

## What is domestic violence?

Domestic violence is the most widespread and everyday violation of personal rights worldwide. It comprises all types of violence in existing or former relationships, but also in family relations between adults and children or between adults and old or disabled persons. It happens between married and unmarried couples, in families and flat-sharing communities. In concrete terms this can include:

- > threats, insults, abuse, intimidations
- > throwing objects, pushing, shaking, slapping, biting, choking, kicking, punching
- > using a weapon
- > forcing someone to sexual actions
- > controlling or prohibiting family contacts and external contacts
- > confining at home
- > refraining from giving an housekeeping allowance
- > ambushing following a separation, persecution, stalking
- > molesting (by phone, e-mail, etc.)
- > forcing marriage (teens and young adults)

## Who is affected?

Mainly women are victims of domestic violence. In Switzerland, one fifth of all women experience violence through their intimate partner. Men can also be victims of domestic violence.

Many children and young persons suffer from domestic violence in their families. Growing up healthily is therefore endangered. Domestic violence happens in all educational classes and income groups; it exists in all age groups, nationalities, religions and cultures.

## Domestic violence has consequences

Domestic violence usually lasts long and those concerned find it hard to ask for help. Many feel alone and ashamed for their situation and are afraid of more violence. Promises to stop violence are often not kept. Domestic violence has multifaceted and often serious consequences for those concerned and damages both health and mental development.

## What can I do if I am affected by domestic violence?

Domestic violence is prohibited and liable to prosecution in Switzerland. You can defend yourself by:

- > seeking support and help with aid offices. They will inform you and advise you in personal and legal matters. This consultation is free and confidential.
- > If you no longer feel safe at home, you have the right – together with your children – to leave your home.

Battered women's shelters and similar safe housing organisations offer you temporary protection and consultation.

- > In an emergency call the police by phoning 117.

## What happens when the police arrive?

As a first measure, the police will put an end to the violence and secure any weapons. They will carry out clarifications and, depending on the situation, take protective measures:

- > They can restrain any persons carrying on or threatening with violence and remove them from their home and prohibit them from returning to the home for several days (restraining order).
- > They can temporarily arrest any persons carrying on with violence and declare a restraining order at a later point in time.
- > They inform those concerned (victim and the person carrying on violence) on location regarding their rights and about aid offices.

## What can I do if I am being violent?

Violence is liable to prosecution in Switzerland does harm - to yourself and to your family member. You can do something about it:

- > Get help and support by calling specialised aid offices or your family doctor.

- > Talk to a person close to you about your feelings.

## What can I do if I notice violence in my neighbourhood?

It takes courage to intervene in the private matters of others. Nevertheless, it is important to do something

- > In an emergency call the police by phoning 117.
- > Don't get yourself into danger by interfering.
- > Talk to the victim when you meet him or her alone. Show that you understand and care. Inform them that there are offers of aid in Switzerland and that domestic violence is prohibited.
- > If required, seek advice for yourself.

Polizeinotruf 117  
Police emergency call  
available around the clock

Sanitätsnotruf 144  
Ambulance emergency call  
available around the clock

Frauenhaus  
Shelter for battered woman  
041 360 70 00  
available around the clock  
[www.frauenhaus-luzern.ch](http://www.frauenhaus-luzern.ch)

Opferberatungsstelle  
Victim's Aid Office  
Luzern 041 227 40 60  
[www.disg.lu.ch/opferberatung](http://www.disg.lu.ch/opferberatung)  
Nidwalden 041 618 44 82  
[www.nw.ch](http://www.nw.ch)

Obwalden 041 666 64 62  
[www.ow.ch](http://www.ow.ch)  
Schwyz/Uri 0848 82 12 82  
[www.sz.ch](http://www.sz.ch), [www.ur.ch](http://www.ur.ch)  
[www.arth-online.ch/opferhilfe](http://www.arth-online.ch/opferhilfe)

Zug  
041 725 26 50  
[www.eff-zett.ch](http://www.eff-zett.ch)  
041 728 80 80  
[www.triangel-zug.ch](http://www.triangel-zug.ch)

Jugendberatungsstellen  
Youth Aid Offices  
[www.no-zoff.ch](http://www.no-zoff.ch), [www.tschau.ch](http://www.tschau.ch)

Pro Juventute 147  
Emergency call for children  
and youths, [www.147.ch](http://www.147.ch)

Die Dargebotene Hand 143  
The Helping Hand  
available around the clock  
[www.143.ch](http://www.143.ch)

agredis.ch  
078 744 88 88  
Advice for violent men

Vollzugs- und Bewährungsdienste des Kantons Luzern  
Enforcement and retention services  
041 228 59 66  
Advice for violent women

FABIA  
041 360 07 22  
Advice and integration of  
foreigners or contact the social  
services of your municipality of residence