



## Safety for Women

### The most important

When in danger: **dial 110**  
For medical assistance: **dial 112**

For counselling following sexual assaults  
Nationwide telephone assistance **08000 116 016**  
[www.hilfetelefon.de/de/startseite](http://www.hilfetelefon.de/de/startseite)

Counselling in Cologne:  
[www.stadt-koeln.de/leben-in-koeln/soziales/  
gleichstellung/beratung-und-hilfe](http://www.stadt-koeln.de/leben-in-koeln/soziales/gleichstellung/beratung-und-hilfe)

Enquiries about Prevention: [KP-O.koeln@polizei.nrw.de](mailto:KP-O.koeln@polizei.nrw.de)

### Frequent Questions after New Year's Eve:

Are there any new tips following incidents on New Year's Eve for women and girls?

**No!**

Two basic messages apply here:

- The Police and the City of Cologne are taking "Safety for Women" very seriously.
- There are always potentially dangerous situations.

## The Police and the City of Cologne are taking “Safety for Women” very seriously

- Women have the right to move freely and without danger in public spaces. It is not the responsibility of women to protect themselves against sexual assaults, either by the way they dress or by avoiding appearing in public.
- For many years now, the Police and the City of Cologne have been committed to combatting sexual assaults on women. We have worked in partnership with numerous organizations, women’s projects, workshops and events to raise awareness among women about how to recognise dangerous situations and how to prevent being a victim of sexual assault.
- The Police and the City of Cologne will do everything in their power to ensure that the incidents that occurred on New Year’s Eve will never be repeated.

## There are always Potentially Dangerous Situations

### Always trust your instinct!

New Year’s Eve showed just how important it is to be aware of your surroundings and to trust your judgement, especially when amongst large groups in public.

At the moment, with a view to the Carnival and being in a public place means that:

You should trust your instincts sooner and quickly take your own observations seriously. If you perceive or fear a dangerous situation, try to avoid it.

### Example:

During the carnival you see a group of men or men and women who are not dressed up, who are drinking alcohol and who are obviously not taking part in the carnival. You are worried that you might be approached and due to the behavior of these people amongst themselves you are afraid of being attacked.

What should you do?

- Consider making a detour.
- If necessary take the next tram.
- Approach a more peaceful group.
- Turn to task forces such as the police, the City or rescue services.

### Be aware of the effects of alcohol!

Alcohol affects your judgement and co-ordination. You are more vulnerable when you have been drinking. When planning on drinking in public spaces, the following precautions should be taken in advance.

- Do not walk around alone with alcohol in your system.
- Within a group of women there should be at least one who remains in complete control of her abilities in order to take prompt action such as escape or organizing help.

### In the case of assaults: escape, scream, fight!

Talk specifically to other people and tell them what kind of help you are expecting; for example, “Hey you with the red T-shirt, call the police!”

By loud screaming and strong resistance, other people will become aware of the situation and can help or call for help. Screaming is one of the most successful strategies for resistance. Muster up all your rage (scream) and fight back with determination.

For women on their own or even in small groups, attacks by groups are considerably more difficult.

If you are a victim of a criminal offense, report the crime to the police.

### **Be prepared**

If you are prepared, you increase the possibility of being able to behave correctly in a dangerous situation. Debate regarding general tips and the most important questions whilst on the way home, sedative – drops and alcohol.

Safety at parties for young women

[www.stadt-koeln.de/leben-in-koeln/soziales/gleichstellung/partysicherheit-fuer-junge-frauen](http://www.stadt-koeln.de/leben-in-koeln/soziales/gleichstellung/partysicherheit-fuer-junge-frauen)

For a long time now there have been proposals for prevention in order to make women more aware and to show them how to recognize imminent assaults and how to defend themselves against them. Here you can find instructors and organizations who are known to the City of Cologne and to the police and who can meet certain standards of quality.

Flyer: STARK trifft SICHER

[www.stadt-koeln.de/mediaasset/content/pdf-dezernat1/gleichstellung/stark\\_trifft\\_sicher\\_bfrei.pdf](http://www.stadt-koeln.de/mediaasset/content/pdf-dezernat1/gleichstellung/stark_trifft_sicher_bfrei.pdf)

Cologne Police's Criminal Investigation Department for Crime Prevention and Victim Protection offers self-assertion courses for women of all ages. It focuses on staying safe by making yourself less of a target rather than on physical defence.

### **Professional Counselling following Sexual Crimes**

Affected women are strongly recommended to take prompt counselling following a sexual assault.

Nationwide telephone assistance

[www.hilfetelefon.de/de/startseite](http://www.hilfetelefon.de/de/startseite)

Counselling in Cologne:

[www.stadt-koeln/leben-in-koeln/soziales/gleichstellung/beratung-und-hilfe](http://www.stadt-koeln/leben-in-koeln/soziales/gleichstellung/beratung-und-hilfe)