



Can anyone help me?

FRAUENNOTRUF SALZBURG (WOMEN'S EMERGENCY HELPLINE), COUNSELLING FOR WOMEN AFFECTED BY SEXUAL VIOLENCE
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WOMEN'S SHELTERS
Tel: +43664 12 82 174 from 8am to 8pm or 24h
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GEWALTSCHUTZZENTRUM SALZBURG
(CENTRE FOR PROTECTION AGAINST VIOLENCE)
Paris-Lodron-Strasse 3a, 5020 Salzburg
Tel: +43662 870 100 Email: office@gewaltsschutzsalzburg.at
Help in cases of domestic violence, violence in the social environment, stalking and forced marriage.

KIDS-LINE – COUNSELLING FOR YOUNG PEOPLE
Contact via chat or telephone – every day 12 noon to 9pm: +43800 234 123 & www.kids-line.at
For teens aged 12 to 20 and kids aged 6 to 11.

Violence barometer



ENJOY

You have a healthy relationship if the person you love ...

respects your decisions, your wishes and your preferences.

accepts your friends and family.

trusts you.

is happy for you when you feel fulfilled.

makes sure to ask whether you agree to the things you do together.

ignores you for days when he is angry.

blackmails you when you refuse to do something.

dismisses your opinions and plans.

makes fun of you in public.

manipulates you.

is constantly jealous and possessive.

controls where you go, your clothes and makeup.

looks through your text messages, emails, apps.

insists that you send him intimate photos.

isolates you from your family and friends.

controls the money you spend, takes your money or forbids you from having your own income.

calls you crazy when you confront him.

flies into a rage if something isn't exactly how he wants it.

pushes, pulls, hits or shakes you.

threatens to kill himself because of you.

touches you in intimate places without your consent.

forces you to watch porn.

forces you to have sex.

LOOK OUT! BE ALERT! SAY STOP!

You are experiencing violence if the person you love ...

PROTECT YOURSELF! ASK FOR HELP!

You are in danger if the person you love ...