Women Safety Handbook

Issued in public interest by:
Shimla District Administration
INTRODUCTION

In the past few years, crimes against women have increased rampantly in our country. Most cases of sexual harassment at home, work or public places are often not reported due to cultural inhibitions and the perceived stigma attached to the victim rather than the perpetrator of the crime who often gets away. Some of the common crimes against women are rape, dowry deaths, sexual harassment at home or work place, kidnapping and abduction, cruelty by husband and relatives and sex trafficking.

More often, that now, help is ready and very much within reach, waiting only for you to call out. This booklet is designed to give you some constructive and positive ideas for protecting yourself when you are travelling, shopping or out-and-about and while at home or at the workplace. Many crimes against women can be averted with a little awareness about the various legal infrastructure in place and presence of mind.

We hope that this concise booklet of essential tips and important information and police helpline numbers will help you to move freely in public places and navigate situations at home and workplace with the confidence that you are equipped to protect yourselves and seek help whenever you may need it.

Always Remember

- Be aware of your surroundings
- Remember, your age and dress is not a barrier, it can happen to anyone
- If uncomfortable, move to another location.
- Portray confidence and walk like you have a mission.
- Don’t let strangers use the phone.
- Never share your mobile numbers with strangers.
- Never move out without a fully charged mobile phone.
- Let a friend or family member know your whereabouts if you’re going out, especially at night
- Don’t run from Danger, Run towards Safety
- Keep phone nos. of your emergency contacts on speed dial
- While travelling remain alert, listen to music or talk to someone and try not to sleep and keep your eyes on the road while travelling in auto/taxi.
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POTENTIAL WEAPONS IN YOUR PURSE OR HANDBAG (apart from the bag itself!)

- Pen
- Pencil
- Nail Filer
- Bangles
- Comb
- Scarf
- Ear phones
- Deodorant
- Pins
- Keys
- Phone charger
- Mobile phone

DEFENCE TO ESCAPE

- The eyes are the most vulnerable part of body. Poke the eyes with finger tips hard.
- Strike the knee hard with your feet. Do with force and confidence.
- Find an obstacle such as parked car, and run around it like Ring around the Rosy.
- Hit where it hurts and aim at the vulnerable parts of the attacker’s body.
- If you recognize a situation as potentially unsafe, run away or get away from there.
- When in doubt, shout aloud.
- If you are alert, you can anticipate potential problems and avoid unpleasant situations.
HIT WHERE IT HURTS

- Using the base of your palm as a weapon
  Targets: nose, jaw, throat
- Elbow strikes
  Targets: face, jaw, solar plexis
- Using your knee as a weapon
  Targets: groin
- Legs kick and heel stamp
  Targets: knee, shin and toes

CARRY PEPPER SPRAYS

- Pepper sprays are legal in India, if used for self defence
- Available in medical stores or online, Common brands are ‘Cobra’ & ‘Knockout’. Can be prepared at home easily
- Not permitted in hand baggage in airlines
- Be careful while handling and storage

WHILE USING SOCIAL MEDIA LIKE FACEBOOK, TWITTER, INSTAGRAM, WHATSAPP ETC.

- Don’t ever put too many personal details on facebook, google, linkedin or other social media accounts as they might get misused
- Update your privacy settings regularly
- Virtual to real- never go alone to meet someone you met online
- Always make two kinds of online presence- a professional presence for your colleagues and clients; and a private presence meant for informal socializing which is shared with only a few and trusted individuals
# Crimes Against Women

Crimes against women have more than doubled over the past years. The meaning of crime against women is direct or indirect physical or mental cruelty and in which only women are the victims.

<table>
<thead>
<tr>
<th>Offence</th>
<th>Definition</th>
<th>Section</th>
<th>Punishment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Molestation</td>
<td>Assault or use of criminal force to women with intent to outrage her modesty</td>
<td>354 IPC</td>
<td>Min. 1 Year, Max. Upto 5 years.</td>
</tr>
<tr>
<td>Sexual harassment</td>
<td>Committing any of the following Act : (i) Physical Contact and Advances involving unwelcome and explicit sexual overtures. (ii) Demand or request for sexual favours. (iii) Showing pornography against the will of the women. (iv) Making sexually coloured remarks.</td>
<td>354-A IPC</td>
<td>For Offence mentioned at Sr. No. (i), (ii) and (iii) is upto 3 Years of imprisonment with or without fine. Punishment for offence at Sr. No. (iv) is punishable with imprisonment upto 1 year with or without fine.</td>
</tr>
<tr>
<td>Assault or use of criminal force to women with intent to disrobe</td>
<td>Any man who assaults or uses criminal force to any women or abates such act with intention of disrobing.</td>
<td>354-B IPC</td>
<td>Imprisonment of Min. 3 Years and Max. Upto 7 Years and Fine.</td>
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<td>Voyeurism</td>
<td>The practice of gaining sexual pleasure from watching secretly others when they are naked or engaged in sexual activity</td>
<td>354-C IPC</td>
<td>Imprisonment of Min. 1 Years and Max. Upto 7 Years and Fine.</td>
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<td>Stalking</td>
<td>(i) Any man who follows a woman and contacts such woman, who foster personal interactions repeatedly (ii) Any man monitor the use of internet by any woman.</td>
<td>354-D IPC</td>
<td>Imprisonment for 3 years and Fine</td>
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<td>Rape</td>
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<td>376-A to 376-E IPC</td>
<td>Min. 7 Years, Max. Life/Death Penalty.</td>
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Legal Guidelines

First Information Report (FIR): An FIR is a written document prepared by a police officer when she receives information about a cognizable offence. The FIR must include all relevant details like date, time and place of the incident, identity of the accused, if any. FIR can be lodged by a witness as well. The police officer is bound to read out the FIR to you, preferably in your own language and confirm your assent before you sign it. You are entitled to a copy of the FIR, free of cost. The FIR must be duly stamped and signed by the duty officer.

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<td>Cruelty by husband or by the relatives of husband</td>
<td>Husband or relative of the husband of a woman subjects such woman to cruelty</td>
<td>498-A IPC</td>
<td>Imprisonment for 3 Years.</td>
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<tr>
<td>Dowry Death</td>
<td>Death of married woman caused by burns, bodily injuries or occurs otherwise than under normal circumstances within seven years of her marriage and she was subjected to cruelty and harassment by her husband and his relatives.</td>
<td>304-B IPC</td>
<td>Min. 7 Years, Max. Life Imprisonment</td>
</tr>
<tr>
<td>Grievous Hurt by use of Acid</td>
<td>Throwing/attacking a woman by corrosive substance or acid</td>
<td>326-A IPC</td>
<td>Not less than 10 years imprisonment and may be upto Life Imprisonment and Fine</td>
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<tr>
<td>Sexual Harassment at Workplace</td>
<td>The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act 2013</td>
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YOUR RIGHTS

- Police is bound to file a report by a rape victim and listen to her grievances.
- You cannot be arrested without a lady police officer or constable being present (CrPC section 51 and 100).
- You can be searched only by a lady police officer/constable (CrPC section 51).
- Medical examination can be conducted only in the presence or supervision of a female doctor (Section 54).
- No arrests after sunset and before sunrise.
- Throughout the process your identity cannot be revealed (IPC section 228A)- applicable for rape victims.
- You cannot be called to the police station for interrogation (CrPC section 160(1)).
- A woman has the right to give her statement to a magistrate in private (CrPC section 164).

POLICE FIR
sexual harassment
in the workplace

Whom do you complain to?
Any woman who feels that she is a victim of sexual harassment can file a complaint to her department's or company's Internal Complaints Committee.

What should the complaint cover?
• The written (or email) complaint should contain a description of each incident like
  • Relevant dates
  • Timings and locations
  • Name of the Respondent(s)
  • The working relationship between the parties

What to expect from the Committee?
When it comes to redressal for workplace harassment, the employee has a right to expect-
• A trained, skilled and competent Internal Complaints Committee
• A time bound process
• Information confidentiality
• Assurance of non-retaliation in the workplace later
• Counselling or other enabling support where needed
• Assistance if the complainant opts for criminal proceedings
When in trouble, reach out to us!

Nearest Police Station  :  100
SMS Service / Whatsapp  :  9459100100
Hoshiar Singh Helpline   :  1090
Gudiya Helpline          :  1515
Fire                     :  101
Ambulance                :  108
Child Helpline           :  1098
Cyber Crime Cell         :  0177-2621714 (191)
Report Against Corruption :  0177-2629893

Call the Women Police Station Shimla at 0177-2672700