

Sexual contacts are only allowed, if all participants are in agreement with it. Your “stop” or “no” must be respected by the other person. Comments about your body or unwanted sexual requests are sexual harassment and will not be tolerated.

Every kind of violence against women, even in marriage, is forbidden. Rape in the marriage will be punished. If you feel threatened by your husband or a stranger, call the police – Phone: 110. The police will protect you and come as fast as possible to help you. Until the police arrives ask your neighbours and people around you for help.

If you have experienced a violent situation, you can seek advice at the „Hilfetelefon Gewalt gegen Frauen“, which you can reach from every city - Phone: 08000 116 016

At this helpline, women offer counselling in your mother language. Please mention a demand for interpreting at the beginning of the conversation. You and your children will be helped, if necessary even in a women’s centre where you share a secret apartment with other women who are in the same situation. There, you are safe from the perpetrator of violence.

Pregnancy

If you are pregnant you can profit from a lot of advice centers in Germany which can give you practical advice and support.

There is a special helpline for pregnant woman in trouble which you can call from everywhere – Phone: 0800 40 40020.

You can speak frankly about everything that troubles you and about the sorrows you might have. The counselors are bound to secrecy.

V.i.S.d.P.



A warm Welcome!

We wish that you and your family will be well here and that you can live a peaceful and successful life.

Germany is a foreign country for you. Therefore, we want to support you to become familiar with our laws, rules and social values in our country, particularly for women.

According to our conception every human is a free and self-determined individual. It is not allowed to make differences about gender, origin, skin colour, religion, ideology and sexual orientation.

Women and men have the same rights

However, this is not an automatism. Therefore, you will get some information on this way which will help you to get your rights.

You have an independent right of asylum

Your first steps in Germany begin with the asylum procedure at the „Bundesamt für Migration und Flüchtlinge“ (BAMF). Generally, you will be asked - separately from your family - about the reasons why you fled from your country. During the procedure it is important to reply in a detailed way about the reasons why you left your country. The reasons of flights of your family are important, but as a woman you possibly made special experiences with violence and discrimination against women. In this case, you have to mention these personal experiences during the procedure, even it is difficult for you to talk about it.

Independent reasons for getting recognition as a refugee due to your gender might be: forced marriage, forced prostitution, rape, female circumcision, persecution because of breaking cultural rules, for example: dress code. If you are threatened by anything mentioned above -

it does not matter if by government or any other person - you may get your recognition as a refugee. If it is hard for you to talk about your experiences with a man, you have the right to talk with women, including a female interpreter, in the interview. In order to meet your wishes, you have to apply for it at your first appointment at the BAMF. In many cities there are independent counselling services especially for refugees which can help you in this procedure:

Pro Asyl, Diakonie, AWO, Caritas, DRK and councils for refugees. Your social advisors and volunteers at your camp can help you to get in touch with the counselling services.

Women decide on their own how they want to live

This also includes the decision of marriage, if, when and who you want to marry. Every woman and man has the right to get divorced. Same-sex partnerships are accepted. Contraception for women and men is allowed. Should you need help with this, please contact a gynecologist.

It is allowed for women to study or to learn a profession. You take responsibility for yourself, not only in your family, but also in the society.

You decide on your own if you want to have a job or not. You are allowed to spend and save your own money via your own bank account.

Women and men share the tasks in the family. Both parents, mother and father, are equally responsible for education and the parental care of their children. Girls and boys go to the same schools and get the same education.

Children have the right to a nonviolent education. Parents commit a punishable offence in the case of violence against children. This includes also when parents deny children their right for education.

In every city there are counseling services for women. Ask your social advisors and volunteers about it.

Concerning questions about family and education the “Jugendamt” can counsel and support you. Furthermore, you get information and support by Refugee and Immigrant Advice Centers on questions about life in Germany, for example regarding school registration or social benefits.

In the case of racial discrimination, you can find help at the Antidiskriminierungsstelle des Bundes: Phone: 030-18555 1865.