

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

🌐 violenciaagenero.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

Salud
entre
mujeres



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**