

Harassment, Sexual and Gender-Based Violence

WHAT TO DO. HOW TO HELP.



Your help is key

**in the fight against
abuse, harassment,
sexual violence and
gender-based violence.**

*All the information and recommendations are from current Spanish legislation and international institutions such as Metropolitan Police-UK, The United States Department of Justice, and RAINN-USA

EMERGENCY

→ SEXUAL ASSAULT

→ CHEMICAL SUBMISSION

SEXUAL ASSAULT

Sexual assault can include any kind of non-consensual contact, including sexual touching without consent, even when fully clothed.

WHAT TO DO:

- 1. GET YOURSELF TO SAFETY**
- 2. Call 091 or 112**
- 3. Tell them you have been a victim of sexual assault.**
- 4. Follow their recommendations before going to hospital. If possible, go with a friend or family member.**
- 5. Do not wash yourself or change your clothing.**

CHEMICAL SUBMISSION

Chemical submission is the administration of chemical substances (for example, “drink spiking”) without the knowledge or consent of the affected person.

Signs that this has happened can include disorientation, vomiting, sudden sleepiness, loss of balance, loss of consciousness, or memory loss.

WHAT TO DO:

- 1. Do not remain alone, find someone you trust.**
- 2. Call 091 or 112**
- 3. Tell them you have been a victim of chemical submission (and sexual assault, if that’s the case).**
- 4. Go to the hospital ASAP. If possible, with a friend or family member:**
 - Hospital La Paz** (Madrid)
 - Hospital General** (Segovia)

REPORT

- GENDER-BASED VIOLENCE**
- SEXUAL ASSAULT**
- STALKING**
- HARASSMENT**
- CHEMICAL SUBMISSION**

GENDER-BASED VIOLENCE

Behaviors such as jealousy, controlling whom you interact with, what you wear, where you go, access to your social media or phone, intimidation, sexual coercion, verbal abuse such as criticism, humiliation, insults...

STALKING

Repeated intrusive non-consensual behavior, usually including at least one of the following types:

- ▶ Communication: phone calls, letters/notes, text or social media messages, gifts
 - ▶ Physical proximity: following, approaching, and/or waiting for someone when not expected or desired
 - ▶ Tracking/observation: watching someone from a distance, keeping track of movements/habits
-

HARASSMENT

Unwelcome behavior or speech, such as sexual harassment, bullying, discrimination.

WHAT TO DO:

REPORT IT.

It is very important to report the unwanted behavior to the authorities.

We recommend you go accompanied by a person you trust.

If you want, we can go with you, write an email to vr.estudiantes@ie.edu

IN CASE OF STALKING:

- Explicitly state that communication should end; do not respond to further communication.
- Avoid the stalker as much as possible.
- Be careful about sharing your personal information.
- Maintain a log of the stalker's actions, including communication, unwanted visits, witnesses, photos, videos, phone records, screenshots, medical reports, or anything that demonstrates that the person is contacting you consistently and without permission. Write down the date, time, location, and how it made you feel.
- Let people know you're being stalked.
- Seek counseling.

HELP

- YOUR HELP IS KEY
- WE ARE HERE TO
HELP YOU
- RELEVANT CONTACTS

YOUR HELP IS KEY

If someone you know is a victim, here is how you can help:

Be a good listener :

It takes strength and courage for a person to reveal that they were assaulted or that they are in an abusive relationship. Your friend may need your support now and in the future. Let them choose when they want to talk and how much to share.

Remind your friend that this was not their fault, that you care and that they are not alone. Maintain confidentiality.

WE ARE HERE TO HELP YOU

COUNSELING SERVICES AT IE

General Information at:

<https://ieconnects.ie.edu/mywellbeing/home/>

Undergraduate Students:

Email: Counseling.IEU@ie.edu

Web: <https://ieucounseling.ie.edu>

Graduate Students:

Email: MasterCounseling@ie.edu

Web:

<https://ieconnects.ie.edu/mywellbeing/ifeel/>

IE WOMEN & ALLIES

Get involved in the conversation on campus.

Email: iewomenallies@ie.edu

Web:

<https://ieconnects.ie.edu/iewomenallies/home/>

IG: <https://www.instagram.com/iewomenallies/>

DIVERSITY LINE OFFICE

For incidents where an IE community member wishes to lodge a complaint against another community member (students, faculty & staff) at an event occurring in the IE environment.

[IE non-discrimination and anti-harassment policy and procedures \(Click here\)](#)

[Report an incident --> Diversity Line \(Click here\)](#)

INFIRMARIES ON CAMPUS

MARÍA DE MOLINA 31 BIS CAMPUS

María de Molina 31 Bis Campus

Location: MM31Bis 3rd Floor

Opening hours:

Monday through Friday

9:00-14:30 & 15:30-18:00

Contact:

Phone: 915 689 580

Ext. 49580

IE TOWER CAMPUS

Location: IE Tower, Floor -3 (in front of cafeteria)

Opening hours:

Monday through Friday

8:00-14:30 & 15:00-22:00

Saturdays

9:00-15:00

Contact:

Phone: 915 689 590

Ext. 49590

SEGOVIA CAMPUS

Location: Convent of Santa Cruz La Real (Segovia Campus) Next to Parking Lot

Opening hours:

Monday through Friday

9:00-14:30 & 15:30-18:00

Contact:

Phone: 921 415 318

Ext. 35118

RELEVANT CONTACTS



POLICE

Phone: Dial **091**

Email: atencionfamiyaiymujer@policia.es



ALERTCOPS APP

[\(Download here\)](#)

To report assaults, robberies, etc. Available in Spanish, English, French, German, Italian, and Russian.



HOSPITAL LA PAZ - MADRID

Paseo de la Castellana, 261

Phone: 917 277 000



HOSPITAL GENERAL - SEGOVIA

C/ Luis Erik Clavería Neurólogo S/N

40002 Segovia

Phone: 921 419 100



SPANISH GENDER-BASED VIOLENCE HELPLINE

Confidential and free of charge.

Attention in 53 languages.

Phone: Dial **016**

WhatsApp: **+34 600 000 016**

Email: 016-online@igualdad.gob.es

Immediate psychosocial care. Information for victims of gender violence and their environment.



Thank you for reading this guide.

In the event that a situation
of this type occurs in your
environment, **you will be
of great help.**