

Femmes pour le Dire, Femmes pour Agir

A Guide

FOR WOMEN WITH DISABILITIES

What to do in case of violence?



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FDFA : who are we ?

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Founded in 2003 by Maudy Piot, a committed activist who is blind, Femmes pour le Dire, Femmes pour Agir is an organisation that campaigns for the rights of women with disabilities.

Its work is grounded in an intersectional approach to combating violence against women

It offers its members workshops where women can come together in a calm and supportive environment.

For professionals, it runs awareness-raising training sessions.

For all women with disabilities, It operates a helpline for all women with disabilities.

2 rue Aristide Maillol

75015 Paris

Tel: 01 43 21 21 47

Email: contact@fdfa.fr



What is the EVFH helpline ?

1

The Écoute Violences Femmes Handicapées helpline is the first and only helpline in France dedicated to women with disabilities.

You can call this number if you are a victim of violence, if you witness an incident of violence against a woman with a disability, or simply if you have any questions (calls are anonymous and charged at the standard rate.):

01 40 47 06 06

If you are deaf, hard of hearing, or unable to communicate by telephone, you can contact us by email at:

ecoute@fdfa.fr



How to identify violence ?

2



It may be difficult to know whether what you are experiencing is normal. You may feel isolated, dependent, or afraid of not being taken seriously. It is important to identify violence in order to talk about it and ask for help. There may be several warning signs. One of the most important is consent.

CONSENT

Consent means freely saying **yes**, without pressure or coercion.

Your body belongs to you. Nobody has the right to touch you or do something with you without your consent.

If you say no, cannot answer, or feel uncomfortable, this must be understood as a refusal.

Any sexual act without consent is sexual violence. You have the right to be respected, always.



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What are my rights as a survivor of violence ?

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1. I HAVE THE RIGHT TO SPEAK UP

I have the right to talk about what I've been through. If you're a victim of violence, talking about it can help you feel better. It can help break the silence and ensure that you receive appropriate support.

2. I HAVE THE RIGHT TO FILE A COMPLAINT

Filing a complaint means formally reporting what happened to the police or gendarmerie. Even if the violence occurred a long time ago, you can speak up, it is **your right**.

3. I HAVE THE RIGHT TO BE HELPED

You don't have to be alone. You can:

- receive support from a trained professional
- have a lawyer to help
- have an interpreter
- access a safe place



Professionals must treat you with respect and explain matters clearly.

Who can I speak to ?

1. A TRUSTWORTHY PERSON

That's an excellent place to start. It could be a friend, a neighbour, a family member... This person will be able to support you and help you with your next steps.

2. A TRAINED PROFESSIONAL

This includes a range of professions, all of whom are trained to help you, such as a social worker, a doctor or a nurse, a youth worker, or a psychologist.



Who can I speak to ?

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3. SPECIALIST ORGANISATIONS

Many specialist organisations already exist for women experiencing violence, particularly women with disabilities. They will be able to refer you to the relevant organisations, and some offer legal assistance as well as emergency accommodation. For example, if you have any questions, you can call **FDFA** through the helpline at the number **01 40 47 06 06**.

4. LAW ENFORCEMENT AGENCIES

If you decide to file a complaint, you can go to your nearest police station or gendarmerie. You can also write directly to the public prosecutor. If you do not know who committed the offense (in the case of cyberbullying, for example), you can file a complaint directly online.

USEFUL RESOURCES...

Resources

USEFUL NUMBERS

- **01 40 47 06 06** : Ecoute Violences Femmes Handicapées helpline, first one to be created specifically for women with disabilities. It is ran by FDFA.
- **3919** : Violences Femmes Info is the national number for the listening and orientation of women experiencing violence (more specifically marital ones). This helpline is accessible to deaf and hearing-impaired people.
- **3977** : National service against abuse and violence for adults with disabilities and elderly people.
- **17** : In case of emergency, do not hesitate to contact the police. It can save lives.
- **114** : If you can't phone (deaf, matter of security,...), you can contact emergency services by text or videocall

Resources

USEFUL WEBSITES



FDFA : An organisation that campaigns against violence against women with disabilities. You'll find plenty of resources and information there.



EVFH : Website created by FDFA where you will find resources on women with disabilities experiencing violence



La Maison des femmes : It is a place where you can be listened to, be safe and heal yourself. You can meet healthcare professionals.



CIDFF : Association that give information to women about their rights. It provides juridical help, support and guidance if you are a victim.

This guide aims to help women with disabilities who are victims of violence, as well as their loved ones. However, it cannot answer all your questions. For any further information, please do not hesitate to contact the EVFH helpline on:

01 40 47 06 06

