

## WHOM TO CONTACT:

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### State Agency for Child Protection (SACP)

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### Department „Child Protection“ Pernik

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phone: +359 76 63 06 95

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### National helpline for children:

**116 111**



**YOU WANT TO KNOW  
MORE ABOUT SEXUAL  
VIOLENCE?**

**YOU WANTED  
TO CHANGE  
WHAT IS HAPPENING  
AROUND?**

**YOU WANT TO BE  
DIFFERENT?**



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YOUTH CLUB  
"TO BE FRIENDS"



PULSE Foundation



University of  
Bedfordshire  
**Our Voices**

**WHAT IS  
SEXUAL  
VIOLENCE?**

[www.pulsfoundation.org](http://www.pulsfoundation.org)

## What is sexual violence:

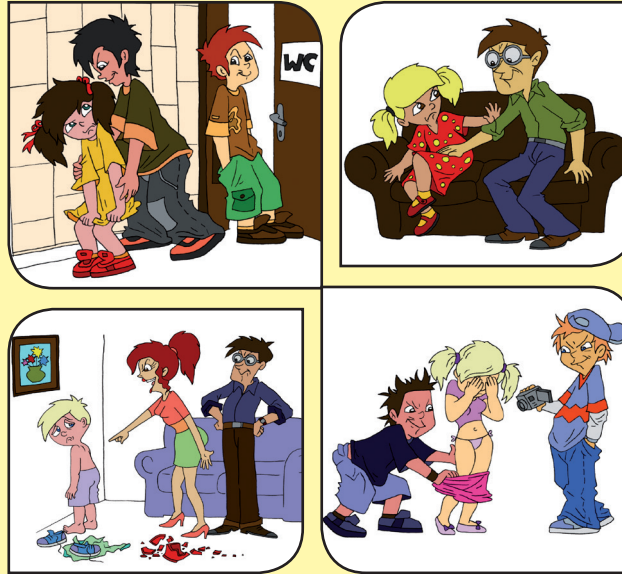
- hints of appearance that make a woman feel uncomfortable;
- unwanted touching;
- insults and taunts of a sexual nature;
- coercion for sexual contacts;
- abuse of the body of another / rape;
- display of pornographic materials;
- proposal for intimacy in order to increase career.

*Sexual violence causes feelings such as guilt, shame, fear, pain, anger, fear, helplessness; Victim blames himself/herself; He or she may feel anger, hatred, desire for revenge and even for murder.*

## Who is responsible?

- Responsible is ONLY the one who exercised sexual violence!
- Sexual violence is not caused!
- From sexual violence could suffer both - men and women of all ages.

## IS THIS VIOLENCE?



## Where can happen?

- In the club;
- in school;
- any other place we visit;
- On the street;
- at home.

## Who exercise sexual violence:

- Family member;
- Person close to family;
- Boyfriend or Girlfriend;
- Friend;
- Known person;
- Unknown person;
- Neighbor.

## WHAT ARE THE SYMPTOMS OF SEXUAL VIOLENCE AND HOW TO RECOGNIZE THEM?

1. A person *could* exhibit extreme nervousness, aggressiveness or even cynical attitude towards others.
2. A person affected by sexual violence *may* look calm, behave as if nothing had happened, his/her true feelings are well hidden or locked inside the mind so that the victim does not feel "anything" – a feeling of emptiness and indifference. (sometimes Police does not believe to what it hears and sees while speaking with the victim)
3. *Pains on the whole body* - the most highly traumatized are chest, vagina, anus, throat, arms, and legs.
4. *Eating disorders* - significant decrease in appetite, loss of taste, nausea, retching.
5. *Sleep disorders* - difficulty sleeping or excessive early waking, nightmares related to the sexual violence scene.
6. *Phobias* - outbursts of inner panic, hardening of the body muscles, which lasts from a few seconds to minutes, fear of being alone or of crowds.