

Physical and sexual violence

They push, hit or grab you, or make you have sex or do things you don't want to do, or they harm you, your pets or your family members.

Remember, that your violent partner may act loving towards you at other times and may truly feel sorry for his/her horrible behaviour. So, it might be hard to stay angry and upset with him/her. However, there is quite a high chance that their violent behaviour will continue. Abusers can be incredibly charming people, especially if they're trying to make you or others see them in a good light.

After a violent episode, it's common for both you and your abuser to try and downplay what happened with excuses, apologies or promises to change. Please, remember, that it's very difficult to eradicate physical abuse in relationships, and any abusive behaviour, without professional help.

If you're experiencing abuse, things can feel really confusing, especially if it's your first relationship. You might not be sure what to expect next. Abusers often try to influence your sense of what's real, to make you feel confused or even that you're going crazy. (This is known as 'gaslighting'.)

You may begin to think that you're to blame yourself for your partner's abusive behaviour. An abuser may excuse their behaviour by saying something like, 'It wouldn't have happened if you hadn't...' The truth is that no matter what you do, another person's abusive behaviour is never your fault.

To conclude all mentioned above, we should say, that if something mentioned above is happening to you, you should know, that it's not unusual to feel afraid of leaving the person who's abusing you. You might feel unsafe, or scared of what the person might do to you or themselves. You might also feel that you aren't capable of making it on your own. It's important to remember that there are people who can help you on every step of the way.

Language adviser N. V. Krasnova

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VITALII OLEKSANDROVYCH IVCHENKO
Kharkiv National University of Internal Affairs

WAYS OF FIGHTING WITH DOMESTIC VIOLENCE IN GERMANY

Each of three women in the world are victims of violence. In Germany, one woman dies from domestic violence in three days. How do people in Germany resist it?

Every five minutes, according to the Federal Criminal Affairs Office, at least one woman in Germany is threatened, subjected to psychological

pressure, physical or sexual violence. Mostly men, relatives or partners between the age of 30 and 39.

However, not all crimes become known. "A maximum of 20 per cent of the victims are seeking for assistance, and the total number of victims is significantly higher. The other 80 per cent of women are embarrassed to seek help from the police or special support groups, especially when survivors of violence committed by men in the inner circle." There fore it is important for this issue to be public and that women understand that they are not alone in this situation

Under current legislation, victims of domestic violence in Germany may report to the police within three months. If the law enforcement agencies are called directly to the place where the crime was committed, then the application should not be written - the case will be initiated without the request of the victim. Also, the police on the spot can appoint a period of prohibition on contacts, the violation of which is already considered a criminal. The penalty for assault (without severe bodily harm) can be quite expensive: several thousand euro fine or up to a year in prison.

Before the campaign began, the German government submitted its plan of measures to counter domestic violence. On the 20-th of November, Franziska Giffey, the Ministry of Family, Women and Youth Affairs, presented a report on domestic violence in Berlin and reported that €35,000,000 had been allocated to prevent violence against women. She called to increase the number of structures that helped victims of violence, the number of hostels for women who had experienced domestic violence, and to increase punishment for crimes against women.

Women who have been victims of violence may seek assistance from organizations such as Weißer Ring or the hotline organized by the Ministry for Women, Family and Youth Affairs, where they are offered assistance. Victims of violence can call 24 hours a day to "hotline". Consultations are held in 17 languages.

In order to reduce the number of cases of domestic violence, regulatory and legal regulation is necessary, namely an effective system of detection, prevention, and in the event that it was not possible to prevent it in time, to prescribe a punishment that in the future will discourage other persons from such illegal actions. In addition, it is necessary to carry out preventive work with the population, to make this problem widely known and condemned, to strengthen the work of psychologists in schools and other educational institutions, to organize the cooperation of psychologists and educators with law enforcement agencies to detect such cases in advance.

*Language adviser **Babak H. S.***