

ThermaCare®

# You can help!

Recognising and tackling domestic violence against women.



## Domestic violence is on the rise.

In 2020, violence against women in relationships increased by 4.4 % compared to the previous year.<sup>1</sup> It affects women of all social backgrounds.

### 25% of all women

experience violence at home committed by current or former male partners.<sup>2</sup>

### 119,164 women

were victims of violence at the hands of their partners in 2020.<sup>1</sup>

### 2/3 of affected women

experience serious or life-threatening physical violence more than once.<sup>1</sup>

### 139 cases had fatal consequences in 2020.<sup>1</sup>

<sup>1</sup> Source: Partnerschaftsgewalt Kriminalstatistische Auswertung - Berichtsjahr 2020 des BKA (Federal Criminal Police Office Partner Violence Crime Statistics Evaluation - Reporting year 2020)

<sup>2</sup> Source: Federal Ministry for Family Affairs, Senior Citizens, Women and Youth; Domestic Violence

One in four women is affected.



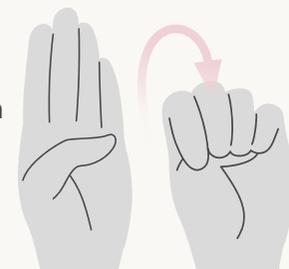
## Small signs of real need.

There are various signs that could suggest someone is in need of help:

- A woman has **no (more) time** to meet up with relatives, friends or colleagues, and always finds excuses.
- She may appear **insecure, nervous or irritable**.
- She stops **making her own decisions** and always has to check with her partner first.
- She has **injuries** that can't be logically explained.
- Other signs may include sudden weight gain/loss or **increased consumption of addictive substances** such as alcohol, cigarettes or pills.
- Domestic violence often coincides with **life changes**, such as a new baby, unemployment or separation.
- **Anxiety and uncertainties** brought about by the ongoing COVID-19 pandemic can also trigger stress and any resulting aggression.

### The Signal for Help!

This gesture can help women in need make themselves known to others:



## What should I look out for and what can I do?

- **Be alert.**  
Watch out for small signs. The difference between a disagreement and domestic violence is often audible.
- **Make it clear that you're willing to help.**  
Do you suspect a woman you know is experiencing domestic violence? Offer your support. Speak to her on her own, ideally.
- **Ask specific questions.**  
“Are you being/have you been threatened/hit/kicked?”
- **Show understanding.**  
Show solidarity. Don't judge.
- **Take what she says seriously.**  
Don't doubt her version of events, even if it seems implausible.
- **Make it clear that responsibility lies with the perpetrator.**  
Violence is wrong and the victim bears no blame for it.
- **Show her where she can get help.**  
But don't pressure her into action. Make sure she knows that she can rely on your support.

## Counselling centres for victims and responders.

Are you affected by domestic violence?  
Or do you know somebody who is?  
Do you want to help but aren't sure what you can do?

Then contact one of the following confidential counselling centres:

### **Gewalt gegen Frauen (Violence against Women) hotline: 08000 116 016**

- Free of charge 24/7
- Advice available in 17 languages
- Anonymous and secure

You can also get in touch by email or online chat via an encrypted section of the website [www.hilfetelefon.de](http://www.hilfetelefon.de)

### **Women's shelters**

Find nationwide listings of available spaces, advice and support at [www.frauenhaussuche.de](http://www.frauenhaussuche.de)

### **Police emergency number 110**



## THERMACARE® & TERRE DES FEMMES

### Fighting together for women.

For 40 years, TERRE DES FEMMES has been advocating for a fair world, in which women and girls have the right to live freely with dignity and self-determination.

Domestic violence against women is one of the most important issues for women's rights advocacy. Since 2006, TERRE DES FEMMES has intensified its focus on the issue. Domestic violence is an all-too-common everyday feature in the lives of many women in Germany, yet often goes unnoticed.

As of 2022, ThermaCare® will work in partnership with TERRE DES FEMMES. As a pain relief specialist, ThermaCare® is committed to providing help outside our core competences, supporting women in particular.

Find out more about our partnership:

