Stopping violence against women

Easy-to-read version

Easy-to-read is information that is written in a simple way so that people with intellectual disabilities and all people can understand it.
Violence against women can have many forms. For example, it may mean that women:

- are treated badly by their partner or their families,
- are forced to have sex against their will,
- are threatened or feel that their lives are in danger.

Unfortunately, many women in Europe experience violence. Things are even harder for women who are at higher risk of being left behind. For example, women with disabilities.

The European Commission wants to stop violence against women. It has set 5 aims to make this possible:
1. Punish violence against women

Countries in the European Union should recognise all forms of violence against women and have laws that punish such actions. For example, when someone has sex with a woman without her agreeing. Or when someone shares on the internet nude photos of a woman without her agreeing.

2. Protect women from violence

The European Commission wants to make it easier and safer for women who experience violence to speak out and ask for help.

It also wants to make it easier for women with disabilities who experience violence to report it to the police.
3. Support women who experience violence

In some countries of the European Union, there is a telephone number that women and girls can call if they need help.

The European Commission wants to make this service available in all countries of the European Union. It also wants to make this service accessible for women with disabilities. For example, women with intellectual disabilities should be able to call this number and get help and information in easy language.

It is also important to help women who experience violence to find a house or get a job so that they can be independent.
4. Spread information to protect women against violence

If all people understand what violence is, it will be easier to recognise it and ask for help when it happens. The European Commission wants to help women who experience violence to know what their rights are and how they can get help.

5. Work together to stop violence against women

The European Commission wants all countries in the European Union to work together to stop violence against women. Working together will have a better result because countries can share their knowledge and learn from each other.
How you can ask for help

If you or someone else is in danger, you can call 112 for help.

You can call this number for free from any country of the European Union.

More information

This easy-to-read text is written by Lila Sylviti and checked by Soufiane El Amrani. You can find more information about easy-to-read at:

www.inclusion-europe.eu/easy-to-read