

A SPOTLIGHT ON GENDER-BASED VIOLENCE

Gender-based violence stems from deep-rooted gender inequality and the abuse of power. While anyone can be affected, simply because of their sex or gender, women and girls are particularly at risk. It's estimated that one in three women globally experience sexual or physical violence in their lifetime. Violence can take many forms, including the ones below.

Sexual

Non-consensual sexual acts, coercion into sexual activity, including within marriage, and sexual abuse of children within the family.

Emotional and Psychological

Verbal abuse, humiliation, emotional manipulation, threats, blackmail, and devaluing a partner's or child's needs and desires.



Online

Cyberstalking, harassment, threats, non-consensual sharing of intimate images, online hate speech, and the use of digital platforms to manipulate or to control someone.

Physical

Hitting, pushing, choking, bruising, any action causing bodily harm, neglecting to provide necessary assistance and leaving someone in a dangerous situation.

Social or Economic

Deprivation of financial resources, control over spending, restrictions on access to personal or joint documents, and prohibiting or neglecting medical care.



Seek support

If you or someone you know is experiencing violence or feels threatened, seek support immediately. Numerous government services and non-governmental organizations in

Czechia are available to offer assistance. They can help with reporting to the police, legal assistance, medical care, and finding safe housing.



Violence is *never* your fault


No matter the circumstances, the violence inflicted upon you is never your fault. There are no justifiable reasons for the pain you have endured.



Support others

If you know someone who is a survivor of gender-based violence, listen empathetically. Reassure them that the violence is not their fault, and guide them towards the appropriate support services.

There are many government services and non-governmental organizations in Czechia that can help. These services are free and confidential, and you will only be supported if you want help. You can change your mind at any time.



112 Emergency services
155 Ambulance
158 Police
116 006 Victim Support
Crisis Line

proFem

Psychosocial services, legal counselling, crisis intervention.

Make an appointment:

+420 608 22 22 77
(everyday 9:00-15:00)

Infoline for survivors of sexual violence:

+420 777 012 555
(Tuesday 19:00-21:00)

Online chat <https://chat.profem.cz/>
(Wednesday 18:00-21:00, Friday 9:00-12:00)

Crisis counselling without an appointment:

Břevnovská 1692/6, Prague 6
(Mon, Tue, Thu 9:00-17:00 and Wed, Fri 9:00-14:00)

E-mail: poradna@profem.cz

More information: www.profem.cz

Languages spoken:
Czech, Ukrainian, English

La Strada

Assistance to victims of human trafficking, labour and sexual exploitation. Counselling services and emergency shelter are available.

E-mail: pomoc@strada.cz

Toll-free number: +420 222 717 171, +420 800 077 777

Languages spoken: Czech, English, Ukrainian, Russian, Romanian, Tagalog.

Rosa - Centrum pro ženy

Psychosocial and socio-legal counselling, emergency shelter.

24/7 phone number: +420 800 605 080

E-mail: poradna@rosacentrum.cz

Online chat: <https://chat.rosacentrum.cz>

Centrum Locika

Support to children and families who have experienced or witnessed violence or abuse.

Phone number: +420 734 441 233

E-mail: info@centrumlocika.cz

LOCIKA Center, z. ú., Umělecká 588/6, Prague 7

YOU CAN ALSO:

Visit the **Bright Sky** website and/or download the Bright Sky app to **learn more** about gender-based violence and **search for support near you.**



Get **help on the Aurora online platform** set up by UNFPA Ukraine. It offers high-quality and specialized psychotherapeutic support to survivors of gender-based violence, including conflict-related sexual violence. To seek help, visit aurora-help.org.ua. Services are free, confidential and anonymous.



If you want to **report sexual exploitation or abuse** by a humanitarian worker or service provider, visit: help.unhcr.org/czech/reporting-fraud-sexual-exploitation-and-abuse/



UNHCR Refugee Helpline (toll-free):

800 050 832

08:30 – 17:30 (Monday to Friday)

help.unhcr.org/czech

