

My neighbor is experiencing domestic violence

What can I do?

1. Recognize the warning signs:

- Withdrawal/Isolation from social life
- Inconsistencies in the explanation of injuries
- Decisions are made only in consultation with the partner
- Behavioral changes, such as appearing fearful

2. Address the situation:

Make sure you treat them sensitively and considerately!

- Listen to her and believe her!
- Condemn the violence! This can be a clear signal of support for the victim.
- Offer help. Stay involved, but don't pressure her.

3. Act together:

- Mobilize other neighbors and seek support!
- Together with the victim, consider what the next steps should be, such as accompanying her to the police or to a doctor.

Important:

Do not act without the knowledge or consent of the victim.
Unless it is an acute violent situation!

In case of acute danger:

Interrupt the violence:

- Ring the doorbell, for example, and ask for something like a telephone charger. The situation is briefly interrupted, and those involved know that you have noticed the confrontation/discussion and could seek help.
- Do not put yourself in danger!

Call 110!

If you witness or hear acute violence, do not hesitate to call the police.

What to say and what to do?

Do you suspect that a woman in your neighborhood is experiencing domestic violence?

Perhaps you would like to support but don't know how to proceed?

That's where StoP comes in. We provide information and answers with a practical guide to civil courage and solidarity.

What is StoP?

StoP is the project „Stadtteile ohne Partnergewalt ("Neighborhoods without Intimate Partner Violence") and supports people in the neighborhood who show civil courage and want to show solidarity with women affected by intimate partner violence. Since 2010, StoP has been active in various neighborhoods in several German cities.

Intimate partner violence/domestic violence occurs daily – across all social classes. Victims are primarily women. Domestic violence destroys the health and lives of all involved. The problem is that we rarely talk about it, either out of shame, fear, or uncertainty. Or because we believe it's a private matter.

But: Violence is not a private matter, it is a violation of human rights!

How does StoP provide support?

We would like to encourage people not to conceal or tolerate domestic violence.

At the same time, we want to support people in getting help or giving help to others.

StoP starts where domestic violence occurs: in the neighborhood.

StoP is there when people act together. Meaning you and I and others we know or can still get to know.

StoP shows how victims and their social environment can make a change.

StoP creatively brings the issue into the public sphere of the neighborhood.

StoP brings people together and builds networks in the neighborhood.

StoP is about non-violence and advocates for equality in partnerships and in society.

Helpline “Gewalt gegen Frauen” ('Violence against women'): 116016

Berlin hotline on domestic violence: 030 - 611 03 00