

Violence during pregnancy is dangerous for you and your baby ...



Safety tips:

- Remember **phone numbers** like **112** (police) & **106** (tele-onthaal)
- Prepare an '**emergency bag**' with: cash, clothes, an extra set of keys, copies of important documents (SIS-card, driving-license, identity card, bank account, child allowance papers, rental contract, ...) and hide it in a safe place.
- Agree on a specific **signal** with neighbours, family or other people you can trust to call the police if necessary.
- Violence is a **crime**, go to the police. If you want to file a complaint you can be accompanied by someone you trust.

Violence can be:

- **Psychological:** to ignore, lock up, swear, socially isolate, threaten, humiliate, distrust, etc.
- **Physical:** to hit, kick, scratch, pull by the hair, burn with cigarettes, throw against the wall or furniture, etc.
- **Sexual:** to force to perform certain sexual acts, force to watch pornography or masturbation, rape, etc.
- **Financial:** to extort, steal, render someone financial dependent, etc.

You are not the only one ...

Make sure you and your children are safe.

Don't be afraid to ask for assistance, you are not alone

- Centra Algemeen Welzijnswerk (CAW)
078/150 300 www.caw.be
caw is the helpdesk for domestic violence
- Talk about it with your m.d., midwife or caretaker
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For extra information: www.geweldenzwangerschap.be

