



czaskobiet.org/wesprzyj-nas/
Fundacja Czas Kobiet
Al. Marcinkowskiego 24,
61-745 Poznań

**Are you
experiencing
violence?
Are your rights
being violated?**

 www.facebook.com/FundacjaCzasKobiet
 [fundacja_czas_kobiet](https://www.instagram.com/fundacja_czas_kobiet)
 biuro@czaskobiet.org czaskobiet.org
 czaskobiet.org

**Contact us:
+48 577 998 112**



We offer comprehensive, specialized,
and free support for women:
legal / psychological help/cyber-security
assistance/career counseling/court
assistance/support groups/trainings
and workshops

CYBERVIOLENCEMETR /	My relationship is healthy if my partner:	Helps me with configuring devices and accounts	My relationship is healthy if my partner:	Respects my decisions
		Is connected to me on social media		Accepts my friends and family
		Is more interested in electronics, so they help me set things up		Trusts and supports me
	If I give my consent it's okay if my partner:	Knows my passwords and device codes	My relationship is healthy if my partner:	Is happy when I succeed and feel fulfilled
		Shares files in the cloud, e.g. photos		Makes sure I agree to things we do together
		Is following my location		
	I have to say STOP, there is violence in my relationship, if my partner:	Shares subscriptions, e.g. Netflix	I have to say STOP, there is violence in my relationship, if my partner:	Gives me the silent treatment, ignores me
				Guilt-trips or blackmails me when I say no
				Criticizes my opinions or ideas
	I have to say STOP, there is violence in my relationship, if my partner:	Has access to my home Wi-Fi or smart devices	I have to say STOP, there is violence in my relationship, if my partner:	Mocks or humiliates me publicly
		Insists on taking and sending intimate photos / refuses to delete them		Constantly criticizes and judges me
		Limits what I can do online		Manipulates me or makes me feel guilty
	I have to say STOP, there is violence in my relationship, if my partner:	Controls who I contact and how often	I have to say STOP, there is violence in my relationship, if my partner:	Acts jealous, saying I belong to them
		Receives messages after we break up		Controls my outings, clothes, or makeup
		Insists I install apps/programs without explaining why		Checks my messages, emails, or apps without consent
CYBERVIOLENCEMETR /	I'm in serious danger if my partner:	Checks my messages or photos without consent	I have to say STOP, there is violence in my relationship, if my partner:	Pressures me to send intimate photos
		Logs into my email accounts		Isolates me from friends or family
		Forbids me from changing passwords or adding locks on my phone		Forces me to watch pornography
	I'm in serious danger if my partner:	Forces me to install parental control apps	I'm in serious danger if my partner:	Spreads rumors, humiliates me online
		Creates hidden email forwards		Insults, degrades, or abuses me
		Instals spyware on my phone or computer		Destroys my personal things
	I'm in serious danger if my partner:	Puts microphones or cameras at home	I'm in serious danger if my partner:	Threatens to kill themselves because of me
		Puts trackers in clothes, bags, backpacks		Threatens to share my intimate photos
		Puts trackers in my car		Pushes, hits, or shakes me
	I'm in serious danger if my partner:	Forces me to take and send intimate photos/videos	I'm in serious danger if my partner:	Touches me sexually without consent
		Threatens to post my private materials ("revenge porn")		Forces me to have sex
		Knows my calls and messages even when they shouldn't have access		Threatens me with a weapon or says they'll kill me
	I'm in serious danger if my partner:	Knows where I am, even though I haven't shared my location	I'm in serious danger if my partner:	
		Receives many unwanted or threatening messages		