

# The Handi'Mètre

## Fight against violence faced by women with disabilities

**80% of women with disabilities are victims of psychological or physical violence in addition to facing a higher risk of experience sexual violence than other women\***

*What are the violences faced by women with disabilities?*

*There are specific violences that women with disabilities experience including material violence, administrative, psychological, economic, institutional, medical/healthcare, physical, and sexual etc.*

*Women with disabilities are people and citizens first.*

*It is imperative that these violences stop.*



***Women with disabilities are not invisible !***

**Femmes pour le Dire, Femmes pour Agir :**  
**01 40 47 06 06 : EVFH**-Anonymous toll-free number Monday-Friday 10h00-17h00 (in French)  
**[ecoute@fdfa.fr](mailto:ecoute@fdfa.fr)** For women with audio impairment;  
**3919** - Anonymous free call;  
**114** - SMS or video call for people with hearing loss or deafness.  
**17** - police / gendarmerie.

Source : European Parliament Resolution 26 April 2007 on The situation of women with disabilities in the EU (2006/2277(INI)).

## EVERYTHING IS GOOD

our partner recognizes you as a person before all else  
When you're partner ...

Considers you an equal.

Respect your values and personnel or social commitments.

Supports your ability to assert your rights.

Asks your opinion before helping you (EX- asking before touching your wheelchair, cane, or technical aides).

Takes into account your specific needs (EX-communicates with you in a way of your choosing (sign language, Cued speech, lip reading, Makaton, etc)).

Cuts you off while you are speaking or speaks for you.

Infantilizes you or treats you like a child in a systematic way to create a power imbalance.

Cuts you off from your community (friends, family, colleagues) to isolate you from your support system.

Blackmails you, threatens to no longer help you, or makes you feel guilty to prevent you from leaving.

Deprives you of food or doesn't respect your food preferences (vegetarian, vegan, certain types of food).

Forces you to wear clothes that your partner chooses or doesn't give you the choice in your makeup or general appearance.

Deprives you of your technical aids (wheelchair, cane, prosthetic) or your ability to move freely EX- Forces you to use the stairs or gets rid of your aids.

Insults, denigrates, devalues you, or humiliates  
Repeatedly calling you a charge, good for nothing, or incapable.

Refuses to help you read or sign documents or controls your personal papers (birth certificate, ID, passport), health card, phone, or other means of communication.

Doesn't let you leave the house or call for help.

Makes you look like a fool or are constantly doubted for what you say (Saying "You always make stuff up" or "you never understand").

Takes advantage of your disability or dependence on your abuser (EX Unwanted touching, sexual violence, rape).

Control your personal money, access to your accounts, or your government benefits, salary, or inheritance .

Forces you to take treatments or medication without your consent or against your will.

Forces you into an institution (psychiatric hospital) or are blackmailed frequently.

Insults or harasses you or shares sexual-explicit images online.

Hits, attacks, strangles, mutilates, violates, or brutalizes you.

Threatens your life or pushes you to suicide to serve your partners interests.



## YOU ARE NOT SAFE, SEEK HELP !

You are a victim of ableism, discrimination, sexism, acts of violence, which can be punished by the law  
When your partner...