

BARCELONA



BCN ANTIMASCLISTA

**NEIGHBOUR, IF YOU THINK
A WOMAN LIVING AROUND YOU
MAY BE SUFFERING FROM
GENDER VIOLENCE**

FROM HOME

NEIGHBOUR, IF YOU THINK A WOMAN LIVING AROUND YOU MAY BE SUFFERING FROM GENDER VIOLENCE

DO

- Form a bond with her and look out for her: say hello, talk to her daily, even if it's from the window.
- Search for more information and get it to her, if she asks for it.
- If you hear shouts or anything that alarms you:
 - Raise your voice so they can hear you: ask if everything is OK and offer your help.
 - Maintain a conversation with her and don't lose sight of her.
 - If the situation continues, shout for help or make noise to draw the attention of the neighbours.
 - If you think abuse is happening, call 112.

DON'T

- Don't ignore the situation or get upset: try to help however you can. Don't confront the aggressor.
- Don't jump the gun and don't judge: listen and offer your support doing only what the woman asks of you.
- Don't call into question the story that the person in this violent situation is telling you.
- Don't ignore shouts or banging.

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FREE 24-HOUR HOTLINE AGAINST
GENDER VIOLENCE
www.barcelona.cat/bcnantimasclista