach will place a cross on a board to mark the goals of each team (see Annex 3.2.2.2). The team that scores more points will be the winner. Team A and C will work in a “team player mode”, while Team B and D on a “single player mode”.

- **Team player mode.** One player has to score while the opponents are defending. The player can pass the ball to their teammates to unmark an opponent. Then, the players will rotate. The same game scheme is applied until all team members have carried out the activity.
- **Single-player mode.** One player at a time enters the field and completes the trail individually, while the opponents are defending. The same game scheme is applied until all team members have carried out the activity.

## STEP 2 – Discussion

**TIME: 20 minutes**

At the end of the activity, there will be a discussion mediated by the coach. To encourage the discussion, the coach will ask the players a series of questions, such as:

- How did it go?
- How did you feel playing in the single-player mode? and in the team player one? Did you find any differences? Why is that, in your opinion?
- Why do you think we did this activity?
- What is your take-home message? Try and find a word to label this training.
- What did we work on? The coach should facilitate the discussion on concepts such as Collaboration/Unity/Team/Togetherness.
- Do you think that this value of cohesion/teamwork/support/collaboration/togetherness is important in everyday life as well? Why is that?

### REQUIRED MATERIALS

Football players

Footballs

Bibs to divide the teams

Goals

Whistle

Marker

Annex 3.2.2.1

Annex 3.2.2.2

### 3.2.3 Activity 2 – “Building trust”

Promoting cohesion within female sports teams to demonstrate the importance to provide and receive support in a context of trust.

**45 minutes**

#### General description of the activity

The activity will aim to test and increase the players’ mutual trust. The players will be stimulated to face a circuit consisting of short exercises in which the outcome is based on the ability to coordinate and trust the partner to overcome individual difficulties and challenges. We’ll focus on trust as the basis for this activity.

**TIME 15 minutes**

#### STEP 1 – Let’s get to know each other

This activity will help team members get to know each other better. Players will form a circle and then pass the ball at an increasing speed (the coach can choose to increase or decrease the game’s difficulty). Each player must share an interesting fact about herself that most teammates do not know. (For example, “I like to go to art exhibits”. “I am afraid of spiders”, or “When I grow up, I want to become a doctor”). To learn more about their partner, the player may pass the ball to someone whom they do not know much about. This activity can be performed in a group of up to 12 players. With 12 or more players, divide into smaller groups of 4-5 players and make sure to rotate the groups several times so everyone can learn something new about each other. The groups can play for five minutes and then can be reshuffled.

## STEP 2 – I am here

TIME: 15 minutes

The second activity is designed to build cohesion through mutual trust. The coach should emphasize that the players should participate only if they feel comfortable doing so.

All activities will be carried out in pairs; either chosen by the coach or else the coach can draw teams accordingly. The coach will set up three stations (see **Annex 3.2.3.1**), where each couple will stay for five minutes and perform their exercises. After each whistle, couples move clockwise to the next exercise station.

- **Lead me:** each pair has a line of cones of different colours. The coach decides on the colour, and the blindfolded players should only be guided by their partner's voice to reach the object.
- **Let's try together:** Two players are tied together at the wrist and ankle and must work together to gather as many items (e.g., cones, footballs etc.) scattered on the field as possible.
- **Count on me:** Two players must complete a simple trial with limited mobility. In particular, one player will be blindfolded (player 1) and one who can only move by hopping on one leg (player 2). Player 2 must always keep both hands attached to the body of Player 1. Should a hand be removed accidentally, the couple will have to restart. If player 2 touches the ground with both legs, the couple will have to restart.

Specify to the players that the activity is voluntary. They can skip these exercises if they feel uncomfortable with the physical closeness the activity requires. Furthermore, specify that they would need to stand side by side. They can choose how close, - for example, placing their hand on the other's shoulder, hip, etc.).



### STEP 3 – Discussion

TIME: 15 minutes

The coach will facilitate a discussion at the end of each activity. Below are a few questions to encourage it.

- Did you have fun?
- Did you enjoy the activity?
- What was the hardest challenge?
- How did you feel during the activity?
- In your opinion, why did we propose these exercises? *The coach should facilitate the discussion on concepts such as trust/boundaries/personal space.*
- In your opinion, how important is trust in a team? And in other relationships?
- How important is trust with the ability to open up and speak about yourself?
- Do you trust each other? On what aspects could you improve and how?
- What will you take home from this activity?

#### REQUIRED MATERIALS

Football players

Footballs

Bibs to divide the teams and create couples

Cones of different colours

Whistle

Blindfold

Rubber band or rope

Annex 3.2.3.1

### 3.2.4 Activity 3 – “What do you think?”

Exploring self-awareness about gender-based violence and domestic violence against women

45 minutes

Before this activity, coaches might want to better specify GOALSCORE’s aims and what is to be expected by the athletes – a potential introduction is reported below.

#### GOALSCORE’s aims and features

*As you already know, we’ve been implementing some special trainings, due to our participation in the European Project “GOALSCORE”. GOALSCORE aims to combat gender-based violence and domestic violence against women. Us coaches have already taken part in training on gender-based violence. In the coming months, we will carry out some training sessions aimed at deepening and counteracting the issue of violence. Some activities will be implemented in collaboration with anti-violence associations, which will provide information and valuable contacts to support women who have experienced or received news of situations of violence.*

#### General description of the activity

This activity highlights how engrained the phenomenon of violence is and how high the unknown number of women who have experienced violence is. Each player will provide, through field activity, an answer on a range of options on their perception linked to the prevalence and frequencies of gender-based violence and domestic violence against women. The subsequent discussion will allow us to identify their perception of the phenomenon.

**TIME: 30 minutes**

### STEP 1 – exploring bias on gender-based violence and domestic violence against women

The players will perform five circuits of increasing complexity. At the end of each circuit, the player will have to answer a quiz question on gender-based violence’s prevalence. The questions (**Annex 3.2.4.1** provided by women’s associations) will gradually become more complex, therefore also the circuits (designed by the coach depending on the players’ skills) must be performed from the simplest to the most complex. When all the players have answered the questions, the statistic of the answers is calculated, counting the number of balls in each goal. The materials for coaches include the different options for each question and the correct answers (**Annex 3.2.4.2** provided by the women’s associations).

**TIME: 15 minutes**

### STEP 2 – Discussion

At the end of the activity, there will be a discussion mediated by the coach who reported the statistics of each question and will discuss the eventual gap between the real data and the players’ perceptions. Below are a few questions to encourage discussion.

- What do you think of these percentages?
- Is there anything that particularly strikes you?
- Did you learn anything new about violence against women? If so, what?

### REQUIRED MATERIALS

Football players

Footballs

Goals
Whistle
Annex 3.2.4.1
Annex 3.2.4.2

### 3.2.5 Activity 4 – “Promoting awareness”

Promoting awareness of what GBV is and how to detect it.

**60 minutes**

Female football players will receive training (read by the coach) on what gender-based violence is, its risks, indicators and how to seek help (**Annex 3.2.5.1 “Training players”**).

#### Description of the activity

The 1-hour training includes a compass to guide coaches to train their team players to increase awareness of what violence is (what are the main effects, how they can detect it) and provides useful tips to support women who suffer(ed) violence.

The coaches will train their teams.

Specifically, the guidelines will concern the following topics:

1. What gender-based and domestic violence is: definitions, characteristics and typologies
2. What are the main consequences for women experiencing violence?
3. Some useful indicators providing information about the risk of violence.

4. Useful tips for facilitating the discussion on violence and being supportive toward women that live(ed) experiences of violence (this last topic concerning the useful tips<sup>1</sup> has been provided by FILIA in a subsection of **Annex 3.2.5.1 “Training players”**).

### REQUIRED MATERIALS

Football players

Slide projector

Annex 3.2.5.1

### 3.2.6 Activity 5 – “Self-efficacy”

Promoting knowledge and self-efficacy to contrast stigmatisation and prejudice toward women experiencing gender, domestic, and intimate partner violence.

**55 minutes**

#### Description of the activity

The coach divides the players into two teams. The players will play two different football games. The players will be stimulated to face a circuit consisting of short exercises in which the outcome is to test and strengthen their knowledge of the previous training that they received. Furthermore, a football match will be played to reflect on different stereotypes and stigmatisation towards women who experience gender-based and domestic violence. The game is aimed to fight them and bring them down.

<sup>1</sup> Each partner can integrate this part with contacts from the local context who are helpful in case of violence.

## STEP 1 – What did you learn?

**TIME: 15 minutes**

The coach creates two teams and prepares a trail (based on the ‘players’ skills). Each player will perform the circuit individually, and, once completed, will be able to pass the ball to her teammate only if she correctly answers the questions posed by the coach and shown on a billboard (**Annex 3.2.6.1**). If she makes a mistake or doesn’t know the answer, she can go back (restart the circuit) and ask her teammates. The team that completes the most circuits in the available time wins.

## STEP 2 – What does it mean she provoked him?

**TIME: 20 minutes**

Two teams play a soccer match. Each team must try to hit one of the six cones on the sidelines. Each cone reports a stereotype of women victims of gender-based and domestic violence (e.g., “Did she provoke him?”) (**Annex 3.2.6.2**). Each player tries to score goals and break down a stereotype. The player/team that scores receives the story of a female violence survivor. Women’s associations must produce women’s experience models. The coaches should mention the fact that stories contain sensitive details about abusive relationships and can be triggering for some people and if the players do not comfortable reading them, they can opt out. (**Annex 3.2.6.3** materials provided by women’s associations<sup>2</sup>). Specifically, each women’s association, partner of the project, will offer six anonymous short stories of women who in their country represent models of women who have survived violence, giving a positive and hopeful message to women who live in abusive situations.

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<sup>2</sup> This story was taken from [www.sieureuseesc.ro](http://www.sieureuseesc.ro), project belonging to ALEG Association. Each partner can translate each story reported in the Annex 3.2.6.3 into the local language or substitute it with other stories from their context.

### STEP 3 – Discussion

**TIME: 20 minutes**

At the end of the activity, there will be a discussion mediated by the operators of the women’s association together with the coach. To encourage the discussion, the moderators will ask the players a series of questions, such as:

Read the sentences on the stereotypes and ask the players:

1. What do you think of these sentences?
2. Do you think they are widespread?
3. How can these stereotypes be broken?

Show the stories of survivors of violence:

4. Have you ever come across stories of survivors yourselves?
5. What do you think was their biggest challenge?
6. What has been their most significant asset?
7. What strikes you most about these stories?
8. Why is it important to report violence?
9. What factors help women leave abusive relationships & situations?

#### REQUIRED MATERIALS

Football players

Footballs

Bibs to divide the teams

Goals

Whistle

Six cones

Annex 3.2.6.1
Annex 3.2.6.2
Annex 3.2.6.3

### 3.2.7. Activity 6 – “Informal network”

Underline the importance of the social network to find support when needed.	<b>45 minutes</b>
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The specific aim is to understand the social networks available that support victims of violence. In this sense, the coach needs to explain to the athletes that they are not alone in facing the challenges of life, but there is always someone running alongside them - this image will be represented in a football game.

#### Description of the activity

Two players perform a parallel circuit which is not competitive. The coach will choose a challenging route based on the preparation and abilities of the athletes. Based on the player’s capabilities, the coach will structure the circuit with different challenges (e.g., dribble, slalom, obstacles).

#### STEP 1 - Hold my hand

**TIME: 25 minutes**

The player will perform a challenging football circuit designed by the coach according to the players’ skills with a series of hurdles (e.g., hopping on one leg; carrying training weights). If tired/fatigued, the player will be able to ask for help from another athlete (e.g., hopping on one leg or taking the training weights for part of the circuit). The player will choose the type of support she needs, which metaphorically can represent economic, emotional, and legal support during or following the violence suffered, which in moments can be prevalent. At the same time,



the other players continue to train and one of them, in turn, will stop training and support the teammate when she blows the whistle. This activity shows how much support implies the need to momentarily interrupt one's daily activities to dedicate space and time to help and support.

## STEP 2 – Discussion

**TIME: 20 minutes**

At the end of the activity, there will be a discussion mediated by the coach. The following topics should be addressed:

- Support can be provided through a network: What do you think the different hurdles represented?
- Different types of support can be provided, for example, psychological, legal, emotional, etc.
- The fight against gender-based violence and domestic violence against women is a social responsibility and collective commitment.

### 3.2.8 Activity 7 – “Formal network”

The PP women's associations will be invited to the teams to advise football players of the services available (associations, police, legal support, etc.).

Before training, women's associations will inform athletes about community network services supporting women experiencing gender-based and domestic violence. In particular, it is suggested to provide legal information on the procedures for reporting and taking charge of a situation of violence. It is helpful to indicate what the person experiencing violence can do and what a coach or partner aware of a case of violence can do. Finally, it is beneficial to show what happens when a woman who suffers violence reports the abuse and what procedure is activated when a teammate reports the abuse of a friend or other known person.

## Annexes

### Annex 3.1.1 Poster



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# 1 SIGNS OF ABUSIVE BEHAVIOUR



## HUMILIATION, PUTT-DOWNS, CRITICISM

Eg: saying things like no one will ever want you, you are incompetent, you will never succeed, name calling (stupid, idiot) and insults, public or private attack on your intelligence, look, mental health or capabilities, blaming you for all the problems in your relationship, and for their violent outbursts, Making you feel like you're "crazy", Constant criticism ("you never do anything right")



## THREATS/INTIMIDATION/MANIPULATION

Eg: blackmail to remain in the relation, Threats to publish intimate pictures, Threats to hurt you or your family/friends/pets, Making you feel anxious and living under constant fear



## CONTROL/ISOLATION/EXCESSIVE JEALOUSY

Eg: monitors your communication with other people (asks to read your texts and emails, logs into your devices without permission, installs tracking software), Frequent check-ins to see where you are, what you're doing and who you're with, Controlling how you dress, Controlling whom you meet, Asking you not to see certain friends and family.



## PHYSICAL AND SEXUAL VIOLENCE

Eg: they push you, They hit you, They cause any kind of physical harm, They coerce you to have intimate relations or doing things that you don't feel comfortable with, Unwanted touches, Slapping, pinching, choking, kicking, shoving, or inappropriately using drugs or physical restraints.

# 2 WHAT CAN YOU DO IF

you are a victim of domestic violence

- 1 IF YOUR LIFE IS AT RISK CALL IMMEDIATELY 112
- 2 GET PROOF AND DOCUMENT ANY OF THE INTERACTION WITH THE AGGRESSOR
- 3 FILE AN OFFICIAL COMPLAINT AT THE POLICE

you are a victim of domestic violence

If you are witnessing a case of violence, call 112. You can ask the operator to remain anonymous. If you know someone who is in an abusive relationship, talk to that person and assure them that you are supporting them. You can send him useful information about what they can do and what services they can use.

Support them, whether they are not ready to leave the relationship and don't judge them. The circle of violence is difficult to break, and the victims of domestic violence are very often alone, isolated from friends and family and do not have reliable people to turn to.

# 3 MUST KNOW



**YOU ARE NEVER TO BLAME. YOU ARE NOT RESPONSIBLE FOR ANOTHER PERSON'S AGGRESSIVE BEHAVIOUR**  
**YOU DESERVE TO BE IN A HEALTHY AND LOVING RELATION, NOT TO LIVE IN FEAR AND VIOLENCE**



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### Annex 3.2.1.1 “Training Coaches”

Project title: **GOAL** Social Inclusion: innovative actions  
against gender differences and prejudice in general  
Project acronym: **GOALSCORE**  
Project supported by **UEFA**

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# GOALSCORE COACHES' TRAINING



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- 1 WHAT IS VIOLENCE AGAINST WOMEN: DEFINITIONS AND TYPOLOGIES
- 2 EUROPEAN PREVALENCE OF VIOLENCE
- 3 CAUSES AND CONSEQUENCES OF VIOLENCE
- 4 HOW TO DETECT VIOLENCE AGAINST WOMEN: GRID INDICATORS
- 5 USEFUL TIPS

1



# WHAT GENDER-BASED AND DOMESTIC VIOLENCE IS DEFINITIONS AND TYPOLOGIES

## 1 What is violence against women: DEFINITIONS

**VIOLENCE AGAINST WOMEN** is a violation of human rights and a form of gender-based discrimination. It includes “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”.

**GENDER-BASED VIOLENCE AGAINST WOMEN:** Gender-based violence is a phenomenon deeply rooted in gender inequality and continues to be one of the most notable human rights violations within all societies. Gender-based violence is violence directed against a person because of their gender. Both women and men experience gender-based violence but the majority of victims are women and girls.

**DOMESTIC VIOLENCE:** all acts of physical, sexual, psychological, or economic violence that occur within the family or domestic unit or between former or current spouses or partners, whether or not the perpetrator shares or has shared the same residence with the victim.

## 1 What is violence against women: DEFINITIONS

Gender-based violence is enacted under many different manifestations.



Intimate partner violence is the most widespread form of violence. Multiple incidences of violence can be happening at once and reinforcing each other.

Violence and Intersectionality: Inequalities experienced by a woman related to their race, (dis)ability, age, social class, religion, sexuality can also drive acts of violence.



This means that while women face violence and discrimination based on gender, some women experience multiple and interlocking forms of violence.

## 1 What is violence against women: TYPOLOGIES

Istanbul Convention (Council of Europe, 2011), defines violence against women as falling under four key forms:

1. Physical
2. Sexual
3. Psychological
4. Economic

## 1 What is violence against women: **other THYPOLOGIES**

- ⇒ Stalking
- ⇒ online violence
- ⇒ Female genital mutilation
- ⇒ Forced marriage
- ⇒ Forced abortion and sterilization
- ⇒ Sexual harassment
- ⇒ 'Honour' crimes
- ⇒ Femicide or feminicide

## 1 What is violence against women: **PSYCHOLOGICAL VIOLENCE**

Any act which causes psychological harm to an individual. Psychological violence can take the form of, for example, coercion, defamation, verbal insult or harassment.

- ☐ It refers to offensive or degrading actions, usually verbal, but can also include threats, humiliations, denial of affection and restrictions such as social isolation etc.
- ☐ it often manifests in subtle communicative mechanisms.
- ☐ is an insidious form of violence (Walker, 1979) for two main reasons:
  1. hardly recognizable
  2. often precedes physical violence

## 1 What is violence against women: **PSYCHOLOGICAL VIOLENCE**

### INDIVIDUAL COMPONENT

INSULTS  
VERBAL AGGRESSION  
THREATS  
HUMILIATION

COERCION  
INTIMIDATION  
PATHOLOGICAL JEALOUSY  
STALKING

### SOCIAL COMPONENT

CONTROL  
DEFAMATION

## 1 What is violence against women: **ECONOMIC VIOLENCE**

Any act or behaviour which causes economic harm to an individual. It includes:

- restricting access to financial resources, education or the labour market
- property damage
- prevent women from working
- force her to quit her job
- salary check
- oblige her to deposit her salary into the man's current account
- seize or not provide the woman with debit/credit cards
- exclude her from the economic management of the family
- force her into debt
- not complying with economic responsibilities, such as alimony (also towards the children)

## 1 What is violence against women: **PHYSICAL VIOLENCE**

Any act which causes physical harm as a result of unlawful physical force. Physical violence can take the form of, among others, serious and minor assault, deprivation of liberty and manslaughter.

*Slapping, yanking, grabbing, pushing, kicking, punching, biting, spitting, pinching, hair pulling, burning with cigarettes, burning, hitting with objects or weapons, mutilating female genitals, depriving of medical care, attempting to strangle, stabbing, killing.*

## 1 What is violence against women: **PHYSICAL VIOLENCE**

- In the context of intimate partner violence, physical violence can be perpetrated indirectly, for example, by breaking objects that have sentimental value for the woman or harming the pet.
- It often happens that the man becomes physically violent just when the woman decides to leave. If he has already acted physically aggressively, faced with the risk of separation, he acts more seriously with aggression that leads to an escalation of violence.



## 1 What is violence against women: **SOCIAL VIOLENCE**

Any act which causes harm to an individual at a social level. Might include the following forms:

- isolation from friends, family, work colleagues, community etc;
- forbidding a person from studying or working;
- not letting the partner go out, participate in different activities;
- control of social media accounts or phone;
- insistent calls and constant control of a person's whereabouts;
- intentional deprivation of access to information.

## 1 What is violence against women: **SEXUAL VIOLENCE**

- Any sexual act performed on an individual without their consent. Sexual violence can take the form of rape or sexual assault.
- In the intimate partner violence context (see next slides), a woman who has sexual intercourse with her partner under the intimidation of physical aggression suffers sexual violence; in fact, the definition of sexual violence includes coercive and physical actions that vary from the attempt to persuade someone to perform a sexual act against the own will, ignore dissent responses, up to physically forced sexual acts.

## 1 What is violence against women: **ONLINE VIOLENCE**

**Non-consensual dissemination of intimate images (NCII)** is a form of image-based sexual abuse which refers to a set of practices involving the dissemination of sexual material through images/videos of a person without his consent.

The **source** of the disseminated material:

- self-taken intimate pictures ("selfies")
- the victims consented to have someone else take them but did not consent to their distribution.
- the intimate images/videos were taken surreptitiously, without the victim's knowledge.



Why acting NCII? The **main reasons**:

- revenge, blackmail, or coercion
- enjoyment, sexual gratification, and social status

**Offender:** can be perpetrated by current or past partners, friends and acquaintances, family members, or people unknown to the victim. The perpetrator is commonly the (ex)partner or a person related to the woman from a current or past intimate relationship.

**Victim:** Women, more than men, are the primary victims of NCII, also of the consequences they suffer (e.g., shaming).

## 1 What is violence against women: **INTIMATE PARTNER VIOLENCE**

- ❑ It is the most widespread form of violence against women and the most complex.
- ❑ Unlike other traumatic situations, domestic violence arises within what for women is a relationship of love and trust.
- ❑ Violence does not have a precise beginning, making it difficult for women to recognize and determine when it began.

# 1 What is violence against women: **INTIMATE PARTNER VIOLENCE**

- ❖ **COVERED** => “Dark number” of women experiencing intimate partner violence
- ❖ **TRANSVERSAL** => it is a worldwide phenomenon that affects all women of all social groups
- ❖ **CONTINUOUS** => is characterized by repetition
- ❖ **CYCLIC** => The violence alternates with **Honeymoon phases**. This mechanism makes it more challenging to get out of an abusive relationship.

# 1 What is violence against women: **INTIMATE PARTNER VIOLENCE**

## Cycle of Abuse

Honeymoon Phase



Tension building phase

Explosion Phase

**1** What is violence against women: **INTIMATE PARTNER VIOLENCE**

**The cycle of violence (Walker, 1979) – Love bombing**

"... when we first met, he was really nice to me"

"...at the beginning of our relationship we experienced some very beautiful moments..."

"...I loved him, he was all positive and "normal," I never thought he would hurt me...."



**1** What is violence against women: **INTIMATE PARTNER VIOLENCE**

**The cycle of violence (Walker, 1979) – Tension building**

The man is irritated but does not directly act violence; this manifests on the level of Non-verbal behaviour.

IRRITABILITY IS MOTIVATED BY DAILY PROBLEMS

- Blaming the partner as a cause of the perceived stress and frustration



The woman begins to feel a growing tension and tries to prevent the escalation of violence by focusing all her attention and energy on the man. She represses her needs.

She hopes, in this way, to reduce tension and avoid abuses.

Psychological preparation for oppression, overwhelm and to act aggressive behaviour.

**1** What is violence against women: **INTIMATE PARTNER VIOLENCE**

**The cycle of violence (Walker, 1979) – Acute battering**

REPETANCE, APOLOGIES

PROMISES OF CHANGE

PROBLEM SHIFT (E.G., WORK, HEALTH...)

→ VIOLENCE AS A STRATEGY OF CONTROL, OF DOMINATION



DISBELIEF & initial reaction

SADNESS

LEARNED HELPLESSNESS

THE WOMAN LEARNS SOON THAT ANY REACTION WILL ONLY MAKE THE PARTNER'S VIOLENCE WORSE.

**1** What is violence against women: **INTIMATE PARTNER VIOLENCE**

**The cycle of violence (Walker, 1979) – Honeymoon phase**

SCREAMS, INSULTS AND THREATS, SHATTERED OBJECTS

PHYSICAL AGGRESSION

SEXUAL AGGRESSION

→ AIMED AT MINIMIZING THE AGGRESSION



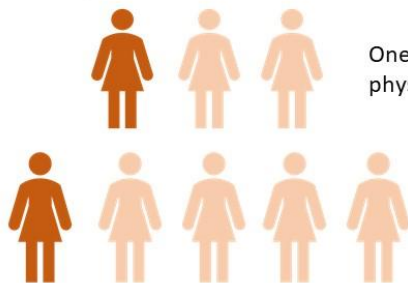
THE WOMAN BELIEVES AND FORGIVES HIM, HOPING FOR A CHANGE

2



## EUROPEAN PREVALENCE OF VIOLENCE AGAINST WOMEN

### 2 European prevalence of violence: Physical and sexual violence



One woman out of three in the EU has experienced physical and/or sexual violence since the age of 15.

One woman out five (22 %) who is or has been involved in a relationship with a partner has experienced physical and/or sexual intimate partner violence, since the age of 15.

One woman out of 20 (5 %) has been raped since the age of 15, either by a partner or by someone else.

	CURRENT PARTNER	PREVIOUS PARTNER	ANY PARTNER	NON-PARTNER	ANY PARTNER AND/OR NON PARTNER
Malta	5%	28%	15%	15%	22%
Portugal	5%	17%	13%	11%	19%
Romania	14%	30%	24%	14%	30%
EU-28	8%	26%	22%	22%	33%

## 2 European prevalence of violence: Physical and sexual violence



32% of women has experienced psychologically abusive behaviour by an intimate partner, either by her current partner or a previous partner. This includes behaviour such as belittling or humiliating in public or private; being forbidden to leave the house or being locked up.

43%

of women have experienced some form of psychological violence by an intimate partner, which includes other forms of abuse alongside psychologically abusive behaviour. This may include psychologically abusive behaviour and other forms of psychological violence such as controlling behaviour (for example, trying to keep the respondent from seeing her friends or visiting her family or relatives), economic violence (such as forbidding a woman to work outside the home) and blackmail.

**Most common violence:** Belittling or humiliating a woman in private, insisting on knowing where she is in a way that goes beyond general concern, and getting angry if she speaks to other men. **One in four** women has experienced each of these in their intimate relationships.

Most women who experience several (four or more) forms of psychological violence also indicated reported suffered **physically and/or sexually violent**.

## 2 European prevalence of violence: Physical and sexual violence

	CURRENT PARTNER	PREVIOUS PARTNER	ANY PARTNER (CURRENT AND/OR PREVIOUS)
Malta	22%	59%	37%
Portugal	21%	47%	36%
Romania	30%	45%	39%
EU-28	23%	48%	43%

- **Controlling behaviour:** trying to keep the respondent from seeing her friends or visiting her family or relatives, insisting on knowing where she is, getting angry if she speaks to other men (or women), suspecting her of being unfaithful;
- **Economic violence:** preventing the respondent from making decisions on family finances or shopping independently, or forbidding her to work outside the home;
- **Abusive behaviour:** belittling or humiliating the respondent in public or in private, forbidding her to leave the house or locking her up, making her watch pornographic material against her wishes, scaring or intimidating her on purpose, threatening her with violence or threatening to hurt someone else the respondent cares about.
- **Blackmail with/abuse of children:** threatening to take the children away from the respondent, threatening to hurt them, or hurting them.

## 2 European prevalence of violence: Stalking

- **offensive or threatening communications:** stalking which takes place using various means of communication, such as letters or cards, phone calls, emails or other online messaging;
- **following or loitering:** stalking which involves threatening or offensive behaviour through the physical presence of the perpetrator in close proximity to the victim;
- **damage to property:** stalking which involves damaging or interfering with the victim's property.

1. In total, **18% of women** in the EU have experienced stalking and 5% have experienced it in the last 12 months.
2. Around **9 million women** in the EU-28 experiencing stalking within **a period of one year**.
3. **One in 10 women** (9%) has been stalked by her **previous partner**.

	SINCE THE AGE OF 15	IN THE PAST 12 MONTHS
Malta	26%	6%
Portugal	9%	3%
Romania	8%	2%
EU-28	18%	5%

→ Around **74 %** of stalking cases never come to the attention of the police.

## 2 European prevalence of violence: Overcoming violence

Women who have experienced physical and/or sexual violence by their partner on what helped them to overcome the violence (%):

**35%** Support from family and friends

**24%** Personal strength and decisiveness

**19%** I have dealt with the issue and it does not concern me any more



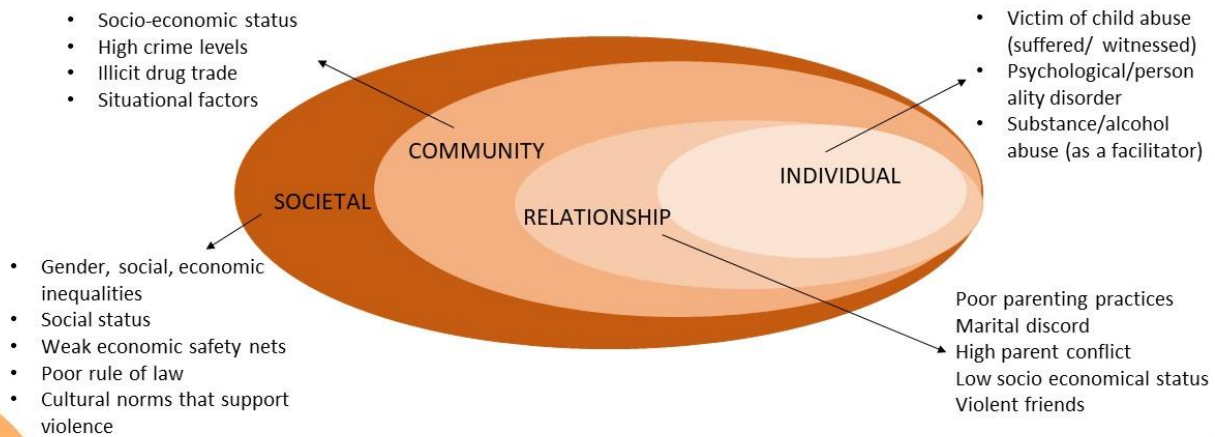
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## CAUSES AND CONSEQUENCES OF VIOLENCE

### 3 What is violence against women: CAUSES/RISK FACTORS<sup>(\*)</sup>

#### ECOLOGICAL MODEL OF INTIMATE PARTNER VIOLENCE AGAINST WOMEN



(\*) These risk factors are not unique causes, but increase the probability that violence occurs. Furthermore, what is central is not the isolated factors or their position at each level but the dynamics of the interrelationship between the different groups.

### 3 What is violence against women: **CONSEQUENCES**

- Direct or indirect
- In the short, medium, and long term
- On physical, mental health, on risk behaviors, on health behaviors

### 3 What is violence against women: **CONSEQUENCES ON HEALTH**

- Lesions
- Injuries
- Impaired immune system
- Increased vulnerability to viruses and infections
- Impaired self-care
- Untimely healthcare
- Unwanted pregnancies
- Abortions
- Gynecological complications
- Suffering intimate partner violence increases the risk of developing cervical cancer (the risk increases by 2 to 6 times, depending on the type of violence; Coker et al., 2009)
- Chronic health problems (e.g., Chronic pain).

#### Physical effects

### 3 What is violence against women: **CONSEQUENCES ON HEALTH**

- Post traumatic stress
- Depression
- Fear
- stress related to IPV
- Attempted suicide
- Alcohol/drugs abuse (two-way relationship):

#### Physiological/emotional effects and risky behaviours

Longitudinal research shows that psychological distress and/or addictions can represent the consequences of violence.

### 3 What is violence against women: **CONSEQUENCES ON CHILDREN**

**Witnessed violence** refers to any act of physical, verbal, psychological, sexual and economic violence committed against the minor's parents or significant others, adults or minors; the child can experience this violence **directly** or **indirectly** and/or by perceiving its effects.

- Between 40% and 60% of abusive husbands are also violent with children.
- Paternal sexual abuse is more likely when the mother is partner abused (WHO, 2010).
- 62% of violence acts against women by partners occurred in the presence of minor children.

### 3 What is violence against women: **CONSEQUENCES ON ECONOMY**

- ❑ Gender-based violence costs the EU €366 billion a year
- ❑ Violence against women makes up 79% of this cost, amounting to €289 billion.
- ❑ Services such as shelters making up just 0.4 % of the cost of gender-based violence.
- ❑ The main costs coming from:
  - physical and emotional impact (56%)
  - by criminal justice services (21%)
  - and lost economic output (14%).

Other costs include civil justice services (for divorces and child custody proceedings for example), housing aid and child protection.

### 3 What is violence against women: **VICTIM BLAMING**

When the victim of a crime or any wrongful act is held entirely or partially responsible for the harm that befell them.

- ⇒ Double Standard Theory: Women are judged more severely than men for sexual activity
- ⇒ 'Rape myths': justify the perpetrator's actions and/or blame the victim

Victim blaming occurs at a disproportionate rate in sexual assault, especially when compared to other crimes.

1. Victim blaming doesn't prevent crime, it increases its rates
2. Victim blaming prevents victims from coming forward
3. Victim blaming creates a culture that condones sexual violence

#### Examples of Victim Blaming:

- "Well, when someone dresses the way she does, she's asking for it."
- "She was drunk; she must not be remembering things correctly."
- "She was flirting with him, what did she expect?"
- "I know her...he is a really nice person and would NEVER do something like that. She's just trying to make him look bad because he broke up with her."
- "They just regret having sex and are trying to cover up their bad choices by 'crying rape'."



4



## HOW TO **DETECT** VIOLENCE AGAINST WOMEN: A GRID OF INDICATORS

4

How to detect violence against women: **Observe and communicate**

### Objective of the Grid Observe and Communicate:

- Supports the trainers to detect possible signs of violence
- Provide information on how provide support to women that suffer or are at risk of violence.

## 4 How to detect violence against women: Observe and Communicate

- The indicators included in the screening tool are mainly based on the analysis of the scientific literature, which has identified the principal **risk factors and effects of the victimization**, especially related to **intimate partner relationships**.
- Below is a **description of each indicator**. These descriptions are for educational purposes. The report of the signals does not cover all possible manifestations of the same, and we invite the trainers to add examples of these signals from their own experience.
- This screening tool is intended for football coaches as **a guide to and detect potential post-traumatic signs and symptoms** related to violence. It is not a standardized tool for diagnostic and clinical use and should not be used for that purpose. Other opportunities to test the screening tool within educational settings will help refine the score cutoffs.
- **Monitoring:** re-screen if it is noted that the situation is getting worse over time. The information can be used to express one's concerns to the network's anti-violence associations and/or the woman's family members.

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## 4 The grid – Observe and Communicate

**General information:** Complete the grid for each player at the beginning of the year. Complete another grid during the year (follow up) if necessary (e.g., if you notice something is wrong with a certain player). Report the compilation date and whether it is the first observation or a follow-up.

### GENERAL OBSERVATION

- Date
- First observation or follow up
- Player's code
- Player's age
- Type of relationship with alleged abuser
- If partner, How long have they been together?
- Do they live together?

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## 4 Directly observable risk

- Please indicate if, in the last month, **you have directly observed one or more of these behaviours, attitudes, and emotions by a player**. If you noted it before the previous month, please indicate “Yes, before the last month”. In this session, Please refer **ONLY to what you have directly observed**.

### DIRECTLY OBSERVABLE RISKS

- The woman has suspicious injuries (e.g., wounds, bruises, puncture marks, burns, fractures, particular pains).
- Hyper-vigilance, alertness (e.g., worry, fear following a sudden noise, etc.)
- Avoidance of specific places, situations, or people without apparent reason
- Low mood or sudden change in mood
- Reduced interest in habitually satisfying activities (e.g., sports, social activities)
- Apathy, detachment, and estrangement from situations or people
- Previously unexplained persistent anxiety
- Hyperactivity: anger, rage, irritability
- Difficulty concentrating decreased performance
- Absences or unusual delays to training or matches decreased performance
- Reduced self-confidence, self-confidence, self-preparation, competence

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## 4 Risks reported by others

- Please, indicate the presence of the following risk factor, **expressed by the teammates, the woman, or others**. If the coach received some information (about risk factors) before the previous month, indicate “Yes, before the last month”.

### RISK FACTORS REPORTED BY OTHERS

- Her (ex) partner (or significant other) insulted and/or yelled her
- The (ex) partner (or significant other) continually criticizes contradicts or interrupts her.
- Her (ex) partner (or significant other) demanded sexual intercourse or unprotected sex
- Her (ex) partner (or significant other) hit, pushed, and grabbed her
- She is concerned about the reactions of the (ex)partner (or significant other) (e.g., their response following a delay).
- Extreme jealousy by the (ex) partner (or significant other) (e.g., They control the woman’s dressing; They didn’t want her to go out with friends).

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## 4 Risks reported by others

- Please, indicate the presence of the following risk factor, **expressed by the teammates, the woman, or others.** If the coach received some information (about risk factors) before the previous month, indicate “Yes, before the last month”.

### RISK FACTORS REPORTED BY OTHERS

18. The (ex)partner (or significant other) constantly calls and/or takes messages from her (ex)partner or delivers unwanted gifts to the woman, and shows up during training
19. The (ex)partner (or significant other) persistently seeks or forces physical contact with the woman (e.g., they try to hug her, to kiss her, they block her).
20. The woman changed her habits (work, commute home, participation in social activities) out of fear of her partner (or significant other).
21. Nightmares, difficulty sleeping, difficulty concentrating
22. Minimization of (ex)partner (or significant other) aggressive behavior
23. Justification or woman guilt for an aggressive behavior of (ex) partner (or significant other)

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## 4 Global evaluation

- The risk assessment does NOT have a score. From observing the direct and referred risk factors, the coach should provide an overall evaluation. The risk assessment provides three levels of risk, and the coach indicates the color (that represents the level of risk: low (green), yellow (medium), and red (high)).
- Indicate also the **type of risk** (the coach can indicate more than one of the typologies of suspected violence<sup>(\*)</sup>)



The situation seems alarming, with a high risk of violence by the (ex) partner (or significant others). Specifically, the episode of violence is observed directly (e.g., the coach sees that the athlete is yanked out of training) or the woman looks in danger (highly visible violence).



Any other suspicions of violence. The risk of violence seems present. In the relationship with the (ex) partner (or significant other), some problems/ episodes must be monitored.



No worrying signs detected. The situation does not appear problematic or at risk of violence.

<sup>\*</sup>Psychological violence, economic violence, physical violence, sexual violence, stalking, or other violence.

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## USEFUL TIPS

### 5 Useful tips

- Foster a **climate of trust** in the team, where players feel safe and supported.
- **Active listening:** Talk to the woman at risk of violence without judging, considering the complex mechanisms of violence and the sense of guilt, shame, and fear that are generally linked to experiencing violence.
- **Communicate the risk** detected to the woman: this practice can increase self-awareness of the risk and disclosure of violence. Especially in case of high risk (red light), inform the woman of the future steps that the Football Federations will take (disclosing the service, police, and women's associations).
- **Practical suggestions** depending on the screening results. Total respect for the woman's choices is necessary; coaches always communicate with the woman first and proceed according to her will.
- Do **not** try to mediate reconciliation with the aggressor or find excuses.



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## 5 Useful tips

### Practical suggestion depending on the screening results



The situation seems alarming, with a high risk of violence by the (ex) partner (or significant others), thus requiring URGENT activation of refuge centres and reporting to the police. The methods of reporting to the police must be agreed upon with the anti-violence centres, guaranteeing the woman's protection. The coach should inform the woman of the subsequent procedure activation and invite her to contact the anti-violence centre. If the violence act happens in front of you or you witness an act of aggression when the victim's life or physical integrity is at risk you must call the police.



The risk of violence seems present. In the relationship with the (ex) partner (or significant other), some problems/ episodes must be monitored by services with experience in violent situations. Coach should invite women to contact anti-violence centers. They could help a woman understand or recognize the problem (e.g., if the indicators referred to a conflict situation or an abusive relationship).



The situation does not appear problematic or at risk of violence. If the woman's behaviour changes or is unusual, monitor the case, including re-screening.

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## 5 Useful tips

### Practical suggestion depending on the screening results

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ANAIS

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FUNDATIA SENSIBLU

021 311 4636

NATIONAL HELPLINE

0800 500 333

APAV – Associação Portuguesa de Apoio à Vítima | Portuguese association

for Victim Support | R. José Estêvão 135 A, 1150-201 Lisboa, Portugal |

phone: +351 21 358 7900 |

website: [https://apav.pt/apav\\_v3/index.php/en/](https://apav.pt/apav_v3/index.php/en/)

Malta Women's Lobby | c/o Keimar Building Level 4, Giovanni Mamo Street,

B'Kara – BKR 291 website: <https://maltawomenslobby.org/>

Click on the map to have more information and other contacts. Wave is a European network promoting the rights of women and children that provides a list of members also in your country.



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## Annex “Coaches grid”

### OBSERVE AND COMMUNICATE

Date \_\_\_\_\_

- First observation (fill out the grid at the beginning of the year)
- Follow-up (fill out a new grid if necessary)

Player’s code \_\_\_\_\_

Player’s age: \_\_\_\_\_

Below you can collect important information (optional) to identify the context of violence:

Type of relationship with alleged abuser:

- no suspected violence
- Partner
- Ex-partner
- Relative (father, brother, uncle...)
- friend/known
- Unknown person
- Other

If partner, how long have they been together \_\_\_\_\_

If (ex) partner, How long ago did they break up? \_\_\_\_\_

Do the man and the woman currently live together? ( ) Yes ( ) No

### DIRECTLY OBSERVABLE RISKS

Please indicate if, in the last month, you have directly observed one or more of these behaviours, attitudes, and emotions by a player. If you noted it before the previous month, please indicate “Yes, before the last month”.

In this session, Please refer ONLY to what you have directly observed.

Risk factors	Factor detection	Information source
1. The woman has suspicious injuries  (e.g., wounds, bruises, puncture marks, burns, fractures, particular pains).	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Coach
2. Hyper-vigilance, alertness  (e.g., worry, fear following a sudden noise, etc.)	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Coach
3. Avoidance of specific places, situations, or people without apparent reason	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Coach
4. Low mood or sudden change in mood	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Coach

5. Reduced interest in habitually satisfying activities (e.g., sports, social activities)	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Coach
6. Apathy, detachment, and estrangement from situations or people	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Coach
7. Previously unexplained persistent anxiety	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Coach
8. Hyperactivity: anger, rage, irritability	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Coach
9. Difficulty concentrating decreased performance	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Coach
10. Absences or unusual delays to training or matches decreased performance	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Coach
11. Reduced self-confidence, self-preparation, competence	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Coach

### RISK FACTORS REPORTED BY OTHERS


Please, indicate the presence of the following risk factor, expressed by the teammates, the woman, or others. If the coach received some information (about risk factors) before the previous month, indicate “Yes, before the last month”.

Risk factors	Factor detection	Information source
12. Her (ex) partner (or significant other) insulted and/or yelled her	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Teammates <input type="checkbox"/> Woman <input type="checkbox"/> Other(s)
13. The (ex) partner (or significant other) continually criticizes contradicts or interrupts her	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Teammates <input type="checkbox"/> Woman <input type="checkbox"/> Other(s)
14. Her (ex) partner (or significant other) demanded sexual intercourse or unprotected sex	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Teammates <input type="checkbox"/> Woman <input type="checkbox"/> Other(s)
15. Her (ex) partner (or significant other) hit, pushed, and grabbed her	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Teammates <input type="checkbox"/> Woman <input type="checkbox"/> Other(s)
16. She is concerned about the reactions of the (ex)partner (or significant other) (e.g., their response following a delay)	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Teammates <input type="checkbox"/> Woman <input type="checkbox"/> Other(s)
17. Extreme jealousy by the (ex) partner (or significant other) (e.g., They control the woman’s dressing; they didn’t want her to go out with friends)	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Teammates <input type="checkbox"/> Woman <input type="checkbox"/> Other(s)
18. The partner constantly calls and/or takes messages from her (ex)partner (or significant other) or delivers unwanted gifts to the woman, and shows up during training	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Teammates <input type="checkbox"/> Woman <input type="checkbox"/> Other(s)
19. The (ex)partner persistently seeks or forces physical contact with the woman (e.g., they try to hug her, to kiss her, they block her)	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Teammates <input type="checkbox"/> Woman <input type="checkbox"/> Other(s)

20. The woman changed her habits (work, commute home, participation in social activities) out of fear of her partner (or significant other)	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Teammates <input type="checkbox"/> Woman <input type="checkbox"/> Other(s)
21. Nightmares, difficulty sleeping, difficulty concentrating	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Teammates <input type="checkbox"/> Woman <input type="checkbox"/> Other(s)
22. Minimization of (ex)partner (or significant other) aggressive behavior	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Teammates <input type="checkbox"/> Woman <input type="checkbox"/> Other(s)
23. Justification or woman guilt for an aggressive behavior of (ex) partner (or significant other)	<input type="checkbox"/> <i>No</i> <input type="checkbox"/> <i>Yes, in the last month</i> <input type="checkbox"/> <i>Yes, before last month</i>	<input type="checkbox"/> Teammates <input type="checkbox"/> Woman <input type="checkbox"/> Other(s)

### GLOBAL EVALUATION

The risk assessment does NOT have a score. From observing the direct and referred risk factors, try and provide an overall evaluation choosing among three levels of risk, and you should indicate indicates the color (that represents the level of risk: low (green), yellow (medium), and red (high)).

<p>Type of risk</p> <p><i>You can indicate more than one of the typologies of suspected violence.</i></p>	<input type="checkbox"/> Psychological violence <input type="checkbox"/> Economic violence <input type="checkbox"/> Physical violence <input type="checkbox"/> Sexual violence <input type="checkbox"/> Stalking <input type="checkbox"/> Other violence
<p>What is the risk that the woman suffers violence?</p> <p><i>Please indicate if the risk is low (green), medium (yellow), or high (red).</i></p>	

	<p><b>DESCRIPTION OF THE SITUATION</b></p> <p>The situation seems alarming, with a high risk of violence by the (ex) partner (or significant others). Specifically, the episode of violence is observed directly (e.g., the coach sees that the athlete is yanked out of training) or the woman looks in danger (highly visible violence).</p> <p><b>WHAT TO DO</b></p> <p>The methods of reporting to the police must be agreed upon with the anti-violence centers, guaranteeing the woman's protection. The coach should inform the woman of the subsequent procedure activation and invite her to contact the anti-violence center.</p> <p><b>IF THE VIOLENCE ACT HAPPENS IN FRONT OF YOU OR YOU WITNESS AN ACT OF AGRESSION WHEN THE VICTIM'S LIFE OR PHYSICAL INTREGRITY IS AT RISK YOU MUST CALL THE POLICE</b></p>
	<p><b>DESCRIPTION OF THE SITUATION</b></p> <p>Any other suspicions of violence. The risk of violence seems present. In the relationship with the (ex) partner (or significant other), some problems/ episodes must be monitored.</p> <p><b>WHAT TO DO</b></p> <p>Coach should invite women to contact anti-violence centers. They could help a woman understand or recognize the problem (e.g., if the indicators referred to a conflict situation or an abusive relationship).</p>
	<p><b>DESCRIPTION OF THE SITUATION</b></p> <p>No worrying signs detected. The situation does not appear problematic or at risk of violence.</p> <p><b>WHAT TO DO</b></p> <p>If the woman's behaviour changes or is unusual, monitor the case, including re-screening.</p>



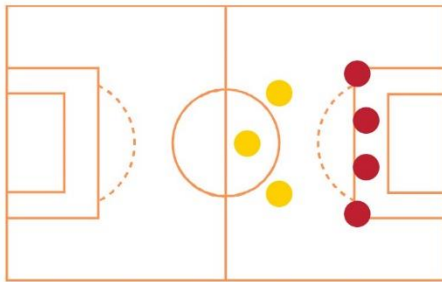
### Annex 3.2.2.1

STRONGER TOGETHER

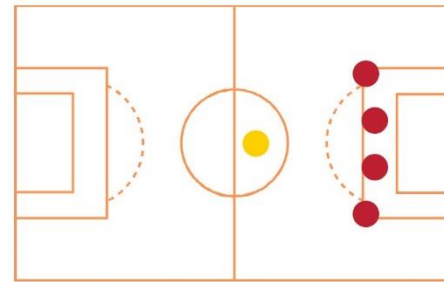


## Annex 3.2.2.1

### TEAM PLAYER MODE:



### SINGLE PLAYER MODE:



### Annex 3.2.2.2

STRONGER TOGETHER



## Annex 3.2.2.2

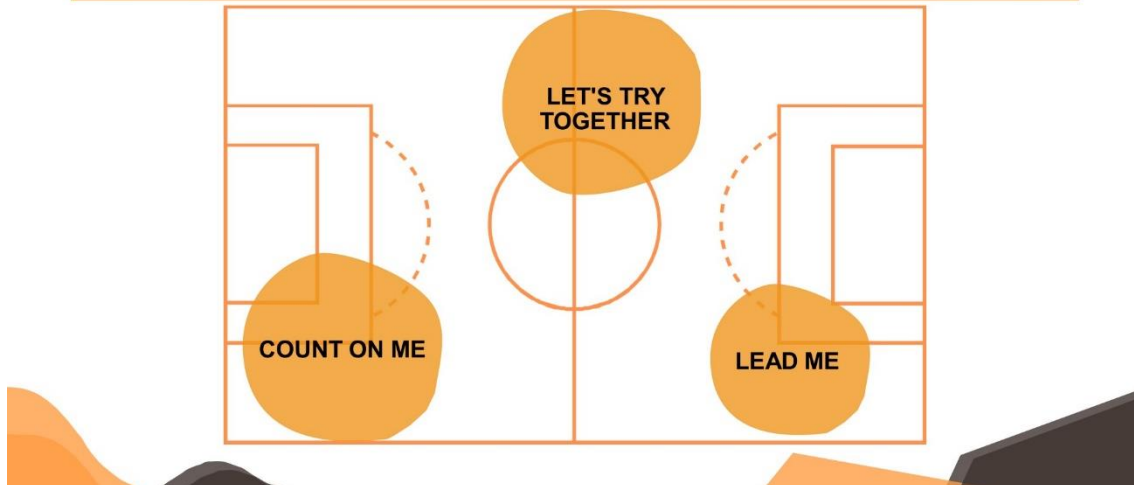
ROUNDS	TEAM PLAYER MODE	SINGLE PLAYER MODE
ROUND 1		
ROUND 2		
ROUND 3		
TOTAL SCORE		

### Annex 3.2.3.1

#### BUILDING TRUST



### Annex 3.2.3.1



### Annex 3.2.4.1

#### QUESTIONS ABOUT GENDER-BASED VIOLENCE



### Annex 3.2.4.1

<b>1. According to ONU, how many years until achieving gender equality at world level?</b>	<b>2. When do we celebrate the International Day for the Elimination of Violence against Women?</b>	<b>3. When was violence against women first recognized as a violation of human rights?</b>
37 years	8th of March	1890
156 years	25th of November	1992
286 years	9th of May	2002

QUESTIONS ABOUT GENDER-BASED VIOLENCE



## Annex 3.2.4.1

**4. Which are the main forms of gender-based violence according to the Istanbul Convention?**

. Mental, physical, public and private

. Physical, sexual, psychological and economic

. Institutional, personal, public and private

**5. How many women have experienced physical and/or sexual violence in their lifetime?**

. 1/4

. 1/3

. 1/5

**6. What is the percentage of adolescent girls that have already been physically, sexually or psychologically abused by a partner by the age of 19? (according to The World Health Organization)?**

. 5%

. 14%

. 24%

## Annex 3.2.4.2

QUESTIONS ABOUT GENDER-BASED VIOLENCE



## Annex 3.2.4.2

**1. 286 years**

**2. 25th of November**

**3. 1992**

**4. Physical, sexual, psychological and economic**

**5. 1/3**

**6. 24%**

## Annex 3.2.5.1 “Training players”

Project title: **GOAL** Social inclusion: innovative a**CT**ions  
against gender diffe**RE**nces and prejudice in general  
Project acronym: **GOALSCORE**  
Project supported by **UEFA**

Co-funded by  
the European Union

Project supported by



# GOALSCORE

## PROMOTING AWARENESS



Founded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

- 1 What gender-based and domestic violence is: definitions, characteristics, and typologies.
- 2 Main consequences for women experiencing violence
- 3 Indicators of the risk of (domestic) violence
- 4 Useful tips

1

What gender-based and intimate partner violence against women is: **definitions**

**GENDER-BASED VIOLENCE** is a phenomenon deeply rooted in gender inequality and continues to be one of the most notable human rights violations within all societies. Gender-based violence is violence directed against a person because of their gender. Both women and men experience gender-based violence but the majority of victims are women and girls.

Women face violence and discrimination based on gender, some women **experience multiple and interlocking** forms of violence.

**Intimate partner violence against women** is the most widespread form of violence. Multiple incidents of violence can be happening at once and reinforcing each other.

1

What is violence against women: **tipologies**

**PSYCHOLOGICAL VIOLENCE**

Any act which causes psychological harm to an individual. Psychological violence can take the form of, for example, coercion, defamation, verbal insult, or harassment.

- ❑ It refers to offensive or degrading actions, usually verbal, but can also include threats, humiliations, denial of affection, and restrictions such as social isolation, etc.
- ❑ is an insidious form of violence for two main reasons:

1. hardly recognizable
2. often precedes physical violence

**SOME EXAMPLES:**

- Wanting to know what you're doing, where you are, and who you're with at all times*
- Expecting you to be in constant contact or checking up on your whereabouts*
- Wanting the passwords to your phone, email address, and social media accounts to track your digital activity*
- Getting jealous and frequently accusing you of cheating on them*
- Making decisions on your behalf, like what you will eat or wear, often without consulting you*
- Trying to keep you from meeting your friends and family*
- Discouraging you from working, going to school, or attending social events*
- Detering you from getting medical help or advice*
- Getting angry and abusive in ways that are frightening to you*
- Swearing at you, calling you names, or treating you like a child*
- Ridiculing you or humiliating you in front of others*
- Threatening you or your loved ones with bodily harm*
- Threatening you with police or legal action, often for made-up reasons*
- Threatening to hurt themselves when they're upset with you as a way of manipulating you and controlling your behavior*
- Telling you things like, "If I can't have you, no one can."*

1

What gender-based and domestic violence is: **typologies**

## ECONOMIC VIOLENCE

Any act or behaviour which causes economic harm to an individual. It includes:

- Monitoring her spending habits and controlling your finances
- restricting access to financial resources, education, or the labor market
- property damage
- prevent women from working
- force her to quit her job
- salary check
- oblige her to deposit her salary into the man's current account
- seize or not provide the woman with debit/credit cards
- exclude her from the economic management of the family
- force her into debt
- not complying with economic responsibilities, such as alimony (also towards the children)

1

What gender-based and domestic violence is: **typologies**

## PHYSICAL VIOLENCE

Any act which causes physical harm as a result of unlawful physical force. Physical violence can take the form of, among others, serious and minor assault, deprivation of liberty and manslaughter.

*Slapping, yanking, grabbing, pushing, kicking, punching, biting, spitting, pinching, hair pulling, burning with cigarettes, burning, hitting with objects or weapons, mutilating female genitals, depriving of medical care, attempting to strangle, stabbing, killing.*

## 1 What gender-based and domestic violence is: **typologies**

### PHYSICAL VIOLENCE

- ❑ In the context of intimate partner violence, physical violence can be perpetrated indirectly, for example, by breaking objects that have sentimental value for the woman or harming the pet.
- ❑ It often happens that the man becomes physically violent just when the woman decides to leave. If the (ex) partner has already acted physically aggressively, faced with the risk of separation, the abuser acts more seriously with aggression that leads to an escalation of violence.

## 1 What gender-based and domestic violence is: **typologies**

### SEXUAL VIOLENCE

- ❑ Any sexual act performed on an individual without their consent. Sexual violence can take the form of rape or sexual assault.
- ❑ In the intimate partner violence context (see next slides), a woman who has sexual intercourse with her partner under the intimidation of physical aggression suffers sexual violence; in fact, the definition of sexual violence includes coercive and physical actions that vary from the attempt to persuade someone to perform a sexual act against the own will, ignore dissent responses, up to physically forced sexual acts.

## 1 What gender-based and domestic violence is: **typologies** **ONLINE VIOLENCE**

**Non-consensual dissemination of intimate images (NCII)** is a form of image-based sexual abuse which refers to a set of practices involving the dissemination of sexual material through images/videos of a person without his consent.

The **source** of the disseminated material:

- victims took their intimate pictures ("selfies")
- the victims consented to have someone else take them but did not consent to their distribution.
- The intimate images/videos were taken surreptitiously, without the victim's knowledge.



The **main reasons recognized**:

- revenge, blackmail, or coercion
- enjoyment, sexual gratification, and social status

**Offender:** can be perpetrated by current or past partners, friends and acquaintances, family members, or people unknown to the victim. The perpetrator is commonly the (ex)partner or a person related to the woman from a current or past intimate relationship.

**Victim:** Women, more than men, are the primary victims of NCII, also of the consequences they suffer

## 1 What gender-based and domestic violence is: **typologies**

### **INTIMATE PARTNER VIOLENCE (IPV) against women**

- ❑ It is the most widespread form of violence against women and the most complex.
- ❑ Unlike other traumatic situations, domestic violence arises within what for women is a relationship of love and trust.
- ❑ Violence does not have a precise beginning, making it difficult for women to recognize and determine when it began.



# 1 What is violence against women: **IPV against women characteristics**

- ❖ **COVERED** => “Dark number” of women experiencing intimate partner violence
- ❖ **TRANSVERSAL** => it is a worldwide phenomenon that affects all women of all social groups
- ❖ **CONTINUOUS** => is characterized by repetition
- ❖ **CYCLIC** => The violence alternates with **Honeymoon phases**. This mechanism makes it more challenging to get out of an abusive relationship.

## INTIMATE PARTNER VIOLENCE AGAINST WOMEN

# 1 What is violence against women: **IPV against women characteristics**

## Cycle of Abuse

Honeymoon Phase



Tension building phase

Explosion Phase

INTIMATE PARTNER VIOLENCE AGAINST WOMEN

**1** What is violence against women: **Cycle of violence (Walker, 1979)**

**Love bombing**



"... when we first met, my partner was really nice to me"

"...at the beginning of our relationship we experienced some very beautiful moments..."



"...I loved my partner, he/she was all positive and "normal," I never thought he/she would hurt me..."

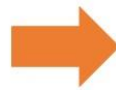
INTIMATE PARTNER VIOLENCE AGAINST WOMEN

**1** What is violence against women: **Cycle of violence (Walker, 1979)**

**Tension building**

The man is irritated but does not directly act violence; this manifests on the level of Non-verbal behaviour. IRRITABILITY MOTIVATED BY DAILY PROBLEMS

Blaming the other as a cause of the perceived stress and frustration



The woman begins to feel a growing tension and tries to prevent the escalation of violence by focusing all her attention and energy on the man. She represses her needs. She hopes, in this way, to reduce tension and avoid abuses.

Psychological preparation for oppression, overwhelm and to act aggressive behaviour.

INTIMATE PARTNER VIOLENCE AGAINST WOMEN

**1** What is violence against women: **Cycle of violence (Walker, 1979)**

**Acute battering incidents**

SCREAMS, INSULTS AND THREATS,  
SHATTERED OBJECTS  
PHYSICAL AGGRESSION  
SEXUAL AGGRESSION



VIOLENCE AS A STRATEGY OF CONTROL  
VIOLENCE AS A STRATEGY OF DOMINATION

DISBELIEF & initial reaction  
SADNESS  
LEARNED HELPLESSNESS  
THE WOMAN LEARNS SOON THAT ANY REACTION OF HER  
WILL ONLY MAKE THE PARTNER'S VIOLENCE WORSE.

INTIMATE PARTNER VIOLENCE AGAINST WOMEN

**1** What is violence against women: **Cycle of violence (Walker, 1979)**

**Honeymoon Phase**

REPENTANCE  
APOLOGIES  
GUILT OF THE PARTNER  
PROMISES OF CHANGE  
PROBLEM SHIFT (E.G., WORK, HEALTH...)



AIMED AT MINIMIZING THE AGGRESSION

THE WOMAN BELIEVES AND FORGIVES HIM, HOPING FOR A  
CHANGE

## 2 Consequences for women experiencing violence

### Physical effects

- Lesions
- Injuries
- Impaired immune system
- Increased vulnerability to viruses and infections
- Impaired self-care
- Untimely healthcare
- Unwanted pregnancies
- Abortions
- Gynecological complications
- Chronic health problems (e.g., Chronic pain).

### Psychological and emotional effects

- PTSD (Post traumatic stress symptomatology)
- Feel unwanted and undeserving of love and respect
- Feel hopeless, powerless, guilty, or ashamed
- Feel controlled, manipulated, or used
- Feel overwhelmed and stressed
- Live in constant fear of upsetting your abuser
- Act differently in order to avoid upsetting your abuser
- Doubt and question your version of events
- Have difficulty focusing, sleeping, or enjoying your work and hobbies
- Develop anxiety, depression, self-esteem issues, or chronic pain
- Attempted suicide
- Alcohol/drugs abuse (two-way relationship)

## 2 What is violence against women: **CONSEQUENCES ON CHILDREN**

**Witness violence** refers to any act of physical, verbal, psychological, sexual and economic violence committed against the minor's parents or significant others, adults or minors; the child can experience this violence **directly** or **indirectly** and/or by perceiving its effects.

- Between 40% and 60% of abusive partners are also violent with children.
- Paternal sexual abuse is more likely when the mother is partner abused (WHO, 2010).
- 62% of violent acts against women by partners occurred in the presence of minor children.

2

## What is violence against women: REVICTIMIZATION

### VICTIM BLAMING

When the victim of a crime or any wrongful act is held entirely or partially responsible for the harm that befell them.



- ⇒ **Double Standard Theory:** Women are judged more severely than men for sexual activity
- ⇒ **'Rape myths':** justify the perpetrator's actions and/or blame the victim

Victim blaming occurs at a disproportionate rate in sexual assault, especially when compared to other crimes.

**Some Examples of Victim Blaming:**

- "Well, when someone dresses the way she does, she's asking for it."
- "He should have liked it."
- "She was drunk; she must not be remembering things correctly."
- "He was flirting with him, what did he expect?"
- "I know him...he is a really nice person and would NEVER do something like that. She's just trying to make him look bad because he broke up with her."
- "They just regret having sex and are trying to cover up their bad choices by 'crying rape'."



1. Victim blaming doesn't prevent crime, it invites more of it
2. Victim blaming prevents victims from coming forward
3. Victim blaming creates a culture that condones sexual violence

In **no case** suffered violence is the responsibility of the victim.

3

## Indicators of the risk of intimate partner violence against women?

- (ex)partner (or significant other) insults or yell at the woman
- (ex)partner (or significant other) mocks, humiliates, and ridicules the woman
- (ex)partner (or significant other) limits the woman in her decisions about her, about the things she wants to do, about the people she wants to see (e.g., work, friends, sports, social activities)
- (ex)partner (or significant other) is extremely jealous, possessive, and suspicious (e.g., she does not want her to dress a certain way without her partner, and constantly suspects infidelity)
- (ex)partner (or significant other) monitors or stalks (e.g., checks phone and social media profiles, keeps calling, texting constantly, gets angry and makes a woman feel guilty if she does not answer the phone, chases her on foot or with the car)

- (ex)partner (or significant other) pushed or shoved or slapped the woman
- (ex)partner (or significant other) destroyed her belongings or threatened to destroy them
- (ex)partner (or significant other) threatened to harm the woman or someone close to her
- (ex)partner (or significant other) hit the woman
- (ex)partner (or significant other) has been physically abusive to another woman in the past
- (ex)partner (or significant other) tried to stop the woman from walking away from them
- (ex)partner (or significant other) becomes more aggressive and violent towards the woman when she uses alcohol or drugs
- (ex)partner (or significant other) persistently seeks or forces physical contact with the woman (e.g., they try to hug her, to kiss her, they block her)
- (ex)partner (or significant other) demanded sexual intercourse or unprotected sex

**How is the woman? What does she do?**

- The woman fears being subjected to violence or aggressive reactions from her partner.
- The woman changed her habits (work, commute home, participation in social activities) out of fear of her partner (or significant other)
- Nightmares, difficulty sleeping, difficulty concentrating
- Minimization of (ex)partner (or significant other) aggressive and or controlling behavior
- Justification or woman's guilt for an aggressive or controlling behavior of (ex) partner (or significant other)

## 4 Useful tips

This part has been provided by women associations

### 1. WHAT CAN YOU DO IF

...you are a victim of domestic violence

1. If your life is at risk call immediately 112.
2. Get proof and document any of the interaction with the aggressor.
3. File an official complaint at the police.

## 4 Useful tips

This part has been provided by women associations

### 1. WHAT CAN YOU DO IF

...you are a witness to an act of violence or know someone who is a victim of domestic violence

If you are witnessing a case of violence, call 112.  
You can ask the operator to remain anonymous.  
If you know someone who is in an abusive relationship, talk to that person and assure them that you are supporting them.  
You can send them useful information about what they can do and what services they can use.  
Support them, whether they are ready to leave the relationship or not and don't judge them. The circle of violence is difficult to break, and the victims of domestic violence are often alone, isolated from friends and family and do not have reliable people to turn to.

## 4 Useful tips

This part has been provided by women associations

### 2. MUST KNOW

**YOU ARE NEVER TO BLAME!**

**YOU ARE NOT RESPONSIBLE FOR ANOTHER PERSON'S  
AGGRESSIVE BEHAVIOUR!**

**YOU DESERVE TO BE IN A HEALTHY AND LOVING RELATIONSHIP  
NOT TO LIVE IN FEAR AND VIOLENCE!**

## 4 Useful Contacts

**FILIA Center | Centrul FILIA**

+40 021 313 80 24 | website: <https://centrulfilia.ro/>  
office@centrulfilia.ro



**ANAIŠ**

+40736380879 | website: <https://www.asociatia-anais.ro/home>

**FUNDATIA SENSIBLU**

021 311 4636

**NATIONAL HELPLINE**

0800 500 333



**APAV – Associação Portuguesa de Apoio à Vítima | Portuguese**

**association for Victim Support** | R. José Estêvão 135 A, 1150-201 Lisboa,  
Portogallo | phone: +351 21 358 7900 |

website: [https://apav.pt/apav\\_v3/index.php/en/](https://apav.pt/apav_v3/index.php/en/)



**Malta Women's Lobby** | c/o Keimar Building Level 4, Giovanni Mamo Street,

B'Kara – BKR 291 website: <https://maltawomenslobby.org/>

Click on the map to have more information and other contacts. **Wave** is a European network promoting the rights of women and children that provides a list of members also in your country.



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## Annex 3.2.6.1

### Self-efficacy – Part 1



## Annex 3.2.6.1












- What is gender-based violence?
- How can you define psychological violence?
- What are the typologies of violence that you know?
- Could you provide several examples of online violence?
- Could you provide examples of economic violence?
- How can you define sexual violence?•What are the main characteristics of intimate partner violence against women?
- What is the cycle of violence?
- What are the main effects of women that suffered violence within the intimate relationship?
- What does it mean «revictimization»?
- What is some direct risk factor that may suggest violence is occurring?
- Concerning partner behaviour: what risk factors may suggest violence is occurring?
- Concerning the woman's behaviour, what risk factor may suggest she suffers violence?
- What can you do if you are experiencing violence?
- What can you do if you witness an act of violence or know someone who is a victim of domestic violence?
- What are the main things about violence against women (inside or outside an intimate relationship)?
- Indicate helpful contacts in case of violence.

## Annex 3.2.6.2

### SELF-EFFICACY – Part 2



## Annex 3.2.6.2

- |   |  |
|---|--|
|  <b>"She provoked him"</b>   |  <b>"She certainly deserved it"</b>                     |
|  <b>"Her partner hit her because he lost control, he was beside himself"</b> |  <b>"Her partner was just worried about her"</b>        |
|  <b>"Why didn't she report it earlier?"</b>                                  |  <b>"She sent him mixed signals"</b>                    |
|  <b>"She hasn't reported her partner so far?"</b>                            |  <b>"She got it coming, dressed as she was"</b>         |
|  <b>"She didn't protect her children, she isn't a competent mom"</b>         |  <b>"She certainly did something to upset him"</b>      |
|  <b>"She was drunk"</b>  |  <b>"She gave her partner no choice but to hit her"</b> |



### Annex 3.2.6.3



The below story might contain details of an abusive relationship and it might be difficult to read. It is all right if you do not read it if you do not feel comfortable!

Diana's story

My story began in a nice, warm summer day. I was 19 years old and I had a such a lust for life, I wanted to spend time with my friends, to travel all over the world, to see and learn about anything and everything. That summer I met him. Our first encounter was purely random, through his job as I was stopped for a routine checkup. He was a man that seemed presentable, funny, but I have to admit that I did not feel attraction towards him on the spot.

After a month, he sent me a Facebook friend request. He had retained, it seems, my name. We started having small talks, giving likes back and forth, I liked talking to him and, at that time, I can say I considered him a trust worthy person, maybe due to his job too. With every message that we sent and received to and from each other, a bond was forming between us and I started getting attached to him. Our first romantical date happened only after a year since we started talking on Facebook. I can say we was patient with me, to win me over, but that gave me the impression that we wanted for us to be together. And so it happened.

The first 3 months were like a dream: he was so careful with me, he knew just how much I liked to travel, to see the world, we were traveling everywhere, he was getting me gifts all the time, he was so loving and I was so in love with him. The first events that made this crystal ball begin to crack were his jealous outbursts.

I am the kind of woman that is not looking and doesn't want the attention of other men, especially when I am in a relationship. But I have to admit that the way I look is important to me and I can say that I am a neat person.

He had this habit of asking all the time for my phone to check the last messages I received. He would get really angry, would throw the phone as hard as he could in any direction he could every time I got a message from any man that he didn't know. When these fights first started I thought that I understand him because I was convinced that he loves me very much. Then he asked me for the passwords of all my social media accounts. I was totally under his control. He started being physically violent with me due to this extreme jealousy he had. And from here I did not understand him anymore, I started asking questions. Questions that I would ask him too, that would only make him even more angry. Then the daily blaming started coming, the insults, I felt really humiliated by him, but in the same time it was like I did not had the power to tell him that he is not right, that I am not, I was never and will never be the way he tells me that I am!

I started seeing a side of him that he never let out in the beginning: his violent character and the meanness that he had in him. I learned about the way he behaved with his family too. He would often argue with them and they had a really conflictual relationship. Slowly, my friends started disliking him, but all of these did not make me put an end to it at that time. I was living with the impression that at the beginning he loved me so much, that I was so beautiful and smart to him that maybe, alongside the relationship, I have done something wrong, and I was feeling guilty that I made him feel this way about me now. How much he liked how I dressed and how often he would say that I am beautiful in the beginning, now he almost would make me not wear any makeup at all. Once he wiped off my makeup with his cold hand and asked that, starting from that day, to not put any kind of makeup on my face. I was not able to obey to him and in that moment I decided that he was asking me for a thing that I could not accept. I just felt like he was asking to give up to something that I really liked and that I could not let go of!

I think I started realizing that my relationship with him was toxic and that it could no longer go on when he psychically assaulted me in a public space, where multiple people witnessed it. When it was happening at home it was just the 2 of us, but now there were people up there and that made me realize that it must end because it will only lead to worse and worse. The breakup, as expected, was not the friendliest possible, with a lot of pushes and promises on his part. He tried to get in contact with me a long time after this and honestly, I was afraid that I will never get rid of him. He even threatened me, but it never become real.

And after a while I started to not be afraid anymore, I started to enjoy my life, my friends and all the things that I liked again, I started to travel, to run, I continued my studies, and in the end, I got the confidence that everything will be fine again!

This story was taken from [www.sieureusec.ro](http://www.sieureusec.ro), project belonging to ALEC Association



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*The below story might contain details of an abusive relationship and it might be difficult to read. It is all right if you do not read it if you do not feel comfortable!*

#### Otilia's Story

I was already familiar with the feeling of guilt. That the sun was shining too bright or that it was not bright enough. That for everything in this world was my fault. I was the guilty one when I was receiving all the punches that my husband would kindly share with me. I was guilty when people I knew would say Hi to me on the street, when men would look at me. I was receiving punches for this too.

Everything started 24 years ago, in a kind of a romantic way. He was presentable, with a respectable social status. His attention overwhelmed me. His monopolizing and possessive love spoke to the sensitivities that a girl like me, a country girl who grew up in a modest yet loving and respectful family, had. We moved together and the scandals began. My parents, who witnessed an ugly scene, told me to go back home with them. But I was in love with him and I was sure that my love would cure him of every disillusion that his parents' divorce caused. I would be his family, his rock. And we got married. I remember a slap that I received, all while being pregnant with our son, because a man looked over at our table. And then it was a cruel beating that sent me to the emergencies, all over some money that my father in law had decided to not give us anymore. And then there were almost daily fights over his chronic consumption of alcohol and his irrational jealousy. He would start fights because I would not come home fast enough from work, me being dependent on the buses that not always would stick up to the schedule.

6 years after our son, our daughter came. I was happy that maybe a delicate miracle that looked like him would make him want to protect, to become a better man. The fact that he was working far from home almost made things bearable. The kids loved him, they missed him. We began to build a house for which I was working hard too, even after the night shifts, anytime it was necessary. It was always necessary. I was a mother, a wife, a worker for my own house and for my job, and a father when he was gone. I was doing all of these led by the faith that, maybe, if he will see it, he will appreciate, he will love me. The love was not coming, but the slaps were coming, sometimes the punches too. I was sure that I was not trying hard enough and that this was the reason he was not satisfied.

Sometimes the target of his violence were the children and then I was revolting and standing up to him. I had learnt how to protect them by hiding them from the fights and by trying to keep him far from them when he was angry. This was how I knew how to protect them, by receiving all the violence instead of them. If it was necessary and by feeling proud when I was pushing the harm away from them. The first one to say that we are not fine as a family was my son. Growing up he became the target of his father – physically less but with endless rants about how he sees his life and future. Then the first attempt to get my children and leave the house appeared for the first time in my mind. But our daughter was feeling comfortable in the world she had created in our new house. I thought I was doing good by staying there, even though the physical and spiritual cost became impossible to bear. In order to fuel his thirst for money, I got an extra job. I was exhausted but pleased that I was getting out of the hell that our home became.

Our son moved to another city to go to university. My husband was retired and would seldom leave the house. One evening, my 15 old daughter told me that she does not feel alright and that she wants to die. I knew what depression was and how appealing the dark thoughts can be when you are all wrapped in them. I wanted to help, but I knew that her dad would consider it a whim and would have not agreed the idea. But as the next day I left for work, I was afraid of her soul's fragility and I asked her father to take care of her. The monster went to her and asked what's wrong with her. And she told him what she wants to die. Nothing shook him, as it would have shaken any other parent. He told her that if she wants to die, he would help her. When my daughter called me while I was at work and told me all of this, any trace of patience was gone. He had destroyed my health, he had destroyed my soul, but never would have I imagined that he could be so bent on destroying his own child. I went back home, I stood up to him like never before, I took my kid and left. After 24 years I took only 3 backpacks and the cats.

In this moment, we are going through therapy to heal ourselves. I know how wrong was everything and how wrong of me was to stay together with a psychopath (I am using the term knowingly). But the biggest cost was paid by my children who grew up without important references, in a dysfunctional family, with an alcoholic and abusive father and a depressed mother that was incapable to protect herself and those around her. When you choose a husband, think that you are not only choosing for yourselves. Children come on this world only with their infinite love for their parents. They just want their parents' love in the first years. They want beautiful memories with their parents. My daughter, whom I raised mostly by myself (I had a babysitter that would come while I was working) does not have any memories with me. I was existing, but I was not there for her. I was tired, upset, overwhelmed by all the responsibilities that I took upon myself. We are now trying to build a mother-daughter relationship from shards. We are struggling a lot. We lost a lot by leaving, but we lost the most by not leaving soon enough. Our children cannot choose the family they are living in, so we as adults should choose correctly for them.

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*The below story might contain details of an abusive relationship and it might be difficult to read. It is all right if you do not read it if you do not feel comfortable!*

I think my name is not that important, but my story is. I am 57 years old, have been married for 33 years and I have 3 children – 2 girls and a boy, and I am a victim of abuse... today I know that what I am leaving is a constant abuse.

The first years of the marriage were calm, we would fight just as any other couple, but he would never hit me. Step by step, the insults, the accusations, the defiance and then the hits started coming. He showed his true face – selfish, vain, thirsty for power and for the possession of the supreme truth, a tyrannical man.

He always wants to have the last word, if I do not have the same opinion as him that means that I am stupid, uncultured, that I have no idea and that I better shut up than to disturb his hearing with the nonsense I am saying. In the household, we buy only the things he likes, we travel for our holidays only where he wants, he allows me to buy myself only the clothes that he finds beautiful, no matter if I like them or not.

I was a woman full of desires, ideals, plans, I wanted to improve, to grow, to study, to learn, to know, to experiment. I was a good pupil, a good student, I had good grades, I had a lot of potential, I was capable of many things, I was sure that I would be able to do many things, I was feeling like I could move mountains and that nothing is impossible. And then he started telling me that I am not doing it right, that I am not choosing well, that it is better the way he tells it and that if I want to make it I better listen to him... I did listen to him, I thought he wanted the best for me... I completely failed in everything I aimed for after that. I later realized that all he wanted was to keep me in his shadow, I was like a puppet in his heavy hands, and a puppet does not do any other moves than those that come from the puppet master, does he? In a moment of despair, I said that I am going to get a divorce... that's all it took... the threats and punches started coming in. All my friends were telling me to stay in my place, that I will not succeed, that it will be worse... since they met him that way. And I stayed in my place. Quite like a breathless puppet. It was only getting worse up to the point where he would get the notebook out and he would tell me not to talk to him that day, that he doesn't see an appointment on my name. He would get the books and made me read what he liked. I couldn't set the table at any other hour than those specific chosen by him and I was allowed to cook only the food that he felt like eating and automatically I had to eat myself when and what he liked.

I sought help, with a lot of fear in my heart. The small puppet began little by little to become alive. It was like I was starting to get confident... I didn't even know how that felt like anymore. At the last fight, that left a lot of signs and a certificate from the forensic institution, I decided that I want to leave, I thought that if I stay... I have all the odds to die. I moved out on my own, and when I looked in the mirror, after many years, I saw something different, a trace of confidence, of strength, of courage. A small part of the woman I used to be started shyly to come out. Without help, I would not have made it! Offer help!... there are so many hands waiting for it, so many voices quietly screaming for it!

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**Sonia's Story**

To write about abuse now is like opening a wound that still hurts like hell. It makes me dizzy, it makes me want to stay in bed, it tightens my face and other places where I've been hit. I want to go out on the street and tell abused women, "You can do it without him. Believe me, if you could do it with him, without him you will smile again, you will be free, happy, and you will find a space of your own to heal your wounds."

I was in an abusive relationship for 7 years. I was a student, cheerful, had a part-time job, enjoyed drinking coffee with colleagues, dancing, singing, learning, laughing, and working. Until I met him. He seemed like a charming man, nice and attentive to women, caring. It didn't take him long to enchant me. But that attitude of his didn't last long either. Gradually, I lost confidence in myself, in people, in life. Broken tables or phones, clothes thrown out in the middle of the night, beatings and insults. In his eyes, I had become the crazy one, stupid, idiotic, jealous, paranoid, ugly, sad, and oh, how many more names I've heard, that now I feel all of them as a burden in my whole body. And the saddest part is that I had started to believe all those things about myself. Manipulation, blackmail, threats. I felt trapped at home, sometimes literally, sometimes figuratively. And I struggled. I had dropped out of college, tired of the calls and jealousy.

At one point, I had two jobs, cleaning, cooking, washing, and in the end, I was the one who didn't do anything, didn't bring in any money, and couldn't have managed without him. Yes, it's true, I couldn't anymore.

During that period, I was destroyed by his words and behavior. I was confused, silent, and sad. I had resigned myself, and I didn't care about myself at all. But I didn't give up: I got dressed and put on makeup so that no one would suspect what I was going through at home and how I felt. Of course, my friends who knew him would ask me why I was doing this, why I allowed it, why I didn't leave. And I felt even more guilty and powerless... But because I didn't speak up, I never said everything... His behavior didn't stop within the walls of the house. Even now, when I hear a man yelling on the street, I tremble.

I learned from my mother that it's shameful to talk about abuse. That you're not allowed to speak ill of the man next to you. That women endure, that's their fate. The moment came when I realized that I no longer knew who I was. The universe, God, a part of me, or whatever it was, stopped for a moment, shed light on me, on what I feel, and I said: Enough, stop. I can't think with my own mind anymore. I don't know who I am anymore. I don't want this anymore. Be silent. Leave. I don't want this anymore. I was so firm that even I was amazed by my attitude.

From that moment on, I knew that if I didn't do something for myself, my life and mental health were in danger. Years of therapy followed, phone calls, apologies, forgiveness in almost a year when I couldn't escape from all of this, but I still wanted to save him. I am still in therapy almost 4 years later. I took a few breaks thinking I was healed, and for over a year now, I've been doing it again, non-stop. If I were to say what helped me, it would be therapy first and foremost. I couldn't see things clearly anymore, he manipulated me even with an empty message, he turned me 360 degrees and then let me fall into emptiness. It helped me to talk gradually about it with family members or friends, from whom, for many reasons, I had distanced myself. I knew deep down in my soul that I would be able to get out of there and go through everything I went through afterward, and then I could smile again. I was looking for images in my mind, but I couldn't find any with me being happy anymore.

It was hard, very hard to heal all of this and rediscover who I am. But now I feel freer than ever, more alive, more present, warmer, more beautiful. I sing and dance in the bathroom or with friends, I run and go to the beach, I write, I draw, I have taken my life back, and even though it hurts every time I go back there, I offer myself time and patience and wait for the day when it will hurt less. I read at some point that even though it hurts now, it won't last forever. And that's exactly how it is. Plus, over time (4 years have passed since then), this experience will seem far from you, metaphorically speaking, and you will be on your side and closer to yourself than ever before.

We can do more than what a man who abuses us says. We can do it without him, and we are completely different from what we hear from him every day. My therapist used to tell me, "If you don't know who you are, others will tell you, and you will believe them." And that's exactly how it is. You don't deserve everything you experience next to him, but you deserve to heal, to believe in yourself, in people, and in life again. Talk to trusted people, ask for help. Vulnerability brings people closer. Moreover, unfortunately, you will be surprised how many women go through what you're going through, and how many, fortunately, want to help you. There is life after abuse, and you will be able to build it the way you want, but most importantly, in freedom. Believe that and believe in yourself, no matter how dark everything may seem. Say stop to abuse in your life and say "I need help." Now. As fast as you can. Every day there is there is a day when you feel bad and it's hard. Please, do it for yourself first and foremost, for your child or if you don't have one, for today's little girls who need healthy role models to say "no" to abuse. You'll see that you can. You will smile, you will watch sunrises or sunsets, you will have a peaceful coffee, you will cry and suffer without feeling guilty for everything you feel and have been through. Set yourself free, you can do it.

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*The below story might contain details of an abusive relationship and it might be difficult to read. It is all right if you do not read it if you do not feel comfortable!*

**Eleonora Pokola's Story**

My name is Eleonora Pokola, I am 55 years old, and I am a survivor of domestic violence, breast cancer, and hepatitis C. I live in Cluj Napoca. I have two wonderful children, a 26-year-old son and a 19-year-old daughter, and I am currently the president of the VIVAD Association.

Today, I want to share my life story with you. I lived in abuse for 20 years. I am happy to say that I managed to leave that relationship and rebuild my life as best as I could after such an experience. Now, I try to help women who are going through similar situations.

At first, it was just verbal violence, which I perceived as a trivial argument. Then, the arguments became more frequent and unfounded. There were reproaches about my past, my physical appearance, my decision-making abilities, my moral integrity that kept repeating more and more often. Then came the reproaches related to my parents, my friends. Suddenly, I noticed that from his point of view, everyone around me was to blame for everything that was happening in our marriage. Because they were negatively influencing me, they simply had to disappear from the scene. Later on, he made me feel guilty for everything that was happening. All the humiliations he subjected me to were actually a way to correct me, to make me into what I was supposed to be: a submissive, devoted wife. Then came the physical abuse: a slap, a hair pull, a twisted hand, a punch to the stomach, objects thrown at me ready to hit. The most humiliating gesture from him was spitting in my face. I still tremble when I remember it.

After each beating or argument, I told myself that it was the last time, that I would take a stand, that it couldn't go on like this. But my weakness defeated me every time. Regrets would always follow regarding what he had done, and there would always be a period of calm, where we apparently led a normal life.

Love is what kept me attached to him. In my view, love existed only in the parallel world I had built for myself over all these years, alongside the man I married. In that world, I could escape feeling the blows. When the hitting brought me back to reality, the pain in my soul was too hard to bear, and I would retreat back into the world I had created. Otherwise, how can I explain the lethargy in which I lived for so many years? Tenderness? Do you think that the hands that hit can also be tender? Perhaps. However, after a few hits, when his hand approached, I would flinch in fear because I didn't know what would come next: a caress or a hit.

The turning point that made me end the 20-year relationship was my children. They were the ones who gave me the strength to make that decision. For years, I hid my weakness behind the justification: I stay with him for the children. How would they grow up without a father? When I realized that the children had become my protectors and not the other way around, I felt ashamed. I had reached the point where my 10-year-old daughter was defending me. My son took the beatings meant for me, he would defend me as well. But my purpose was to protect them, not to torment them. Now, to those of you who justify your weakness in the same way, know that your children are better off without such an environment.

For 20 years, I searched for a pattern, a method to make my marriage normal. I would give mitigating circumstances to the violent outbursts, I would look for justifications for them, I would blame myself for them. I searched for answers to my inner turmoil in psychology books. I sought refuge in religion because, in my perception, influenced by a traditional upbringing, I got married until death do us part. I could tell you in great detail how I was his punching bag, the language he used towards me, what marital rape is like, how our nights were (mine and my children's), I could talk to you about our silences, our fears, or how I went through chemotherapy in those conditions. But I don't want to evoke your pity or compassion. On the contrary, I want you to see me as someone who has overcome domestic violence and who is now trying to help other women in the same situation.

What I felt and experienced in those moments can be found in the book "Povestea unei supraviețuitoare" (The Story of a Survivor). In Romania, it is said to be the first testimonial about domestic violence. Unfortunately, it's not just a story. It's a book about me and my children.

I have an important message to convey: be strong, rely on yourselves first and foremost, educate yourselves, seek associations that can help and guide you, let go of the justification "I stay for the children." You are strong, and you will surely succeed. The power lies within you!

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When I look back at the things I've been through, from where I stand now, I wonder how I managed to endure. It angers me how unjust what happened to me was, it angers me the lack of respect that I used to excuse with endless justifications. Now I can better understand how he planted in me a sense of powerlessness, mistrust, and hopelessness. For a long time, I blamed myself for not seeing it back then, for not doing anything, for not leaving earlier, for not protecting myself and my child. Now I understand myself better. But now I have hours of therapy behind me, hours of liberating tears, hours in which it was so hard to believe that I am truly on the right path, hours of discussions in which I could share my story with people and rebuild my hope that I am not lost, that my life is still worth living, that my daughter needs love and safety, not a father at any cost.

When the separation was still recent, everything felt out of control, unclear, sometimes so painful that I couldn't get out of bed to start my day. The evening before he had to leave, the police came because the neighbors called them after hearing my screams and my daughter's crying. Some time before that, after another incident of screams, insults, and arguments heard from the apartment, my neighbor told me when we met on the staircase that sometimes she was afraid that my husband would harm me and that I could turn to her if I needed help. When I heard her, I felt a lump in my throat. She said it with a firm voice. She said, looking at me, that she was afraid my husband would harm me. I couldn't respond, I felt tears welling up. I think I experienced a brief moment of hope, but then shame followed. I only thanked her with my eyes and never spoke about it again. On the evening he beat me with such brutality that it terrified me to the point of screaming, she was the one who called the police. I didn't know how much I needed someone to acknowledge that what was happening was unfair, that I was being harmed, that I had the right to defend myself.

My ex-husband started drinking after losing a large sum of money in the business we managed together. He had been neglecting the family long before that, strangely enough, right after our daughter was born. I was not only forced to cope with the responsibilities that come with caring for a new life on my own, but also with constant reproaches that I wasn't doing a good job at it. I started to believe him. It was truly difficult for me to cope. He was increasingly absent and justified it with work. I didn't feel well, but I couldn't pinpoint the reasons. Sometimes he would come with gifts, sometimes he would seem like he wanted to be an involved father. Sometimes he would apologize after insulting me. I was sure there was something wrong with me. I distanced myself from my friends because I didn't have time to go out. I was always tired, and at some point, I started losing interest in almost everything.

The diffuse evil escalated. Problems started arising in our business. Our daughter was 3 years old, and we decided to enroll her in daycare. I started having more time, which I had to use to help him solve the problems. I understood that it was already a difficult situation to get out of, but I did what I could. It wasn't enough, and he started blaming me for the last decision made and thus, it was my fault that we lost money. He told me so many hurtful and insulting words, so frequently, fueled by alcohol and aggressiveness that I hadn't seen so clearly before. He didn't hold back even in public, wanting to make it clear that it was my fault for our situation. I would hear that I was stupid every day, that it was the biggest mistake for them to agree with me, then it was the biggest mistake to marry me and have a child. And I fought to prove that it wasn't true. I told myself that it was all because of alcohol consumption and disappointment, that this person wasn't full of hatred towards me. I tried to get them out of it, to save them, hoping that if I showed them love and understanding, what I hoped was just a phase, a slip-up, would end.

What I did didn't work. The first time he threatened to hit me, I started crying and begged him to remember that they would never do such a thing, that he had been drinking a lot and didn't know what he was saying. When he grabbed me by the throat and looked into my eyes with a distorted gaze and bloodshot eyes from alcohol, I felt intense fear for the first time. I was beginning to realize that it was real, that he could cause harm. Sometimes I started to believe more strongly that what was happening was wrong, so wrong that I shouldn't accept it anymore. Deep down, I knew that my daughter wasn't well. I saw her scared so many times, I felt like I was transmitting my own state to her. She heard the conflicts, sometimes naively asking why daddy said what he said. I always made efforts to keep everything as peaceful as possible when he came home, to avoid an argument. I didn't fight back, especially if I saw him heavily intoxicated. I had stopped giving him alternatives to overcome the addiction that he denied of having it anyway. I had become solely focused on the signals that he might unleash and tried to control everything in a way that would prevent it from escalating to the worst level of harm. Sometimes it simply didn't work because he would find a reason for reproach and insult in anything. I felt powerless. Powerless to divorce, powerless to stay. I wanted a father for my child, I didn't want to be alone, I didn't want to fully accept that it wasn't working. I didn't want to tell my family because I didn't want to worry them.

In the evening when he hit me, he had consumed at least 2 liters of alcohol throughout the day. It started with criticizing me for letting our daughter scatter her toys. He criticized every aspect of how I chose to raise her anyway. It quickly escalated. I felt the anger growing inside me when she started crying loudly and throwing the blocks, and suddenly he grabbed her and shouted at her to shut up, shaking her. He had never done such a thing before. I saw the look he gave her. It was the same look I frequently saw directed at me. I started crying and took my daughter from his arms, wanting to leave with her to calm her down. I shouted at him that he had crossed every limit. I barely had a chance to put her down and try to calm her when he came and repeatedly demanded, without showing any understanding of what was happening, that I go talk to him. Because I ignored him and didn't give in, he forcefully lifted me up from the ground, pulled me after him, and struck me across the face. When I screamed and he saw the horror in my eyes, he continued...

The fact that my neighbor called the police felt like a miraculous help at that moment. The shock from back then doesn't allow me to remember too much. I have a few disconnected images, including one with my daughter's terrified expression, frozen on the couch.

I had a chance to recover, with help from many sources. The fact that someone called the police helped me more than I would have believed. I was also fortunate that the police officers who came took me seriously, advised me, and taught me what I could do to protect myself. I know that many women are discredited when the police get involved. They told me to report it to Child Protection because my daughter had witnessed a traumatic event. Furthermore, because I had support from my parents and my sister, I managed to gather more and more strength. I learned about ANAIS, started counseling, attended support groups. I decided to continue my therapeutic process. I met women with whom I shared the burden of believing in my ability to cope, and they understood me because they had gone through the same experience.

I am convinced that without all of this, I wouldn't be able to speak now. To sort out what's inside me, to make sense of my lack of courage to leave there, for which I blamed myself. To acknowledge and loudly say that I was a victim of violence. To have the chance to say that I am no longer one and that I want to help anyone who goes through what I went through regain their strength. I want so much to take care of my daughter and ensure that she never experiences this again, to be by her side in her own process of living with the aftermath of this trauma, guided by specialists. I wanted her to attend therapy, and I understood how necessary it was to be there for her, to understand her step by step, to provide her with safety, and to forgive myself for not knowing better for her before. I have a strong desire to share hope and information for women going through domestic violence, and that's why I constantly educate myself now and think of ways to materialize this desire. I understand the importance of support, the importance of human generosity, the importance of safe spaces to overcome shame and fear.

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