



FEYZİYE SCHOOLS FOUNDATION

IŞIK UNIVERSITY

COMMISSION ON COMBATTING VIOLENCE
AGAINST WOMEN

TO COMBAT VIOLENCE AGAINST WOMEN,

LISTEN,

SUPPORT,

GUIDE,

PROTECT!

Violence against women is not merely an individual issue; it is a social wound. This brochure has been prepared by the Işık University Commission on Combatting Violence Against Women to raise awareness, share resources of support, and encourage everyone to speak out rather than remain silent.

Violence refers to the use of force or power by one person to control, intimidate, or harm another. Violence against women may manifest in **physical, psychological, economic, sexual, or digital** forms.

1 Physical Violence

Any act intended to harm a woman's body.

Examples:

- Slapping, pushing, pulling hair, or punching
- Throwing objects or threatening with a sharp object
- Restricting freedom of movement

REMEMBER!

Physical violence is not limited to beating; any act that violates a person's bodily integrity is violence.

2 Psychological / Emotional Violence

The emotional exhaustion of a woman and the damage to her self-confidence and self-esteem.

Examples:

- Belittling, humiliating, or mocking
- Constant criticism, blame, or comparison
- Intimidation, threats (e.g., "If you leave me, I'll ruin you.")
- Social isolation (e.g., "You won't see your family.")

REMEMBER!

Invisible wounds are just as painful. Psychological violence silences women internally.

3 Economic Violence

A form of control that limits a woman's economic independence.

Examples:

- Preventing her from working
- Confiscating her earnings
- Controlling her spending and saying she cannot use money without permission,
- Using joint income solely for his own benefit

REMEMBER!

Economic independence forms the basis of freedom. It must be shared to promote equality, not to exercise control.

4 Sexual Violence

Any act committed against a woman's sexual freedom and body without her consent.

Examples:

- Forcing sexual intercourse without consent
- Sexual harassment or insults of a sexual nature
- Forcing decisions about pregnancy or birth control

REMEMBER!

"Even within marriage, no means no."

"Sexuality is a consensual experience, not an obligation."

"Respecting 'no' is essential and valuable at every stage of a relationship."

5 Digital Violence

Violating a woman's privacy, safety, or reputation through technology or the internet.

Examples:

- Reading her messages without permission or demanding her passwords
- Monitoring or taking control of her social media accounts
- Sharing or threatening to share private images without consent
- Online harassment, insults, or humiliation

REMEMBER!

The digital world is also a living space. Virtual violence leaves real scars.

6 Neglect and Coercive Control (Covert Abuse)

Subtly restricting a woman's decisions, relationships, and personal space, making her dependent.

Examples:

- Constantly questioning where she is and who she's with
- Using belittling phrases such as "You can't do it alone"
- Pressuring her about how to dress, go out, or make educational choices

REMEMBER!

Violence is sometimes silent. Control is not love, it is domination.

What Can You Do If Someone You Know Is Experiencing Violence?

Listen, believe, and be there...

❤ Listen, Don't Judge, Believe

- ✳ Use **empathetic** language instead of questions like "Why don't you just leave?"
- ✳ Avoid blaming, belittling, or rushing to give advice.
- ✳ **Speaking out is an act of courage.** Respect her story.

Saying "I believe you. This is not your fault." can be the first step toward helping her feel safe.

❤ Don't Make Decisions for Her

- ✳ Instead of saying "You should go to the police", **discuss the options together and let her decide.**
- ✳ Create a **safe space** where she can make her own choices.
- ✳ Forcing action can also create pressure. **Give her the freedom to act at her own pace.**

Respect Her Privacy

- * Do not share what she tells you **without her permission**.
- * Maintaining her trust is the most important part of support.

Offer Emotional Support

- * Saying “No matter what happens, I’m here for you” means a lot.

Encourage Her to Seek Psychological Support

“Asking for help is not weakness; it’s the first step toward healing.”

- * Feelings like trauma, fear, or guilt are common - **they heal not only with time but with support.**
- * Tell her about places where she can get psychological support:
 - Women’s counseling centers run by municipalities
 - Psychologic counsellors at Violence Prevention and Monitoring Centers (ŞÖNİM)
 - University counseling centers
 - Guidance services or private psychologists
- * **Offer encouragement, not pressure.**

Saying, “If you want, we can make the appointment together,” makes a huge difference.



REMEMBER!

**Women fight to survive, not to “avoid” violence.
Your support can be part of their struggle.**



Listen



Support



Guide



Protect

In light of the information above, if you or someone you know is experiencing violence, you can seek help or encourage them to contact the hotlines listed below for support.

SUPPORT AND APPLICATION HOTLINES

- Alo 183 - Social Support Line (7/24 free)
- 155 Police Emergency
- 156 Gendarmerie Emergency
- KADES App – Quick help in emergencies
- Violence Prevention and Monitoring Centers (ŞÖNİM)

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