

Is it help or is it abuse?

Did you arrived Germany as a Queer refugee or immigrant and you have here contact to organizations or Persons, who support you?

Sexualized violence, emotional violence or physical violence can also result from aid organizations and people who are supposedly helping.

This flyer is especially aimed at Lesbians, Gays, Bisexual, Trans*, inter* and Queer refugees who are (potentially) affected by sexual violence, emotional violence or physical violence.

This flyer was created in collaboration with

KFR

**KÖLNER
FLÜCHTLINGSRAT**



rubicon.

lesbisch, schwul, queer



Have you been affected by violence or abuse?

- Do you have a strange feeling about the person or organization supporting you?
- Does the person helping you ask for something in return for their support?
- Do you feel isolated from other people?
- Does the person helping you make you feel guilty or expect a high level of gratitude from you?
- Are you being threatened by the person who is supposedly helping you?
- Are you being pressured to perform sexual acts against your will?
- Do you feel that you are not allowed to make your own decisions?
- Are you denied information about your rights such as asylum, education or sexual self-determination?

What is sexualized violence?

"Sexualized violence is understood to be any form of violence that is expressed in sexual assaults. The term 'sexualized' violence makes it clear that the sexual acts are performed as a means to an end, i.e. to exercise power and violence. Sexualized violence therefore often takes place in relationships of dependency."

(Federal Office for Family and Civil Society Tasks)

These are all warning signs of abuse or violence !

The experience of sexualized violence can cause victims to have great feelings of fear and shame that prevent them from seeking professional support.

You are not alone!

There are many ways to get help and support!

If you have a bad feeling, trust it and get advice from a professional counseling center!

Where can you find help?

As a person affected, you can turn to these counseling centers, among others:

Counseling & support in cases of violence, including counseling on filing charges

-> **rubicon e.V.**

Landeskoordination Anti-Gewalt-Arbeit für Lesben, Schwule und Trans* in NRW

Tel: 0221 - 27 66 999 - 51

E-Mail: ibrahim.willeke@rubicon-koeln.de

Rubensstr. 8-10

50676 Köln

Advice on protection against violence and residency for trafficked & refugee women*:

-> **agisra e.V.**

Tel.: 0221 - 124 019 oder

0221 - 139 03 92

E-Mail: info@agisra.org

Salierring 48

50677 Köln

24-hour help Hotline for women* affected by violence:

-> **Hilfetelefon „Gewalt gegen Frauen“**

Tel.: 0800 - 0116016

Advice on therapy, residency and asylum:

-> **Caritas Therapiezentrum für Menschen nach Folter und Flucht**

Tel.: 0221 - 16074 - 0

E-Mail: therapiezentrum@caritas-koeln.de

Spiesergasse 12

50670 Köln

Advice on asylum and residence law:

-> **Kölner Flüchtlingsrat e.V.**

Tel.: 0221 - 279 171 - 0

E-Mail: beratungkoeln@koelner-fluechtlingsrat.de

Herwarthstr. 7

50672 Köln

Help hotline for men* affected by violence:

-> **Hilfetelefon „Gewalt an Männern“**

Tel.: 0800 - 1239900

How to recognize appropriate help?

Appropriate help is when

- the help is not bound to return benefits
- the help is oriented towards your needs and interests and not towards the needs and interests of the supposed helpers
- the help tries to protect you from discrimination and violence
- you are fully informed about your rights and options
- you are encouraged to make use of your rights, e.g. the right to asylum, the right to education and the right to sexual and informational self-determination
- you are made to feel that you are not alone and that there are many ways to support you.
- you have the feeling that you can say no and make your own decisions
- you are encouraged to participate in society and to lead a self-determined life.
- you are listened to and feel that your hopes, fears and insecurities are taken seriously.

Special situation of LGBTIQ+ refugees

LGBTIQ+ refugees are particularly exposed to violations of their basic and human rights, such as multiple discrimination and sexualized violence, as well as other forms of violence, due to their origin, their sexual orientation and their insecure legal residence situation.

However, recognizing sexualized violence as such is often difficult for those affected, as perpetrators exploit their position of power and use emotional manipulation, violence and blackmail in a targeted manner.

They do this in the case of LGBTIQ+ refugees, for example by

- exploiting their hopes, fears and insecurities
- isolating them from social contacts and counseling centers
- giving them the feeling that they cannot cope on their own in Germany.