

Talking about consent is taking care of yourself and other women.

Helpline for all forms of violence against women:

#016 for all

- 📞 016
- ✉️ 016-online@igualdad.gob.es
- 🌐 violencioagenero.igualdad.gob.es
- ☎️ 600 000 016

You can call 016 from your mobile phone or contact this service online, completely free of charge.

It is available 24 hours a day, 7 days a week, and provides assistance in 53 different languages.

No matter what your administrative situation is: if you find yourself in an emergency, call 112.



Government website



+34 722 140 142
+34 622 042 564
Contact hours
Mon-Fri, 9am-17pm

✉️ info@saludentreculturas.es
⌚ @saludentreculturas
⌚ @salud_culturas
⌚ saludentreculturas.es

Your voice matters, your decision counts



**Diverse voices
against violence**



Your body is yours.

Consent means saying yes freely,
without fear and without pressure.



When I say NO, respect me and stop.

If someone forces you:
it is not consent.

If someone manipulates you:
it is not consent.

If someone pressures you:
it is not consent.

You have the right to
set boundaries at all times.



Do not feel guilty,
your well-being comes first.

Neither culture nor
religion should affect
your decision.

NO means NO, also
within a relationship.



It is brave to ask for help.
You don't have to face this alone.



**If something makes you feel uncomfortable
or insecure: report it without fear**

