



Ayuntamiento de
Pamplona

Iruñeko
Udala

PAMPLONA: FREE FROM SEXUAL HARASSMENT



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Pamplona: **free** from sexual harassment

- Violence against women is the expression of a social and cultural substratum based on inequality: men and women do not enjoy equal rights and opportunities in our societies.
- Violence against women is not a mere 'fact of life' and is not 'inevitable'. It is not something that just 'happens'. It is exerted by men against women.
- The city's institutions and the social movement have taken up the task of addressing sexism in all areas, preventing it and providing a channel, jointly, for the mobilisation of civil society to denounce the situation.
- A festive context does not simply make sexual violence and its most extreme form of expression, sexual assault, 'unavoidable'. It is intolerable to think that our rights and responsibilities are suspended during festivities.



Who is this guide for?

- If you have ever left a public place (bar, bus, street, etc.) because someone was bothering you and you did not know what to do.
- If you have ever quickened your pace on hearing footsteps behind you because you felt frightened.
- If you have ever not done things on your own because you were too frightened: go out for a drink, a gig...
- If you have ever felt that your partner was degrading or controlling you.
- If you have ever felt yourself pushed into or forced to have sex.
- If you are fed up with all the sleazebags, are annoyed by sexist behaviour and do not find flirtatious comments and what some seem to think are jokes amusing.

What is sexual violence?

- It is a form of violence based on hierarchical relationships, on relationships of power which place men above women, and aim to ensure that women take a submissive role in life. It is a structural, universal form of violence, because women suffer it all over the world and in every area of their lives.
- It can be of a physical, psychological, emotional, sexual or financial nature.
- It can take on different forms: insults, supposed 'compliments', deprecation, humiliation, jealousy, emotional blackmail, groping, sexual harassment, beatings, rape, murder, etc.

• It is the form of violence that instils fear in women and one of the instruments through which inequality is reproduced and perpetuated.

Clues to spot sexual violence

Male chauvinist attitudes are the cornerstone which a man needs in order to believe he has the 'right' to abuse a woman. Jealousy is high up on the list of **mechanisms of control and manipulation**. It is not a sign of love, but of a wish to possess and control.

Don't be fooled!

Here are some example situations that can help you **detect sexual violence**:

- If your partner keeps tabs on your time, your mobile phone, the way you dress or the friends you have,

has ever spied on or followed you, or constantly accuses you of being unfaithful or flirting. If he does not want you to go out with your friends or for anyone else to exist in your life.

- If he treats you as though you could not decide for yourself, disregarding your personal opinions.
- If he presses you to have sex or to have sex without a condom.
- If someone touches your bum in a bar or harasses or pesters you even though you have told them to leave you alone.

We fight sexual violence

- We are **in control** of our own lives.
- We don't limit our lives. **We know what we don't like.**
- We live our sexuality **freely**, with whoever we want and whenever we want.
- **We trust our own criteria:** we know when we are being abused.
- We want and form relationships based on **equality.**
- **We respond** to abuse.
- **We don't confine ourselves** to strictly defined, restrictive, stereotypical identities.
- **We set the rules** for our own lives and know what we want to be. We don't care about conventions which tell us what women and men are supposed to be like.

General resources to **prevent** sexual violence

The street, the night, the day and fiestas are there for everyone to enjoy.

- **Don't stay on the sidelines;** act! Your role is important.
- **DON'T be an accomplice.** Act and reject abusers, and that includes those closest to you.
- Women have the **right to decide what they want and what they don't want** at all times.

• **Being a pest or a slime-ball isn't 'pulling', it's abuse.**



Feminist **self-defence**

- **Walk freely.** Occupy your living space.
- **Trust your own judgment.** You know if you like something, if something bothers you or if you are being abused. **You decide!**
- **Nobody has the right to make you do something** you don't want to do. Your body is yours.
- Getting to the root of why situations of this kind exist, **the individual and collective empowerment of women is critical** when it comes to providing us with tools of analysis and collective response, both in festive contexts and every other area of our lives.



What to do if you witness sexual violence

- If you think that a woman is suffering a violent situation, **talk to her**. Ask her if she's OK or needs help.
- **Let** the abuser **know that you don't accept** the situation.
- If a friend of yours is being abused by her partner, **tell her that she's not alone and provide her with information** or go with her to seek help.
- **Visit the sexual violence information point** or any other point set up for the purpose as part of the municipal prevention campaign and report what you have seen, or file a complaint through any of the other channels available.



Women, what to do in the event of sexual violence

- If you are being assaulted, **shout 'Fire!' to draw people's attention.**
- If you don't like a situation, **say so.**
- If you are being harassed or abused, turn to your friends. **Tell them what's going on. Seek help.**
- Make use of the **resources** indicated in this guide.

If you have been the victim of sexual abuse or assault:

You have the right to receive support and psychological, medical and legal **assistance** whether you decide to formally report the incident or not.

Even though you still don't want to report it, **remember that if you wash, evidence** which might help you in court **may be destroyed.**

- **Call someone you trust**, a friend or relative, to accompany you.
- **Go to a hospital or law court** and tell them what has happened so you can be seen by a medical examiner.
- **Visit a women's and/or feminist group** whenever you feel like it.
- Seek help from people trained in the subject. **You aren't alone.**

**IF YOU ARE NOT
PLAYING AN ACTIVE
ROLE IN THE RESPONSE,
YOU ARE PASSIVELY
CONTRIBUTING TO
TOLERANCE**

Gardez cette brochure à portée de la main

Aquí encontrarás teléfonos y recursos de utilidad.

Emergency services: 112 SOS Navarra

Municipal Police: 092

Crime Victim Support Service

- Free service.
- Victim support and counselling.
- Tel. + 34 848-423376, + 34 848-421387 and + 34 848-427671
- ofidel@navarra.es

24-hour psychological support service on **112, SOS Navarra**

Women's Legal Support Service:

- Free service.
- Telephone numbers and office hours:
- San Fermin fiesta and summer:
Monday to Friday from 10 am to 12 noon:
+ 34 948 221475

- Rest of the year:
Monday to Friday from 4.30 to 6.30 pm:
+ 34 948 221475

24-hour service on **112, SOS Navarra**

Municipal Women's Assistance Service:

- Free service.
- Telephone: + 34 948 420940
- smam@pamplona.es

Support service:

- Free service.
- 24h during the San Fermin and neighbourhood fiestas.
- The service is activated on request by calling 112 or at the information point.

**Citizens' initiative telephone line to report sexual abuse and harassment:
+ 34 660 344 692.**

Produced by:
Grupo Sanfermines en Igualdad
(San Fermin in Equality Group)

Campaign for the prevention of sexual violence
during the San Fermin fiesta

information point:

Plaza del Castillo.





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