

Vademecum

“KINDNESS IS PROTECTION”

Five questions that can save a life.

Promoted by



in collaboration with



as a part of the #StopTheViolence project.

Social awareness campaign promoted by



in collaboration with



as part of the #StopTheViolence project



Member of the
WORLD
KINDNESS
MOVEMENT



Scuola di Psicoterapia Sistemico-Relazionale



BRIEF RISK ASSESSMENT (BRA)

A tool that can save lives.

The Brief Risk Assessment (BRA) is a rapid risk evaluation used in emergency rooms and anti-violence centers.

Its purpose is to determine whether a woman who has experienced violence is in serious or immediate danger.

It is a simple, confidential tool designed to protect her.

Every year, too many women are injured or killed by someone who claimed to love them.

Often, the warning signs were already there.

The BRA helps healthcare and social workers recognize these signs in time, so that protective actions can be activated immediately.

It is an official tool, included in the Italian Ministry of Health's guidelines for the protection of women victims of violence.

HOW IT WORKS

The BRA consists of five simple but crucial questions, covering aspects such as:

- an increase in violence in recent months;
- use or threat of a weapon;
- fear that the aggressor might kill;
- violence during pregnancy;
- obsessive jealousy or controlling behavior.

If the answer is “yes” to at least three of these questions, the risk is considered high.

In such cases, professionals immediately activate protective measures and connect the woman with the anti-violence network.

Not an interrogation. A gesture of care.

Answering the BRA is a free choice, but it can make a real difference.

All responses are treated with absolute confidentiality.

The questions are asked by trained professionals, ready to listen with respect, without judgment.

It is a moment of trust and listening, not of suspicion.

Every word shared serves only to ensure your safety.

AFTER THE BRA

If a high risk is identified, a support pathway is immediately activated.
It may include:

- contact with a local anti-violence center;
- accompaniment to a safe shelter, if necessary;
- free psychological and legal support;
- coordination with social and health services.

Everything happens with your consent.

You always remain the protagonist of your choices.

It is an act of institutional kindness — care that becomes prevention.

REMEMBER

Violence is never your fault.

You are not alone.

Asking for help is a sign of strength, not weakness.

National Anti-Violence and Stalking Helpline – **1522**

Available **24 hours a day**, free and anonymous.

Speak with trained professionals.

“Courage begins with one answer.”

#StopViolence

