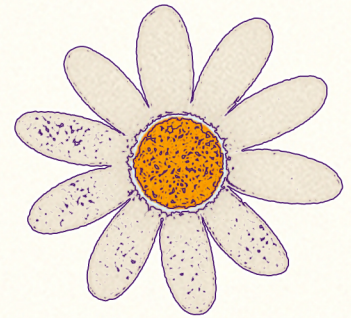
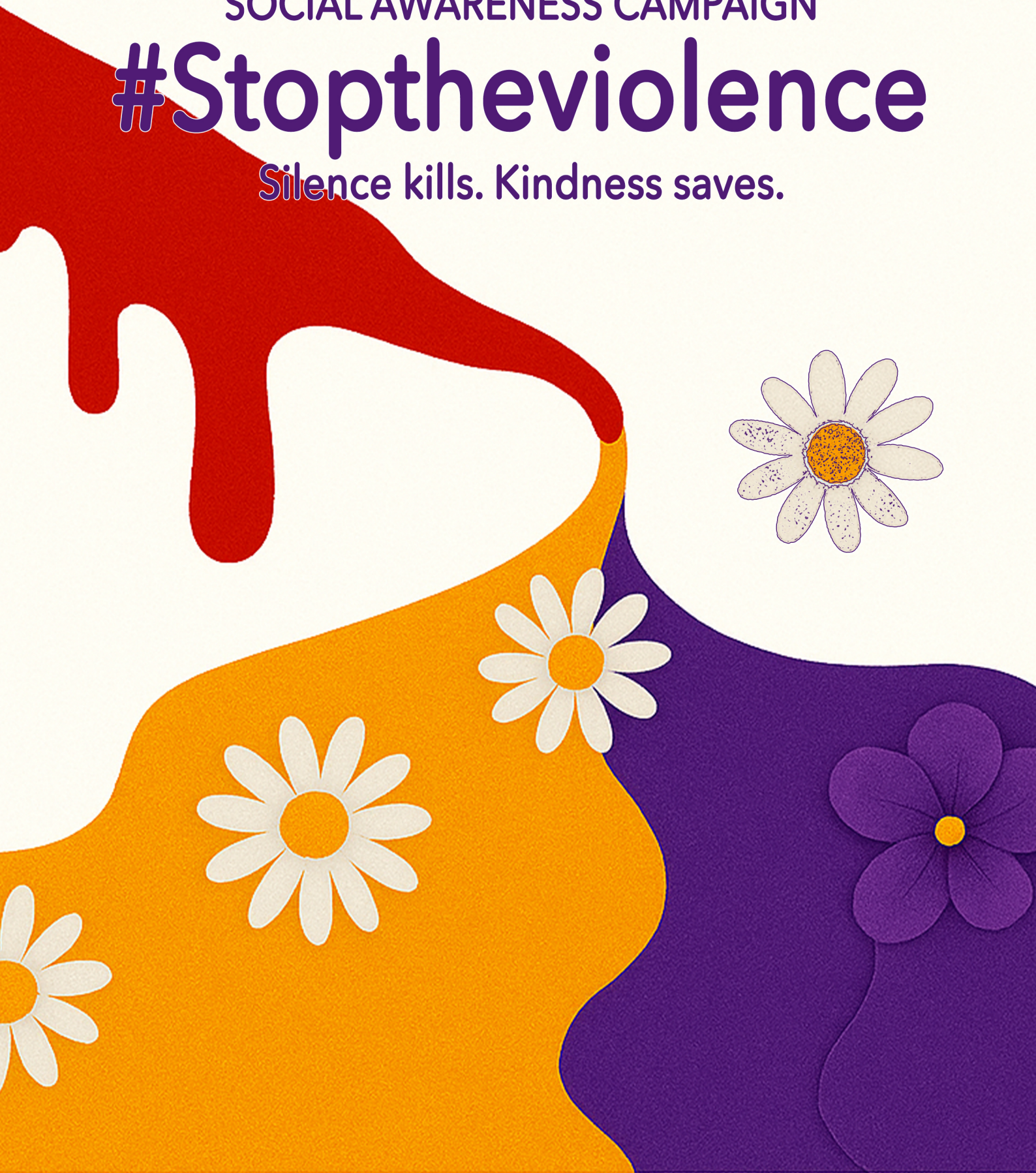


SOCIAL AWARENESS CAMPAIGN

#Stoptheviolence

Silence kills. Kindness saves.



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Italian Kindness Movement

VADEMECUM TO RECOGNIZE THE DIFFERENT FORMS OF VIOLENCE

*"Recognizing is the first step to reacting.
Kindness does not stay silent in the face of violence."*

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Centro Siciliano di
Terapia della Famiglia
SQUADRA DI PSICOTERAPIA SISTEMICO-RELAZIONALE



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WHAT IS VIOLENCE

Violence is not just physical. It is any behavior that limits a person's freedom, damages their dignity, or harms their well-being.

It can be expressed through words, gestures, silence, power, control, or neglect.

MAIN FORMS OF VIOLENCE

1. Physical violence

- Pushing, slapping, punching, biting
- Injuries, burns, pulling, shaking
- Use of objects or weapons to cause harm

Early signs:

Frequent outbursts of anger

Monitoring someone's movements

Excuses for bruises or "accidental" falls

2. Psychological/Emotional violence

- Humiliation, insults, demeaning comments
- Manipulation, threats, isolation
- Obsessive jealousy, guilt-tripping

Early signs:

"You're nothing without me"

Controlling clothes, relationships, decisions

Growing anxiety and insecurity in the victim

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Comunale di Ciampino



Centro Siciliano di Terapia della Famiglia
ISTITUTO DI PSICOLOGIA E PSICOPEDAGOGIA



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3. Verbal violence

- Yelling, insults, hurtful sarcasm
- Repeated derogatory jokes
- Moral blackmail, subtle threats

Early signs:

Disdainful tone as a habit

Public ridicule

Words that make you feel inadequate

4. Economic violence

- Preventing someone from working or handling money
- Controlling all expenses
- Using money as punishment or manipulation

Early signs:

“You don’t need to work, I’ll take care of it”

No access to accounts or financial decisions

Humiliating remarks about financial dependency

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5. Sexual violence

- Sexual violence
- Sexual activity without consent
- Unwanted sexual comments or gestures

Early signs:

Constant sexual pressure

Disrespect for “no”

Objectifying or demeaning the other person’s body

6. Witnessed or indirect violence

- When children witness domestic violence
- When violence is inflicted through threats against loved ones or pets

Early signs in children:

Sleep disturbances or regression

Aggressiveness or emotional withdrawal

Struggles at school or with relationships

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HOW TO RESPOND TO EARLY SIGNS

- **Listen without judging: those suffering violence need support, not blame.**
- **Never underestimate it: even minor incidents can escalate quickly.**
- **Ask for help:** contact anti-violence centers, law enforcement, social services.
- **Keep a record** of incidents, messages, injuries: they may be needed legally.
- **Don't isolate yourself:** confiding in someone you trust can break the silence.

USEFUL CONTACTS (Italy)

- **1522** – National helpline for violence and stalking victims
- **112** – Emergency numbers
- **Local anti-violence centers** – Check your local municipality or regional websites

FINAL MESSAGE

Recognizing violence is the first step to ending it.
Speaking out is an act of **courage**.
Fighting it is a **collective responsibility**.

“Kindness is not naivety: it is the strength that protects.”

— **MIG Italian Movement for Kindness**

