



**FOR A
FIESTA FREE
OF SEXUAL
ABUSE AND
HARASSMENT!**



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Iruñeko Udala

For a fiesta free of sexual abuse and harassment

- Fiestas are there for everyone to enjoy.
- NOT everything is acceptable in fiestas.
- The use or abuse of drugs never justifies assault.
- NO means NO in fiestas as well.
- Adopt an active attitude against sexual abuse,

Do NOT let it happen!



Who is this guide for?

- If you have ever left a public place (bar, bus, street, etc.) because someone was molesting you and you did not know how to react.
- 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 for a drink, go to a concert...
- 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 so much laddishness, are annoyed by sexist behaviour and are not interested in all those "so-called" laughs.

If any of these examples describe you or remind you of someone you know, then read on. This guide is for you, **whether you are a man or a woman.**

What is male violence?

- It is a form of violence based on hierarchical relationships, on relationships of power that place men above women, which aims to ensure that women take a submissive role in life.
- It is a structural form of violence, because women suffer from 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, fondling, sexual harassment, beatings, rape, murder. . .
- It is the form of violence that creates fear in women.

Women are not born afraid, they are taught to be afraid. They are not taught to defend themselves and that is what really makes them vulnerable.



Clues to spot male violence:

Male chauvinist attitudes are the cornerstone that 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 sexist 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 your partner treats you as though you could not decide for yourself, disregarding your personal opinions. If he doesn't want you to go out with your friends. If he doesn't want there to be anyone else in your life.
- If your partner forces you to have sex when you don't feel like it or forces you to have sex without a condom.
- When a stranger touches your bum in a bar, or harasses or pesters you even though you have told them to leave you alone.

Fight male violence:

- Take control of your own life.
- Don't limit your own life, but put limits on things you don't like.
- Live your sexuality freely, with whoever you want, whenever you want.
- Women, trust your own criteria: if you feel you are being abused, then you are being abused.
- Change relationships of inequality for relationships of equality.
- Respond to abusers; stop them in their tracks, both physically and mentally.
- Stop confining yourself to defined, limiting, stereotyped identities.
- Set your own rules for your life and be who you want to be. Forget the norms that tell us what a woman and what a man should be like.
- Build healthy relationships with everyone; understand their sexual diversity, orientation and difference.



General resources to prevent abuse:

- The street, the night, the day and fiestas are there for everyone to enjoy. DON'T be an accomplice; take action and say no to abusers.
- DON'T stand on the sidelines, do something! Your role is important.
- Remind abusers that NO means NO.
- A woman has a right to decide what she wants and what she doesn't want.
- Being a pest or a slime-ball ISN'T "pulling", it's abuse.



Women! Empower yourselves! You're worth it!

- Walk confidently. The more insecurely you move, the more vulnerable you will appear. Occupy your living space.
- Trust your own criteria. If you feel that there's something wrong, "Do something about it". You are the only one who knows if you like something, if something bothers you or if you are being abused. You decide!
- Remember you have the right to say "NO". Nobody has the right to make you do something you don't want to. Your body is yours.
- If someone loves you, then they should love you properly, and treat you with respect. Don't accept abuse.



What to do if you **WITNESS** abuse?

- If you think that a woman is being abused, talk to her. Ask her if she's OK or needs help.
- Let the abuser know that you don't accept the situation and that you don't think it's fun or even normal to abuse women.
- If a friend of yours is being abused by her partner, tell her that it's not normal and that she's not alone. Give her information or go with her to seek help.
- Don't tolerate abuse. Take action and report these things.



Keep this card on you

Here are some useful telephone numbers and resources:

- **Emergency services: 112 SOS Navarra**
- **Municipal Police: 092**
- **Crime victim support service**

Victim support service and guidance

Open from 9 am to 1 pm every day during the San Fermin fiesta except public holidays and Sundays. Tel. 848-423376

Monday to Friday from 8.30 am to 2.30 pm the rest of the year.

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

Calle M^o de Irache 22 - 1^o

- **Women's legal support service:**

Free service. Telephone numbers and office hours:

- San Fermin fiesta and summer: From Monday to Friday from 10 am to 12 noon: 948 221475

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

- 24-hour service: On **112 de SOS Navarra**

- Address: Colegio de abogad@s, Av. Ejercito n^o2-10^o

- **Municipal Women's Service: 948420940**
C/ Marcelo Celayeta 51 bajo (Carbonilla) from Monday to Friday from 8 am to 3 pm. San Fermin fiesta: closed.
- **Citizens' initiative telephone line to report sexual abuse and harassment: 699686687**

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WOMEN. What to do if you are being abused

- If you are being assaulted, shout "Fire" to draw people's attention.
- If you don't like a situation, say so (even if it's someone you know quite well). Say so clearly and firmly! NO is NO.
- If you are being harassed or abused, turn to your friends. Tell them what's going on. Seek help. You AREN'T alone!
- Remember that your facial expression, your voice and your body are all weapons you can use to confront abusers.
- Even though you still don't want to report it, remember that if you wash, then evidence that 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 happened so you can be seen by a medical examiner.
- Attend women's groups or visit your local council's area of equality whenever you like. Seek help from people trained in the subject. You aren't alone!

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Adapted by:

the Municipal Women's Council's *Sanfermines en Igualdad* (San Fermin in equality) Group, with the participation of:

The associations Amedna and Colectivo Urbanas in representation of the women's associations of the Municipal Women's Council

Platform of women against gender-based violence

Asociación Kattalingorri

Plataforma Gora Iruñea!

All the municipal political groups

The Government of Navarra's Victims' Legal Support Office

The Municipal Departments of Social Welfare and Equality, Education and Culture, and Public Safety

The Municipal Women's Service

A dense crowd of people at a festival, overlaid with a red filter and white text. The text reads:

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