

VIOLENCE THERMOMETER

- 1 Offensives jokes
- 2 Blackmail
- 3 Lie/Decieve
- 4 Ignore
- 5 Be jealous
- 6 Blame
- 7 Disqualify
- 8 Mock/Insult
- 9 Humiliate in Public
- 10 Intimidate/ Threat
- 11 Control/Forbit
- 12 Destroy Property
- 13 Hurt
- 14 Slap
- 15 Play to beat
- 16 Pinch/Scratch
- 17 Push
- 18 Beat
- 19 Kick
- 20 Confine/Arrest
- 21 Threat with objects or guns
- 22 Death Threat
- 23 To force sexual relation
- 24 Sexual Harassment
- 25 Be violent
- 26 Mutilate
- 27 Kill

BE CAREFUL!

Violence tends to increase

REACT!

Don't destroy yourself

REPORT IT

Ask a professional for help



**CALL
180**

Central de Atendimento à Mulher

**CALL
156**

Material traduzido e adaptado do espanhol para o português oriundo do Programa Institucional Gestión con Perspectiva de Género del IPN/México.