

MODULE 3

Your Rights and Resources

Learner workbook

FIRE Training Programme · 4 hours

Know the laws that protect you, the everyday rights you hold over property, work and credit, and the support services that can help you, and how to reach them safely.



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Your name (or a nickname)	
Start date	
Group or tutor	

How to use this workbook

- Do each exercise after the lesson it belongs to. Tick each step when you finish it.
- Your answers are yours. You do not have to show them to anyone.
- You can use made-up names and numbers. You never need to use your real situation.
- If something feels too hard, take a break. Help is listed at the end of this workbook.

What is in this workbook

Code	Title	Lesson	Time	How
EX 3.1	Which rights apply?	L3.1	20 min	Individual
EX 3.2	Why rights go unused	L3.1	15 min	Group
EX 3.3	Name the rights being denied	L3.2	22 min	Pairs
EX 3.4	Knowledge as power	L3.2	15 min	Group
EX 3.5	Map the path to help	L3.3	22 min	Pairs
EX 3.6	Lowering the barriers	L3.3	15 min	Group
EX 3.7	Build the plan together	L3.4	22 min	Pairs
EX 3.8	Help as strength	L3.4	15 min	Group



Which rights apply?

Time	20 min
How	Individual
What you make	A short note: Elif's rights, the most urgent one, one service, and your first sentence to her.

Connect a real situation to the protections that exist for it: move from 'something is wrong' to 'this is what the law lets me do'.

The situation

Elif's husband controls all the money and has recently started threatening her. She is afraid to stay. But she believes she has no rights, because the flat is in his name and her residence permit came through the marriage. She does not speak the local language well and has never contacted any service.

Goals

- Link a situation to the rights from this lesson
- Choose the most urgent protection
- Name a service that can help

Step by step

Step 1 — Understand (5 min)

- ☐ Read the situation twice
- ☐ Note what is happening to Elif and why it is wrong

Step 2 — Name the rights (7 min)

- ☐ List the rights from this lesson that apply to Elif
- ☐ Decide which protection would help her most urgently

Step 3 — Find help (8 min)

- ☐ Note one service that could help her use that right
- ☐ Write the first thing you would tell her she is entitled to



Your notes

Good to know

- Remember: victims' rights apply whatever your nationality or residence status.
- Use the Know your rights tool to check country details.

Check your work

- ☐ I named at least three rights
- ☐ I chose one urgent protection and said why
- ☐ I named a service that could help
- ☐ My first sentence is kind and clear



Why rights go unused

Time	15 min
How	Group

Strong laws only protect people who can reach them. Exploring the gap between rights on paper and rights in practice shows where support is most needed.

Private: only you see your answers

This reflection is private. Write only what you want to. Nobody will collect or read it.

1. Why might someone not know, or not use, the rights she has?

2. What barriers stand between a right and actually claiming it?

3. How can we help close the gap?



Name the rights being denied

Time	22 min
How	Pairs
What you make	A two-column list: what he claims, and the right that really applies, with one priority marked.

Find every right an abuser is trying to override, and match each one to the protection that really applies.

The situation

Marta's partner tells her the flat is his, so she must leave if she complains. He says she cannot take the part-time job she was offered because he 'does not allow it'. He says the bank loan in her name, which he spent, is her problem. And as the main earner, he decides everything. Marta believes this is simply how it is.

Goals

- Spot the rights an abuser tries to deny
- Explain the real legal position in plain words
- Decide what to fix first

Step by step

Step 1 — List (5 min)

- ☐ List each thing the partner claims or does

Step 2 — Match (8 min)

- ☐ For each claim, name the right it tries to override
- ☐ Write the real position in plain words

Step 3 — Prioritise (9 min)

- ☐ Decide which denied right matters most to fix first
- ☐ Note one service that could help Marta assert it



Your notes

Check your work

- ☐ I found all four claims
- ☐ I named a real right for each claim
- ☐ I chose a priority and gave a reason



Knowledge as power

Time	15 min
How	Group

Information itself can shift the balance in an abusive situation. Reflecting on this shows why knowing your rights is such a strong first step.

Private: only you see your answers

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1. How might simply knowing these rights change someone's situation?

2. Why do abusers work so hard to keep women unaware of their rights?

3. How could you share this knowledge safely with someone who needs it?



Map the path to help

Time	22 min
How	Pairs
What you make	A simple path from first contact to ongoing support, with one safety precaution and your opening words.

Design a realistic, safe path from a woman's current situation to the support she needs, step by step.

The situation

Amara wants help but is frightened. Her partner checks her phone. She has little money of her own, she is unsure of her rights, and she does not know what services exist or whether they cost money. She has an hour alone most weekday mornings and can use a library computer.

Goals

- Identify the kinds of help Amara needs
- Choose a safe first contact
- Order the steps to ongoing support

Step by step

Step 1 — Needs (5 min)

- ☐ Identify what kinds of help Amara needs right now

Step 2 — First contact (7 min)

- ☐ Choose the safest first point of contact for her
- ☐ Note one safety precaution she should take

Step 3 — The path (10 min)

- ☐ Order the steps from first contact to ongoing support
- ☐ Write the encouraging words you would use to start

Your notes



Check your work

- ☐ The first contact is safe for Amara
- ☐ I included at least one safety precaution
- ☐ The steps are realistic and in order



Lowering the barriers

Time	15 min
How	Group

Many women know help exists yet never reach it. Understanding what holds them back helps make the first step easier.

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1. What stops people from contacting services, even when they want to?

2. How do fear, shame or not knowing what to expect get in the way?

3. What would make reaching out feel safer and more possible?



Build the plan together

Time	22 min
How	Pairs
What you make	Lena's support map, three safety-plan items and three next steps.

Help an imagined woman turn fear into a realistic plan that combines support and safety.

The situation

Lena (from Module 1) now sees that her situation is economic abuse and wants to act. But she feels overwhelmed and alone: her partner controls the money and she has drifted away from friends. She has a sister abroad she trusts, a kind doctor, and one morning a week to herself. She does not know where to begin.

Goals

- Map a support network
- Choose urgent safety-plan items
- Plan realistic next steps

Step by step

Step 1 — Network (6 min)

- ☐ List who could be in Lena's support network
- ☐ Identify the everyday door she could use first

Step 2 — Safety (8 min)

- ☐ Pick the three safety-plan items most urgent for her

Step 3 — Next steps (8 min)

- ☐ Order her next three steps realistically
- ☐ Write one sentence of encouragement to help her begin

Your notes



Check your work

- ☐ I used the people and time Lena really has
- ☐ My safety items are practical and discreet
- ☐ Her steps are small and realistic



Help as strength

Time	15 min
How	Group

Many people see asking for help as failure. Challenging that belief is often what finally makes support possible.

Private: only you see your answers

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1. Why do we so often see asking for help as weakness?**2. What would you say to a friend who felt ashamed to seek help?****3. How can communities make seeking help feel normal and safe?**

Where to get help

These services are free and confidential. You can call them for yourself or for someone you support.

Country	Phone / web	Service	Cost and hours
Italy	1522	1522 Anti-violence and stalking helpline	free · 24/7
Italy	direcontrolaviolenza.it	D.i.Re – national network of anti-violence centres	free
Italy	inps.it	Reddito di Libertà (freedom income)	
Italy	normattiva.it	State-paid legal aid (patrocinio a spese dello Stato)	free
Italy	02 2327 2327	Telefono Amico Italia	24/7
Germany	116 016	Violence against Women Support Hotline (Hilfetelefon)	free · 24/7
Germany	116 006	Opfer-Telefon (WEISSER RING) – victims of crime helpline	free
Germany	frauenhaus-suche.de	Women's shelter search (Frauenhaus-Suche)	
Germany	frauen-gegen-gewalt.de	Women's counselling centres (bff)	free
Germany	0800 111 0 111	TelefonSeelsorge (crisis line)	free · 24/7
Germany	vz-schuldnerberatung.de	Recognised debt advice (Schuldnerberatung)	
Germany	service.justiz.de	Legal advice for people on low income (Beratungshilfe)	
Germany	migrationsberatung.org	Migration advice for adults (MBE)	free
Portugal	800 202 148	Information Service for Victims of Domestic Violence	free · 24/7
Portugal	116 006	APAV Victim Support Line	free
Portugal	800 202 148	National Network for Victims of Domestic Violence (RNAVVD)	free · 24/7
Portugal	gov.pt	Legal aid (proteção jurídica)	free
Portugal	gov.pt	Bank Customer Support Network (RACE)	free
Portugal	213 544 545	SOS Voz Amiga (listening line)	



Country	Phone / web	Service	Cost and hours
Portugal	808 24 24 24	SNS 24 psychological counselling (option 4)	24/7
Portugal	808 257 257	Migrant Support Line (AIMA)	
Across the EU	112	112 European emergency number	free · 24/7
Across the EU	116 006	Helpline for victims of crime (where available)	

In an emergency, call 112.

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