# The spectrum of violence




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The Scale of Violence is a tool that helps to recognise and categorise different forms of violence.

**Green zone (Everything's fine / Healthy relationship).** The relationship is characterised by mutual respect, trust, equality and acceptance of each other's boundaries. Both partners feel free and secure.

**Yellow-orange zone (Be careful / Say 'Stop!').** This is where subtle warning signs begin to appear, such as constant control, jealousy, belittling, emotional blackmail, social isolation or monitoring messages and locations.

**Red zone (Danger / Protect yourself and get help!).** This includes acute forms of violence such as threats, insults, damage to property, financial dependence, physical assaults or sexual violence.

# The Silent Cry for Help



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With this hand signal, a person can show without saying a word that they are being threatened and need help - during a video call, in the car, or at the supermarket checkout. The Canadian Women's Foundation introduced the signal in April 2020, and it is now recognised worldwide.

## Here's how it works:

Raise one hand, with the palm facing forwards. Place your thumb in the palm of your hand. Close your fingers over your thumb to form a fist. If you see this sign: stay calm and keep a low profile, and contact the police on 110.

## If you're worried about someone

Speak to the person in private during a quiet moment. Tell them what you've observed, without pressuring them.

Believe them. Violence is never the fault of the victim.

Respect their decisions, even if they do not (yet) want to leave the relationship. Stay in touch.

Pass on the number of the helpline: 116 016. You can also ring this number yourself to seek advice.

If you hear screams or the sound of blows coming from a neighbouring flat, call the police on 110. It's better to call once too often than once too few.