



LANDKREIS  
LUDWIGSBURG



**STOP:**  
**No Violence**

Look | Recognise | Act  
We **ALL** can do something

# Domestic violence is NOT ok!

Look | Recognise | Act

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



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## What is this flyer about?

This flyer is about violence in families, 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.



Sometimes violence exists in same-sex or other partnerships.

# 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  
at home.

This violence is called  
**domestic violence.**





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



No one may

- hit
- threaten or
- verbally abuse or
- lock up somebody.



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 to work.

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 Ludwigsburg (Kinderschutzbund Ludwigsburg).

# Who can help?



## Help for women\*

in Ludwigsburg

- Advisory center ☎ 07141 90 11 70  
Frauen für Frauen  
[www.frauenfuerfrauen-lb.de](http://www.frauenfuerfrauen-lb.de)
  - German-wide help hotline  
„Gewalt gegen Frauen“ ☎ 08000 116 016  
[www.hilfetelefon.de](http://www.hilfetelefon.de)
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## Children, adolescents, parents

in Ludwigsburg

- District Office Ludwigsburg  
Youth Welfare Office ☎ 07141 144 386  
☎ 07141 144 387  
Psychological counseling center ☎ 07141 144 2529  
[www.landkreis-ludwigsburg.de](http://www.landkreis-ludwigsburg.de)
  - Kinderschutzbund Ludwigburg ☎ 07141 902 766  
[www.kinderschutzbund-lb.de](http://www.kinderschutzbund-lb.de)
  - German-wide help hotline  
for children and adolescents ☎ 116 111  
for parents ☎ 0800 111 0 550  
[www.nummergegenkummer.de](http://www.nummergegenkummer.de)
  - [www.bke-beratung.de](http://www.bke-beratung.de), [www.jugendnotmail.de](http://www.jugendnotmail.de)  
(only online)
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## Police

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\*and other gender identities



## Who can help?

### Men\*

in Ludwigsburg

- Consultation male victims ☎ 07141 299 67 35  
[www.sozialberatung-ludwigsburg.de](http://www.sozialberatung-ludwigsburg.de)
  - German-wide help hotline  
„Gewalt an Männern“ ☎ 0800 123 99 00  
[www.maennerhilfetelefon.de](http://www.maennerhilfetelefon.de)
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### Sexual abuse

in Ludwigsburg

- Specilized information center ☎ 07141 688 71 90  
for sexual abuse of  
children and adolescents  
[www.silberdistel-ludwigsburg.de](http://www.silberdistel-ludwigsburg.de)
  - German-wide help hotline ☎ 0800 22 55 530  
[www.hilfetelefon-missbrauch.de](http://www.hilfetelefon-missbrauch.de)  
[www.save-me-online.de](http://www.save-me-online.de) (for children and adolescents)
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### Violent persons and persons ready to use violence in Ludwigsburg

- Crisis hotline Sozialberatung ☎ 07141 299 67 35  
[www.sozialberatung-ludwigsburg.de](http://www.sozialberatung-ludwigsburg.de)
  - Specialized office STELLWERK ☎ 07141 991 934 25  
[www.jugendhilfe-hochdorf.de](http://www.jugendhilfe-hochdorf.de)
  - German-wide help hotline ☎ 0800 70 222 40  
[www.bevor-was-passiert.de](http://www.bevor-was-passiert.de)
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# NO!

Violence is wrong.

