



**Domestic violence  
is NOT ok!**

**Look  
Recognise  
Act**

We can all do something

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# Domestic violence is NOT ok!

- This flyer should be easy for everyone to understand so it contains just a little text and lots of images.

## ■ What is this flyer about?

This flyer is about violence in marriages and relationships.

Sometimes, women are the victims of violence.

Sometimes, men are the victims of violence.



Sometimes, men are the perpetrators, for example, when a man threatens or hits his wife.

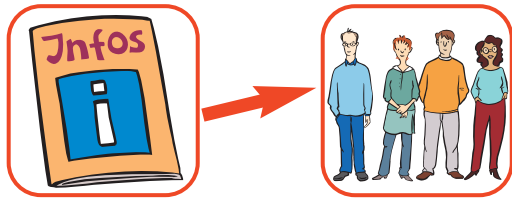


Sometimes, women are the perpetrators, for example, when a woman threatens or hits her husband.



# Do you experience violence? Do you see others experiencing violence?

We will explain where you can get help.



## ■ What is domestic violence?

Domestic violence is violence within a marriage or partnership.

This violence occurs mainly in the home.  
This violence is called **domestic violence**.



## ■ Domestic violence is **forbidden** and **punishable by law!**

No-one may

- Hit
- Threaten or
- Verbally abuse anyone else.



This is written in the German Penal Code and in the German Protection against Violence Act that entered into force in 2002. The law is in place to protect all people against violence.

# There are various types of domestic violence:

## Physical violence

Someone hits you.  
Someone pushes you.  
Someone kicks you.  
Someone chokes you.



## Emotional violence

Someone treats you badly.  
Someone abuses you verbally.



Someone threatens you.  
Someone frightens you.



## Sexual violence

Someone touches you and you don't want them to.  
Someone forces you to have sex.



## Social violence

Someone locks you up.



Someone forbids you from using the telephone.



Someone forbids you from talking to other people.

## This is also violence:

Someone forbids you from working.  
Someone takes away your money.



## Do you experience this? Then get help! You are not alone.



## ■ Children and violence



Violence is particularly difficult for children and young people. Children notice when there is violence in the family.



Children see, hear and feel violence. Children are often also the victims of violence. They are also hit. They are also threatened.

### Children then suffer:



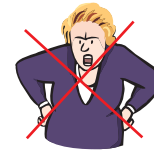
They might have bad dreams. They might wet the bed at night. They are afraid.



They change. One child might become very quiet and anxious. Another might become angry and hit others.

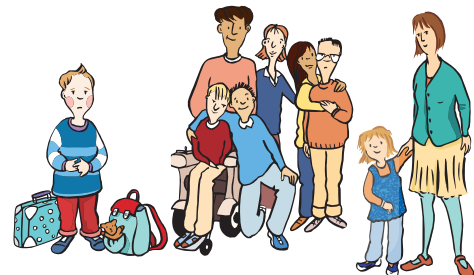


Children might not play anymore. Children might stop studying.



**Children must be protected against violence! All children should grow up without violence. That is their right.**

Special help is also available for children. Please get help for children, for example, contact the Child-Protection Centre Stuttgart (Kinderschutz-Zentrum Stuttgart).



# Who can help?

Immediate help in the case of domestic violence

## Police

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📞 110

@ [www.polizei-bw.de](http://www.polizei-bw.de)

## Emergency Services

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📞 0180 5110444

@ [knd@eva-stuttgart.de](mailto:knd@eva-stuttgart.de)

✉ Furtbachstraße 6  
70178 Stuttgart (Süd)

## Telephone helpline for women suffering from domestic violence

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📞 08000 116016

@ [www.hilfetelefon.de](http://www.hilfetelefon.de)

## Telephone helpline for men suffering from domestic violence

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📞 0800 1239900

@ [www.maennerhilfetelefon.de](http://www.maennerhilfetelefon.de)

## Stuttgart Help Portal (*Hilfeportal Stuttgart*)

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@ [www.stuttgart-gegen-gewalt.de](http://www.stuttgart-gegen-gewalt.de)



Information, advice and support for women who are affected by violence

## Landeshauptstadt Stuttgart FrauenFanal, Frauenberatungsstelle

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📞 0711 216-21444

@ [frauenberatung@stuttgart.de](mailto:frauenberatung@stuttgart.de)

✉ Senefelderstraße 73  
70176 Stuttgart (West)

## Frauen helfen Frauen e.V. Stuttgart Advice and information for women (*Beratung und Information für Frauen – BIF*)

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📞 0711 6494550

@ [bif@fhf-stuttgart.de](mailto:bif@fhf-stuttgart.de)

✉ Römerstraße 30  
70180 Stuttgart (Süd)

## Landeshauptstadt Stuttgart Women's Shelter (*Städtisches Frauenhaus*)

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📞 0711 4142430

@ [poststelle.frauenhaus@stuttgart.de](mailto:poststelle.frauenhaus@stuttgart.de)

## Frauen helfen Frauen e.V. Women's Shelter (*Frauenhaus*)

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📞 0711 542021

@ [info@fhf-stuttgart.de](mailto:info@fhf-stuttgart.de)



Information, advice and support for men who are affected by violence

**Sozialberatung Stuttgart e.V.**  
**Specialist counselling service for the prevention of violence**  
(Fachberatungsstelle Gewaltprävention)

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📞 0711 33508784

@ gewaltschutz@sozialberatung-stuttgart.de

✉ Olgastraße 19  
70182 Stuttgart (Mitte)



Advice and anti-violence training for violent men and women

**Sozialberatung Stuttgart e.V.**  
**Specialist counselling service for the prevention of violence**  
(Fachberatungsstelle Gewaltprävention)

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📞 0711 9455853-10

@ gewaltpraevention@sozialberatung-stuttgart.de

✉ Charlottenstraße 42  
70182 Stuttgart (Mitte)

**euline – Anti-Violence Hotline**  
**Telephone hotline for violent men and women**

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📞 01805 439258

@ www.euline.eu



Information and advice for children and young people

**Child-Protection Centre Stuttgart**  
(Kinderschutz-Zentrum Stuttgart)

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📞 0711 238900

@ info@kisz-stuttgart.de

✉ Alexanderstraße 2  
70184 Stuttgart (Mitte)

**Stuttgart Youth Office**  
(Jugendamt Stuttgart)  
**Advice centres in urban districts**

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📞 0711 216-55320

@ poststelle.jugendamt@stuttgart.de

**Telephone helpline for children and young people**

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📞 116 111 oder 0800 1110333

**Online help for children and young people**

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@ www.gewalt-ist-nie-ok.info

@ www.kidsinfo-gewalt.de





## Contact:

Landeshauptstadt Stuttgart  
Abteilung für individuelle Chancengleichheit  
von Frauen und Männern  
Eberhardstraße 61  
70173 Stuttgart

Telephone: 0711 216-80438

e-mail: [poststelle.chancengleichheit@stuttgart.de](mailto:poststelle.chancengleichheit@stuttgart.de)

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