

Atividades no âmbito do **Projeto Educação para a Saúde**

Temática: **Violência no Namoro**

Sunshine - Don't Confuse L...  
Watch on YouTube

*O vídeo motivou os alunos para a troca de impressões acerca da violência no namoro e consciencializou-os de que este é um problema que tem vindo a aumentar. Pode ver aqui: <https://www.youtube.com/watch?v=1L6HB97lbrQ>*

AS TURMAS DO 2.º ANO DOS CURSOS PROFISSIONAIS REALIZARAM ALGUMAS ATIVIDADES NA DISCIPLINA DE INGLÊS DURANTE O 2º PERÍODO

*Os alunos começaram por visionar um vídeo acerca da temática da "violência no namoro". Posteriormente comentaram, identificaram sinais de aviso numa relação abusiva, procuraram contactos de apoio e elaboraram pequenos anúncios que ficam aqui expostos.*

Trabalhos de **Heloísa, 2ºTIR** e **Carolina Pardal, 2ºTD2**

*Estes anúncios elaborados pelos alunos são textos em Inglês, disciplina na qual foram discutidas as situações relacionadas com esta temática, planificada no Módulo 5 - "Teens World".*

**Heloísa**  
**DATING ABUSE!!**

This violence is not only physical, but also moral, psychological, and sexual!!!

"You are mine!!!"  
"YOU ARE THE ONLY GUILTY!!!"  
"You don't have anyone else!"

"YOU CAN'T LEAVE WITHOUT NOTIFYING ME"

**ASK FOR HELP!!!**  
**800 202 148**

**Carolina**

Domestic violence is not just aggression. Abuse can be physical, emotional or sexual. A relationship is not healthy when it involves disrespectful, controlling and abusive behaviors.  
Our helpline can help you! The information service is free and works over the phone, 24 hours a day to support victims of domestic violence by calling 800.202.148. It is an anonymous and confidential call. Love shouldn't hurt!

Trabalhos de **Beatriz Costa, 2ºTT** e **Diogo Viana, Rafael Barbosa, Tiago Coelho e Tomás Maria, 2ºTD1**

A relationship is not healthy when it involves disrespectful, controlling and abusive behaviour. The abuse can be physical, emotional or sexual. Relationships are abusive when there is some form of violence. In a healthy relationship there is balance, both partners are treated equally, with the same rights. In an abusive relationship, one of the partners feels more important, more loved and controls more what happens.

**Beatriz 2ºTT**

**Dating Abuse**

Dating Abuse is a matter of concern that should be given importance. Whoever doesn't respect you doesn't deserve you. In 4 courtships, 1 is violent. In 2010, 43 women died from dating abuse. There is no dating violence. Contact Line: 800 202 148

**Diogo V / Rafael B**  
**Tiago C / Tomás M**

Trabalhos de Rodrigo Silva do 2ºTD1; Diogo R, Mariana P, Miguel R do 2ºTD2; Luísa G. do 2ºTD1; Jessica K. do 2ºPSI, Rafaela C. e Soraia V. do 2ºTD1

Don't let dating get to that point.  
If you are a victim or know somebody that goes through this, you should seek for help.  
Don't be scared to ask for help call APAV

**CHAMADA GRATUITA**  
**116 006**  
LINHA DE APOIO À VÍTIMA  
DIAS ÚTEIS DAS 09H-21H

RODRIGO SILVA, 2ºTD1

Diogo Rufino, Mariana Pinção, Miguel Ribeiro - 2ºTD2

41% OF TEEN GIRLS - 37% OF TEEN BOYS  
37% TEEN BOYS  
OR EMOTIONAL ABUSE IN RELATIONSHIP

**CHAMADA GRATUITA**  
**116 006**  
LINHA DE APOIO À VÍTIMA  
DIAS ÚTEIS DAS 09H-21H

**800 202 148**  
Linha de Apoio à Criança em Perigo

**3096**  
Linha de Apoio à Criança em Perigo

**144**  
Linha de Apoio à Criança em Perigo

**VIOLÊNCIA**

If you witnessed, are or were, the victim or dating violence, report. In recent times, 284 complaints of dating violence have been mad .  
Don't be afraid and report your case!  
**Support lines:**

**116 006** **APAV** Apoio à vítima  
**800 202 148** Número verde gratuito

**Luísa Guerreiro 2TD1**

Trabalho de:  
Jéssica Karas  
2ºPSI

**CHAMADA GRATUITA**  
**116 006**  
LINHA DE APOIO À VÍTIMA  
DIAS ÚTEIS DAS 09H-21H

**CIG**  
PORTUGUESA DE BEM-ESTAR

**CIG**  
COMISSÃO PARA A COORDENAÇÃO E A QUALIDADE DE GÉNERO  
Presidência do Conselho de Ministros

**VIOLENCE PORTAL**

**APAV**  
CONTACTS:  
116 006  
apav.onda@apav.pt

**DATING ABUSE CONTACT: 800 202 148**

**DATING ABUSE - WHAT IS IT?**  
It is an act of violence, punctual or continuous, committed by one of the partners (or both) in dating, with the aim of controlling, dominating and having more power than the other person involved in the relationship.

**"ABUSE IS NOT LOVE. ABUSE IS ABOUT CONTROL." SAY NO TO VIOLENCE**

**STOP**

Rafaela Castanheira  
Soraia Valverde  
2ºTD1

Trabalhos de Emma Gomes do 2ºTD2; Juliana V. do 2ºTT; Simão Franco do 2ºPSI; José A., Paulo G., Pedro S. e Robbie do 2ºTD1.

**DATING ABUSE**

Do not let your boyfriend/girlfriend be abusive!  
Signals of Dating Abuse:

- Be controlling on where you go and who you see.
- Control your phone/social media/ emails.
- Being disrespectful, calling your names, putting you down.
- Physical abuse.

If you notice any of these signs please call the APAV association:  
[www.apav.pt](http://www.apav.pt), our free call number: **116 006**.

Emma Gomes 2ºTD2

**NEVER SILENCE YOUR VOICE!**

If you are suffering from dating abuse, call us:

SOS Adolescente - **800202484** SOS Voz Amiga - **800209899** Linha Crianças em Perigo - **961231111** Linha SOS criança - **116111** Linha SOS Droga - **1414**

Trabalho de: **Juliana Vilanova**

**Abuse on relationship**

Trabalho realizado por:  
José Augusto arj  
Paulo Gama ara  
Pedro Silva ara  
Robbie arag

IT IS AN ACT OF VIOLENCE, PUNCTUAL OR CONTINUOUS, WHICH AIMS TO HAVE MORE POWER AND CONTROL THAN THE OTHER PERSON INVOLVED IN THE RELATIONSHIP. DATING VIOLENCE CAN HAPPEN WHETHER THE RELATIONSHIPS ARE "SERIOUS" OR NOT, LESS OR LONGER. BOTH GIRLS AND BOYS CAN BE VIOLENT TOWARDS THEIR PARTNERS]

You can call this number if you experience domestic violence: **289 585 770**

**Unhealthy relationships**

Dating violence is the perpetration or threat of an act of violence by one member of an unmarried couple on the other in the context of a dating relationship, or when one partner attempts to exert control over the other through abuse or violence.

If this happens to you or someone you know,  
**call 144 - the National Social Emergency Line.**

Simão Franco 2ºPSI - 26/02/2021

Cartaz elaborado com a colaboração das professoras Maria Alice Martins (Inglês) e Paula ES (Inglês)

Todas as turmas participaram com entusiasmo na discussão deste tema e alguns alunos elaboraram os anúncios que apresentaram à turma. De um modo geral, a atividade foi considerada estimulante e muito valiosa pela informação partilhada e pela tomada de consciência para este tipo de situações.