

Fighting against violence towards young women

THE VIOLENCE METER

What is consent? It's the act of giving your approval consciously, freely and explicitly at any given time for a specific situation.

You can change your mind when you want and according to your own reasons. You do not have to justify yourself or be subjected to pressure.



seine-saint-denis
LE DÉPARTEMENT



PRÉFET
DE LA HAUTE-
GARONNE
*Liberté
Égalité
Fraternité*

OBSERVATOIRE
DÉPARTEMENTAL
DES VIOLENCES
FAITES AUX FEMMES
de la HAUTE-GARONNE



Solidarité
Femmes | 3919
appel gratuit et gratuit

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Respects your decisions and tastes

Accepts your friends and family

Trusts you

Is happy when you feel fulfilled

Gets your approval
when making plans together

Ignores you on the days when he is angry

Blackmails you
if you refuse to do something

Belittles your opinions and projects

Makes fun of you in public

Manipulates you

Is constantly jealous

Controls your outings, clothes, makeup

Goes through your texts, emails, apps

Insists that you send him intimate photos

Isolates you from your family and friends

Calls you crazy when you reproach him

"Blows a fuse" when he is unhappy
about something

Pushes, pulls, slaps, shakes or hits you

Threatens suicide because of you

Touches you intimately without your consent

Threatens to circulate intimate photos of you

Forces you to watch porn

Forces you to have sex

ENJOY

Your relationship is healthy when he...

WARNING. SAY STOP!

There is violence when he...

PROTECT YOURSELF. GET HELP

You are in danger when he...