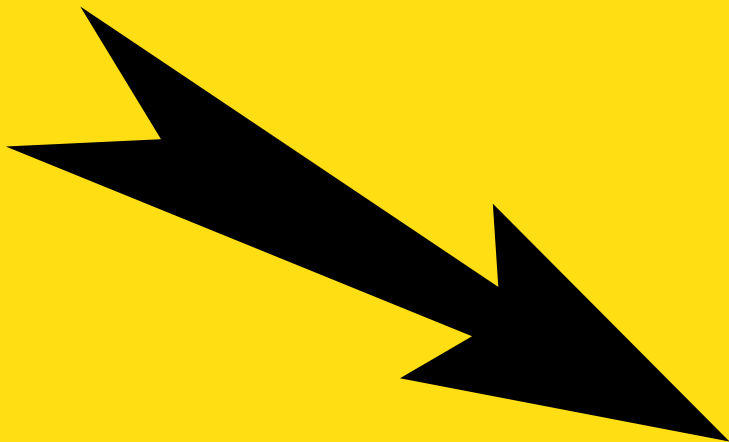


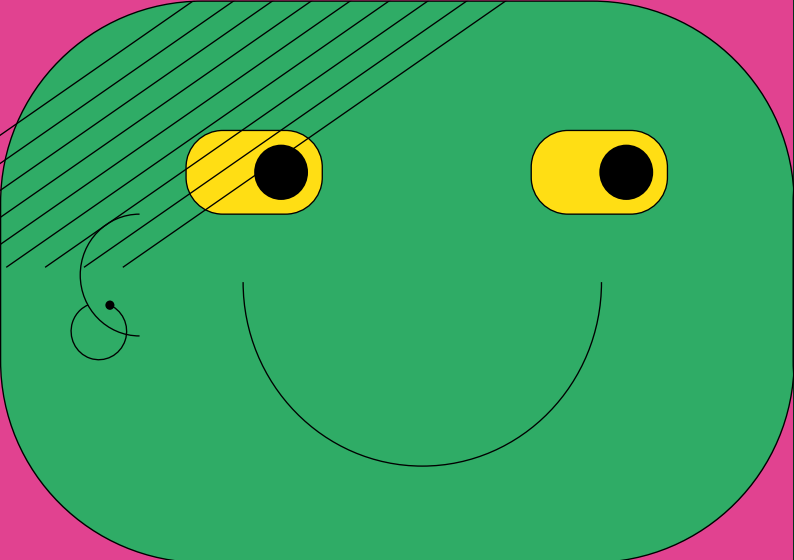
# RESOURCES AGAINST GENDER- BASED VIOLENCE



---

Universidade de Vigo

Unidade  
de Igualdade





In recent years, progress has been made in gender equality. However, some situations still have different impacts on the personal, academic and professional lives of women and men. For this reason, at UVigo we have:

**GENDER  
EQUALITY UNIT**

A service dedicated to achieving gender equality at university.

**EQUALITY  
LINKS**

A contact person on campus for consulting on any questions related to equality at the university.



**PUNTO  
LILA**

A student-run space at university events where sexist incidents can be reported and you can find information and support.

**WHERE CAN  
YOU FIND US?**



**Equality Unit**  
Ernestina Otero Building  
— Vigo Campus

[igualdade@uvigo.gal](mailto:igualdade@uvigo.gal)  
986 813 419



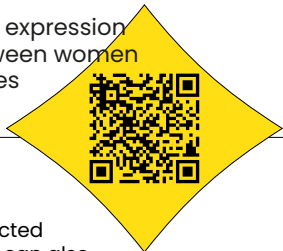
**WHAT CAN YOU DO?**

Don't be  
violent

Don't be  
an accomplice

Don't turn away

Gender-based violence is the extreme expression of social and structural inequality between women and men. For this reason, we sometimes normalize sexist behaviours.



## HOW TO RECOGNISE IT?

Gender-based violence is the physical, psychological, or sexual violence that is inflicted on a woman by her partner or ex-partner. It can also extend to her close circle. It has specific characteristics, which is why it is necessary for it to have its own treatment.

## IF YOU BELIEVE YOU ARE OR HAVE BEEN IN A SITUATION OF GENDER-BASED VIOLENCE, YOU CAN CONTACT:

### EQUALITY UNIT

Support and guidance

### 016 TELEPHONE SERVICE

Several languages  
Available 24/7

### CIM\*

Psychological and legal assistance  
\*Centro de Información ás Mulleres (Women's Information Center)

### IF YOU REPORT



Someone you trust can accompany you. There are specialized services at courts and police stations to provide you with assistance.

## IF YOU WITNESS AN ASSAULT



### DO NOT PUT YOURSELF AT RISK

#### IF YOU ARE AT UNIVERSITY

① Security of campus  
986 818 619 / 618 873 387

#### IF MEDICAL OR POLICE ATTENTION IS NECESSARY

① 112 / 091 / 092

### GATHER EVIDENCE OF WHAT IT IS HAPPENING IF YOU CAN

Avoid sensationalism and revictimization, do not spread it.

### ASK FOR HELP FROM THOSE CLOSE TO YOU

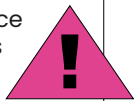
Try to find a quiet and safe space to talk to the assaulted woman, ask her what she needs. Respect her decisions. Remind her that there is an equality unit at UVigo or that she can call 016 telephone service.

Sexual violence is any act (verbal, physical, or digital) that infringes on a person's sexual freedom, meaning it occurs without their consent. It is a gendered violence: it primarily affects women and girls, and the perpetrator is, in the most of cases, a man.



If you are unsure whether someone wants to have sex with you, ask them. If they are not in a condition to communicate their willingness to do so, then you should stop.

Do not record or share intimate content without consent. Digital gender-based violence is a crime that affects real people.



Do not take advantage of the effects of alcohol or drugs. Intentionally intoxicating someone to have sex is a sexual assault.

Do not make sexual comments to anyone if you don't know if they will be offended. Creating uncomfortable or offensive environments towards women perpetuates gender inequality and worsens coexistence.



Do not cooperate with those who want to create a climate of sexual terror. Spreading misogynistic discourse, participating in acts that make women feel unsafe, or publicly attacking their sexual freedom are strategies of organized digital machismo (manosphere) to limit women's lives.



## IN CASE OF ASSAULT

A protocol including preventive tests and evidence collection will be activated at the hospital. Avoid drinking, showering or changing clothes if possible.

A sexual assault is a violent act of power against the will of another person. Ensure that that person can express, in some way, clearly and freely, their desire for that to happen.

Other forms of gender-based violence also occur in labour and educational relationships:

## **SEXUAL HARASSMENT**

It is the behaviour or acts of a sexual nature that have the intention or effect of harming a person, especially when they create an intimidating, degrading, or offensive environment.

## **GENDER-BASED HARASSMENT**

It is any ongoing behaviour based on a person's gender, with the purpose or effect of undermining their dignity and creating an intimidating, degrading, or offensive environment.

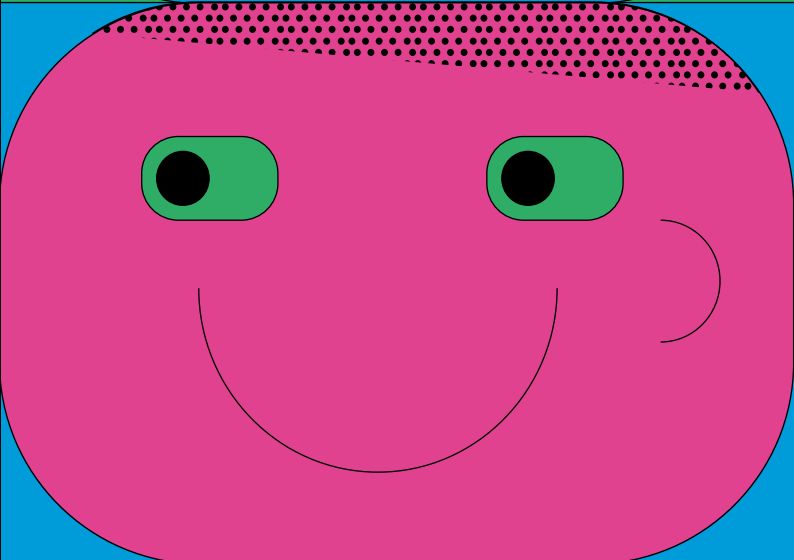
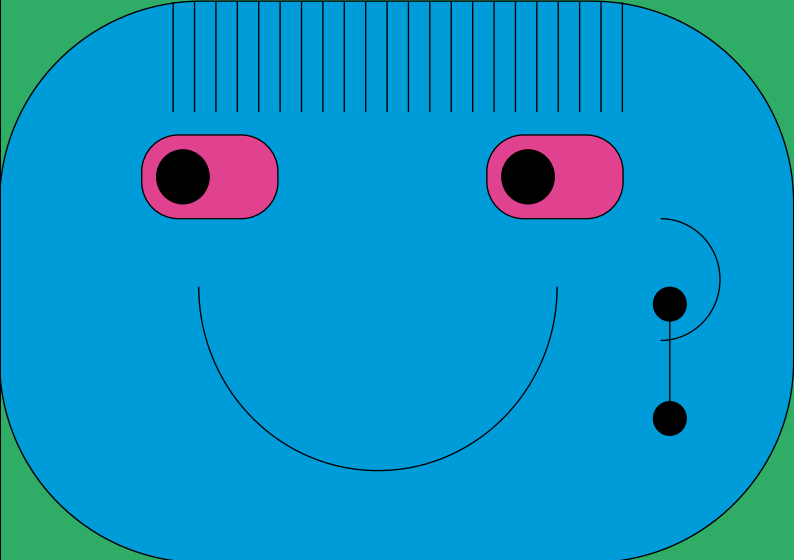
Any of these attacks can be physical, verbal, or digital.

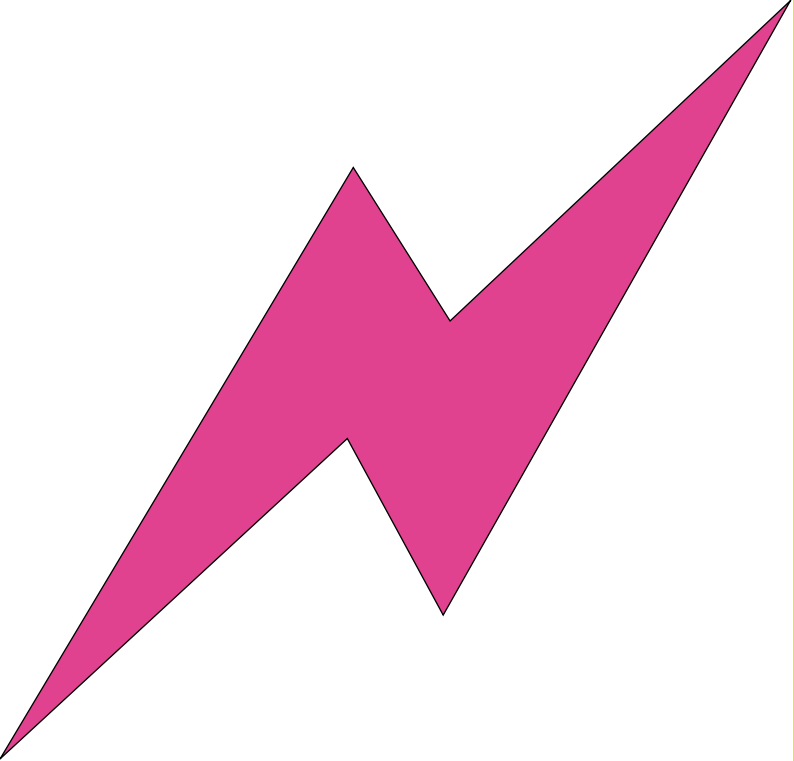
There is a protocol to prevent and sanction these behaviours and to protect members of the university community at UVigo.

If you know of any of these situations, or if you believe you are being harassed, you can formally report it through your centre's contact person, Equality Unit, or CAS (Comission Against Sexual Harrasment).

If you have any questions, you can contact Equality Unity or Punto Lila virtual safe space. All information will be treated confidentially and urgently, seeking to carefully accompany the entire process working towards reparation.







---

# Universidade de Vigo

## Unidade de Igualdade

---

### Equality Unit

Ernestina Otero Building  
Vigo Campus

### Contact us:

[igualdade@uvigo.gal](mailto:igualdade@uvigo.gal)  
986 813 419

