



**Preventing sexual offences and
recruitment of teenagers
through online social networks**



Necuvinte Association

The Romanian Police



HEALTHY RELATIONSHIPS
ONLINE SAFETY, HEALTHY RELATIONSHIPS,
PRIVACY & CONSENT



Kingdom of the Netherlands

Project financially supported by
The Embassy of the Kingdom of the Netherlands



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This material has been created within the project "Preventing sexual offences and recruitment of teenagers through online social networks" funded by the Embassy of the Kingdom of the Netherlands in Romania.

The guide is intended for high school students, teenagers aged 14-18, their parents, teachers, but also for the general public.

The purpose of this project is to create a framework for promoting preventive education through information.

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ONLINE SAFETY, HEALTHY RELATIONSHIPS, PRIVACY & CONSENT

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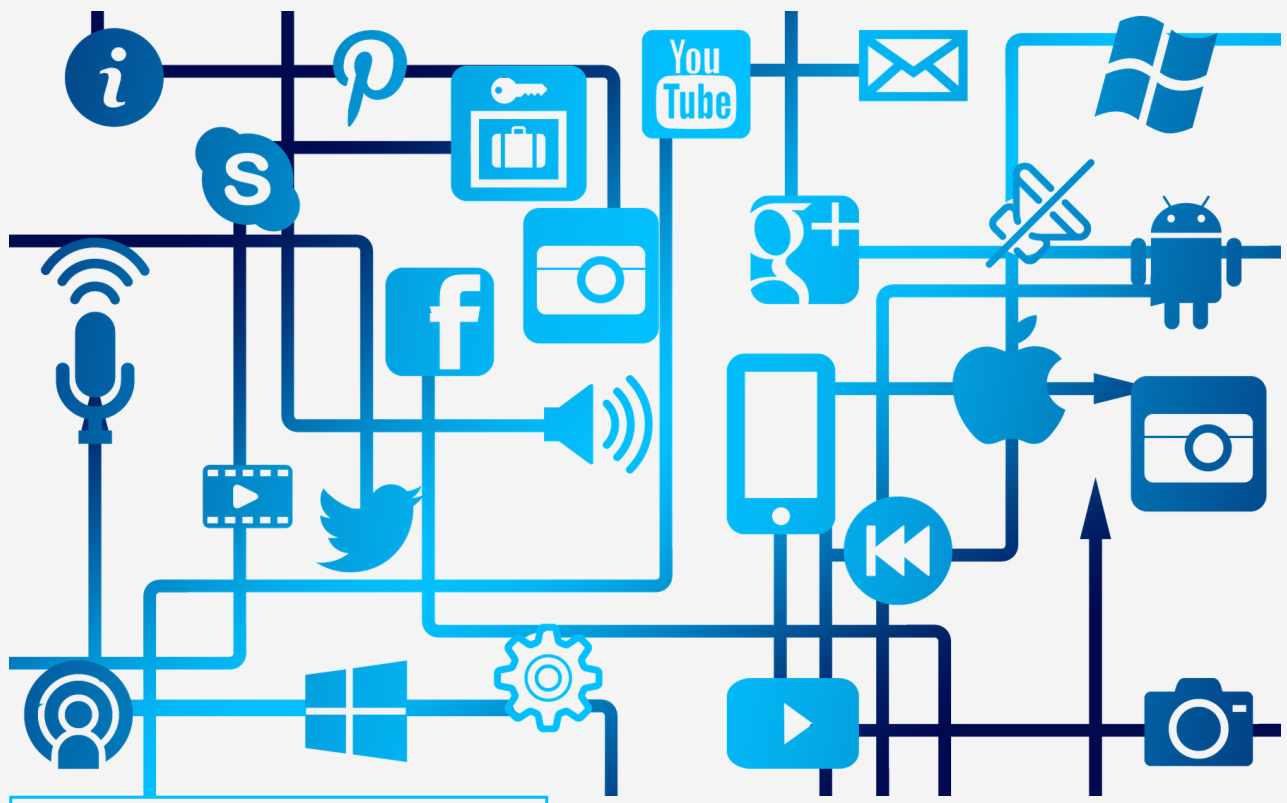
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I. ONLINE SAFETY

The Internet has radically changed the world we live in, we can communicate in real time even if we are in different countries, we are a few clicks away from each other, a click away from any information we want to find, and through it, we can create a new identity.

Everything is attractive and very easy to obtain, but we must be careful not to lose our real identity. Moreover, anyone can have access to this identity of ours and not everyone has the best intentions.

The methods of maintaining online safety have intensified and we have the opportunity to stop any situation that creates insecurity, shame, coercion or that attacks our dignity.

It is very important to learn how to protect ourselves properly so that we can continue to enjoy our secure online space.

Cyberstalking

One of the most common phenomena in the online environment is called "cyberstalking".

Cyberstalking is tracking or harassment done through online platforms.

It can target individuals, groups or even organizations and can take many forms, including harassment, defamation and threats.

The reasons for this behavior may be control or intimidation of the person/victim. The information collected may be used in other crimes, such as identity theft or offline tracking.

You should never place the blame on the victims, but the current online landscape creates "easy targets" and we must learn to pay attention to our interactions on the internet.

Many social network users do not think that posting personal information, sharing their feelings and desires, posting photos of family or friends, and using the exact locations of themselves or loved ones can attract the interest of people with criminal intent.

Even if, in our perception, the online account is protected and only the loved ones have access, we must be aware that **what we publish in the online space is public information, according to the law.**

This means that if we, in turn, engage in hate speech, vulgar or inappropriate language in connection with another person, group of people or organization, we may be held legally liable for such statements made online.

We respect others, but others do not respect us.

It is both our right and our obligation to protect ourselves and to carefully select the people who may have access to information about our personal lives.

When someone keeps writing to you, even though you told them not to, or they start attacking you, it means that you are subject to the phenomenon of cyberstalking.

This phenomenon also means that the other person is constantly trying to figure out where you are, with whom, what you are doing, and is following you in the online environment, through your posts or your friends.

If someone bothers you in the virtual space, writes you obsessively, asks you to meet or do things of a sexual nature, it means that they are harassing you.

It would be safest to keep the conversations and block or delete the person from your friends list. You can also file a complaint with the police, because harassment is punishable by law.



HOW TO PROTECT YOURSELF?

01 DO NOT GIVE THE LOGIN PASSWORD TO ANYONE!

No one else needs to know the passwords you use to log in to your online accounts. It is advisable not to use the same password for all accounts and for these passwords to be changed every 6 months.

02 SET ACCESS TO POSTS AS 'PRIVATE'

This means that only those on your friends lists can view your posts.

03 PAY ATTENTION TO THE PEOPLE WHO ARE GOING TO BECOME YOUR FRIENDS

You should not accept as a friend a person you do not know in real life, about whom you know nothing and with whom you have no friends in common, just because she/he appreciated one of your posts.

04 BEWARE OF ONLINE ACCOUNTS THAT DO NOT HAVE ANY PROFILE PHOTOS

Example: accounts that only have photos with landscapes, pets, flowers, famous quotes, without any element of identification of a real person. Also pay attention to accounts that use pictures of celebrities as profile pictures.

05 PAY ATTENTION TO THE PHOTOS YOU POST

Even if there are only known people in your friends list, those photos can stay in the online space forever.

Example: photos in sexy poses, in a swimsuit or in positions that accentuate your sexuality. Imagine that those images could be used by those traffickers or that they could be sold online on pornographic sites. No matter where your life will take you professionally, those photos taken in high school can follow you all your life. The beauty of each of us should not be ostentatiously displayed in the online environment.

06 BE CAREFUL WHEN DISCLOSING YOUR LOCATION

If you post, in real time, a photo with your classmates in the school yard, clearly identifying the location, it is less dangerous than if you post a photo with your whole family when you are on vacation at sea. Why? Because a person with bad intentions sees in this the fact that no one is at home and could try to rob you.



07 **PAY ATTENTION TO THE POSTS IN WHICH YOU ARE TAGGED**

It's important to set up your account in such a way that when you're tagged in a post you need to review it before it goes public. If you do not do this, you may find yourself in humiliating, shameful situations. Example: you can be tagged in pornographic, dangerous images or posts with content inciting violence and hatred.

08 **BLOCK AND REPORT**

Even if we are careful and apply all the rules mentioned above, it can still happen to have in our list of friends people who harass us, send us inappropriate private messages or even threats. All online platforms offer the possibility to block a person that makes us feel uncomfortable. It is also important to pass on the fact that that account is insecure, inciting violence, to the platform on which you have your account, using the "report" function.

No one has the right to intervene in your intimate space, if you do not want this. You can set your own limits.

09 **DON'T EASILY ACCEPT REAL-LIFE ENCOUNTERS WITH PEOPLE YOU ONLY KNOW ONLINE**

If you've met someone you enjoy talking to, you seem to have things in common, and he/she always been respectful of you, and you'd still like to meet him/her, Google that person before you meet him/her to make sure they are who they are. If all these details match and you want to meet him/her, make sure that you meet in public spaces, where there are other people present, and that you are not left alone with him/her in a place that is away from the eyes of the world. Before meeting that person, tell a close friend where the meeting will take place.

10 **COVER YOUR COMPUTER'S CAMERA**

There are programs that, once installed on your computer, can give access to the person who installed the program to your computer's camera. That person can see everything you do and where you use that device, without you realizing it. Ideally, no one else should work on that device, but if this is not possible, a simple solution would be to cover the camera with a sticker.



Online shaming

Online shaming, also called "Call-out culture" or "Cancel culture", is a form of shame/humiliation in which targets are publicly humiliated, on the internet, through social platforms, or groups. e-mail/WhatsApp. It is a form of incitement to violence and hatred.

Online shaming can manifest itself in several forms:

Body shaming

Doxing

Revengeporn

Shunning

Negative reviews

Sexting

The targeted person/s is/are attacked based on religion, political view, sexual orientation, ethnicity, disability, physical appearance, publicly expressed opinions, non-compliance with the mentality considered by the aggressor/group of aggressors as "normal". Sometimes the attack has other reasons: jealousy, feelings of possession, etc.

Body shaming

Body shaming is the practice of one or more people teaming up against a "target person" in order to humiliate him/her. The elements to which it relates are the physical aspects of the target of the attack. Example: an overweight person, with a disability, who wears glasses, with skin problems, etc.

This behavior corners, mocks and stigmatizes victims, destroying their self-esteem and perpetuating the harmful idea that our unique physical appearances should be compared to the notions promoted by the fashion industry as "perfection".

The practice is extremely humiliating, with painful, long-term consequences. Such behavior can also lead to suicide. Even if the Romanian legislation does not have a special provision for this phenomenon, its manifestation can be included, as the case may be, in several offenses provided by the Criminal Code and punished as such: threat, harassment, determination or facilitation of suicide.

Doxing

Doxing ("docs") is the practice of researching someone, searching for as much information about them as possible, and publicly disseminating private or identifying information about a person, group of people, or organization. It is closely linked to vigilantes and hacktivism.

Your whole life, the address where you live, identification data from your legal documents, photos that you would not want the world to see, can be made public by this method.

Doxing is practiced for various reasons, including revenge, blackmail, harassment, online shame, coercion to make you agree to do something you would not do otherwise.

The manifestation of this phenomenon falls within the legislation of Romania in the category of cyber crimes and can be punished.

Sexting & Revenge porn

Adolescence is the age when you feel the need to express your sexuality, whether you have a partner or you are alone, you will have a relationship at some point and feel an attraction both emotionally and physically.

It is very important to know your partner before you get to the point where you have sexual discussions. You need to choose carefully the person you want to share your privacy with.



Whether you are an extroverted and dynamic person and you do not want long-term commitments, you want to experiment or you are introverted and you want a long-term relationship, no one has the right to judge you for these choices.

It is essential to pay more attention to the people you interact with and to whom you give access to your privacy.

If you have a virtual sexual relationship with someone, either of the same sex or of the opposite sex, you have the option to talk through messages about your intimate desires, but only if you feel comfortable in this situation.

You can share with your partner what you would like to experience and set certain limits in case you end up moving your connection from the online to the offline environment.

Communication is very important in any kind of relationship, even when it comes to virtual relationships.

You should never respond to these types of messages if you do not feel ready to do so, if you do not trust the person you are talking to or if the way you approach this person makes you feel uncomfortable.

This type of interaction is called

SEXTING and before you do it you need to try to make sure you can trust the other person.

If you choose to do this and want to send pictures in indecent poses, you can take certain security measures, with the help of which you will be more difficult to identify.

For example, you can crop the pictures so that your face or other elements that can be associated with you are not visible: details related to the phone case, jewelry or where you are when you take the pictures.

Another security measure you can take is to send the pictures over a network where the picture disappears after being viewed or through a network through which it is easier to find out if the person to whom you sent the picture did a screenshot (for example Snapchat).

However, if you choose to send pictures of yourself in indecent poses, you must know that the internet is forever and that once sent, they cannot be recovered.

It is a decision that belongs only to you, but which must be informed and assumed.

Think about the possible consequences before sending pictures!

If someone asks you for pictures of you naked and you do not feel comfortable in such a situation, remember that it is very important to communicate this. You can tell him/her you don't want to, you don't feel comfortable, you don't trust him/her.

If you are told that by refusing to send indecent pictures, it means that your feelings are not real, you become subject to a process of **emotional manipulation**.

If someone makes public the images you send, it means that you are subject to a phenomenon called **revenge porn**.



Actions related to revenge porn can be punished by law. If you are going through this, it would be advisable to talk to someone, either a parent or a teacher, and go to the police to file a complaint. When you decide to take legal action, make sure you have evidence to prove what you are saying.

Evidence is very important in the justice system, as are witnesses. You can take screenshots of the photos/videos posted on a group or on a Facebook page and screenshots if any friend writes to you that they have seen them.

Shunning

Shunning is the act of social rejection or emotional distancing.

Social rejection occurs when a person or group (aggressors) deliberately avoids association with another person/group and keeps him/her isolated. This can be a decision of a group or the action of a single person who will spread negative ideas to others. It is considered a sanction. The target of shunning can become anyone who is labeled as a threat to the accepted value system in a particular community or group.

Mental shunning is an individual action, in which a person consciously ignores an idea or a set of information related to a certain point of view. It is thus possible to form groups of people who adhere to the same ideas, which are to reject information contrary to their belief system.

Social shunning has been and is a punishment, which leads to the exclusion, isolation of a person or group other than them.



Connection lost

Shunning pursues one or both of the following objectives:

- To change a person's behavior. This approach aims to influence or coerce behaviors and discourage or force the avoidance of certain behaviors.
- To affect a person's popularity and marginalize him/her. This approach sought to isolate, discredit the actions or positions held by that person.

Especially in groups based on extremist ideologies, shunning can be directed against a person/group due to sexual orientation, religious beliefs, very good school results, popularity, etc. Those subjected to shunning respond differently, depending on the circumstances and the nature of the actions taken by the aggressors. Extreme forms of shunning can affect psychological and relational health.

It is a behavior with possible very serious effects that must be sanctioned both at the level of the management of the educational institution, work place, and outside them, by calling the police.

Shunning is not specifically provided for in the Romanian law, but the behaviors associated with it may, as the case may be, the crime of harassment, blackmail, threat, determination or facilitation of suicide.

Ghosting

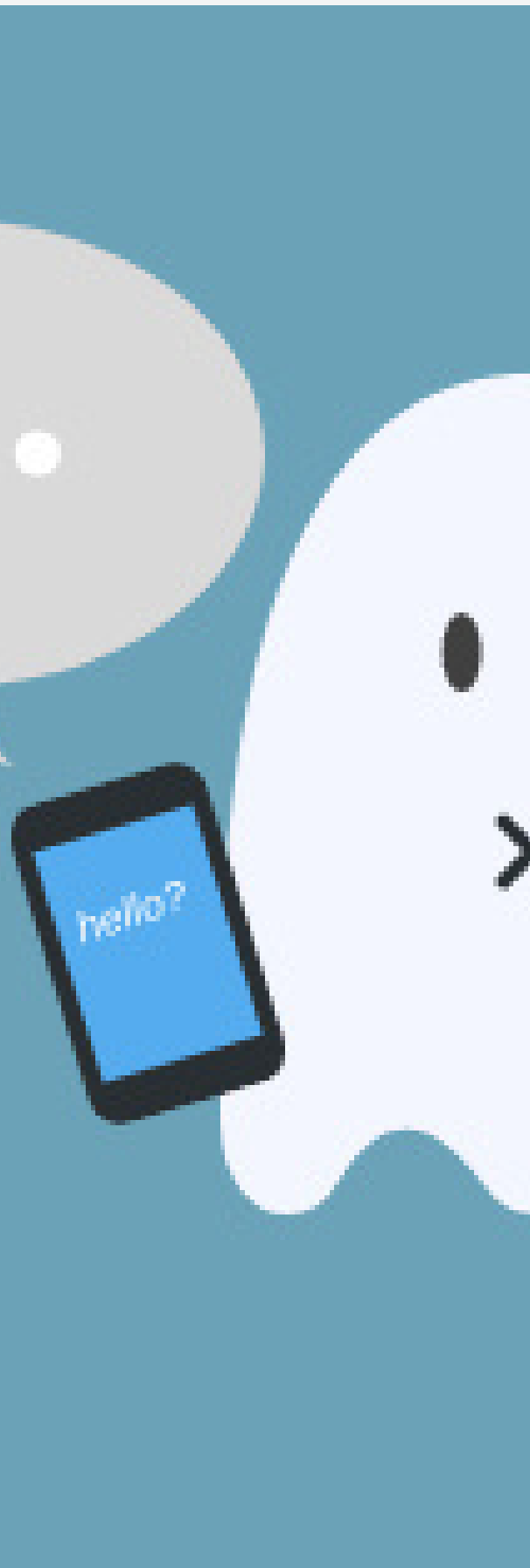
Ghosting is a term used to describe the practice of ceasing any form of communication with a person (partner, friend) without any warning or apparent justification and subsequently ignoring any attempt of communication from that person.

Ghosting is most common in social media communications and online dating applications. It happens without an apparent explanation, you talk to a person every day and suddenly he/she doesn't answer you. It is an abrupt end to a relationship, whether we are talking about a friendship or an intimate relationship.

It is a behavior that can bring major emotional suffering to the person suddenly ignored, because no explanation is given for why this happens and he/she can be left with the impression that he/she has done something wrong, something unacceptable to the other. **It is a unilateral act of humiliation.**

The person who chooses this tool to end a relationship, regardless of the type of that relationship, has never been your friend. The person who interrupts the communication in the online environment, does not delete you from the list and does not block you so that you can still have access to the information that he/she will share. If you happen to be the victim of such behavior, understand that the person who chose this way of ending the relationship between you has a problem, not you.

Even if it's not easy, don't contact him/her anymore and try to break any connection between the two of you. Even if she/he didn't do it, you have to delete that person from your friends list and move on. That person's behavior is not emotionally healthy for anyone.



Bullying

Romania ranks third in Europe in terms of bullying according to a report made by the World Health Organization. Three out of ten children are excluded from their peers group, threatened with beatings by other classmates or schoolmates, and one in four children has been humiliated in front of their peers, according to a Save the Children Organization report.

What does bullying mean?

According to the law, bullying (psychological violence) can be defined as:

"The action or the series of actions of physical, verbal, relational and/or cyber nature, happening in a difficult to avoid social context, committed intentionally, involving an imbalance of power, having harming consequence to the dignity of a person or creating a hostile, degrading, humiliating or offensive atmosphere of intimidation, directed against a person or group of persons and concerning aspects of discrimination and social exclusion, which may be related to belonging to a certain race, nationality, ethnicity, religion, social category or to a disadvantaged category or beliefs, sex or sexual orientation, personal characteristics, action or series of actions, behaviors that take place in educational institutions and in all spaces intended for education and vocational training."

The phenomenon of bullying can be present in any type of community and social groups, where people interact with each other: at school, at work or in the family.

The forms of violence described above are manifested in the phenomenon of bullying.

It was provided and defined by Law no. 221/2019 for the amendment and completion of the National Education Law no. 1/2011.

Manifestations:

- **Verbal** - screams, nicknames, sarcasm, insults;
- **Physical** - palms, blows, pushing, beating;
- **Mobbing** - verbal and emotional aggression of a group towards an individual;
- **Relational** - intimidation, denigration, isolation, manipulation;
- **Cyberbullying** - sending a message or an image on the phone or the Internet to denigrate a person's image.
- **Social** - exclusion, insults regarding social status.

Bullying does not involve the existence of a conflict based on a real problem, but on the desire of some people to gain power and authority, putting others in a bad light.

Love vs Loverboy

Maybe you've heard jokes or discussions at some point about the term

LOVERBOY

Even though the name may suggest romance, the concept of "loverboy" is actually a method of recruiting young people for sexual exploitation. The recruitment process can start from the online environment.

Behind the account of the one who makes you feel understood, maybe for the first time in your life, there is a human life trafficking network. Human traffickers are well versed in human psychology, they know what "buttons" need to be pressed to keep control of the victim.

We all give in more easily to a request when it comes from a friend or relative, and traffickers know this very well.

Thus, recruiters prefer the loverboy method, because once the victim is **in love** and convinced that her future is with the trafficker, they use the young woman's emotional attachment to force her into prostitution.

But the love they promise is a false one, **for them the victim is not a living being** with the right to live their life as they see fit, **but a "good", an "object" that they use for financial purposes.**

The National Agency Against Trafficking in Human Beings (ANITP) warns that this method is particularly dangerous because the victim realize that she was manipulated only when she manages to get out of the trafficking process.

The situation is even worse when the victim is a minor. The recruiter manages to isolate her so that she believes that he is the only person who truly loves her and in whom she can trust.

The recruiter initiates a friendly relationship with the victim, which then turns into a loving relationship and thus gains her trust. He is charismatic and knows how to choose his victims from vulnerable groups, girls he can easily win their trust.

He ends up being a support person for the victim and even for her family.

He mimics very well a natural couple relationship, using "baits" such as small attentions, gifts and outings in the city.

This construction can take several months or even years. Then, the trafficker manipulates the victim and convinces her to do whatever he asks.



The trafficker promises the victim that the situation is temporary, until they raise enough money to get out of debt, buy a house or even get married. The promise of marriage is very often used by human traffickers. Regardless of the promises made, everything is a lie, because the ultimate goal is for the trafficker to raise money for him.

Source: eLiberare

Some of the girls who become victims of human trafficking disappear one day from home and may never return. They no longer have access to the telephone or other means of communication, they cannot ask for anyone's help.

Even if you like the company of certain people who make you feel special, be very careful with those who make romantic promises and try to protect yourself as much as possible from people you do not know very well.

Unfortunately, not all stories are love stories with happy endings.

Trafficking in human beings is punishable by law and it is very important to contact the police if you are aware of such situations.

*Human trafficking
is slavery.
Your decisions and your
body belong only to you!*

Reality vs Fiction in the online environment

The Internet is an unlimited space, where we easily find information about absolutely anything, but not all the information we find in the online space is real or even if it is real, not everything we find in the online space is applicable to our lives.

It is very important to know where to get information and to check the information from several reliable online sources.

What is a reliable online source of information?

A reliable source is a work published by an author or group of authors whose competence in that field is recognized. The credibility of a source depends on the one hand on the credibility of its author(s) and on the other, on the publication. Those publications which have a good reputation for the systematic verification, through an appropriate editorial mechanism, of published statements are considered trustworthy. Specialists in a particular field can be considered reliable sources only in that field; thus a biology paper written by a renowned mathematician is a reliable source only if that mathematician is also a recognized biologist.

Information posted by a classmate is not the truth, it is just a personal opinion of that classmate that needs to be treated as such.

Remember that although the internet is a good source of information, there are also many texts that are old, untrustworthy or incorrect.

It is also important to know that information on the internet may not be relevant to your specific needs, even if it comes from reliable sources. We are all different and have different needs.

Is pornography a credible source?

No, it is not. A pornographic movie, like any other movie, is an artistic production, composed of real elements and fiction. People who play in such films are actors, play a role and present a very small part of what sexuality means.

A healthy sex life and intimate relationship are much more complex, they involve intimacy, mutual respect, dialogue. Pornography is not a model of intimate relationship, it is just a fantasy.

A healthy sex life is based on consent, desire, communication and intimacy.

Talk to the person you would like to have sex with and ask her/him what curiosities she/he has, what she/he would like to experience with you and, after the sexual contact, what she/he liked, what she/he did not like and how she/he felt along the way. Exploring sexuality should not cause shame or fear.

Say things by name, honestly, and don't be constrained by what you saw in a pornographic movie because what you saw online is not only not real, but can cause trauma to your partner.

When you are constantly denied access to information or the possibility of having a dialogue on these topics with your family, the internet is a simple and understandable solution, but pornographic movies can create unrealistic expectations about what intimacy with a partner in real life means. People are different and have different fantasies and needs.



Adolescence is a wonderful period of knowledge, training and transformation. Respect yourself and those around you!



II. HEALTHY RELATIONSHIPS

We all dream of a harmonious relationship. And it's normal to be like that. But in the minds of each of us, especially during adolescence, hides a fantasy about the ideal partner and the ideal relationship.

Childhood fairytales, feature movies, all contribute to the creation of an unrealistic image of what a healthy relationship means and the expectations we should have from our partner.

In the fairytales, no one tells us how Prince Charming and Ileana Cosânzeana (the Princess) manage "to live happily ever after".

Stories are just stories, in our real life, we can have harmonious relationships only by accepting the one next to us as she/he is, with the good and less good parts.

To have a healthy relationship, you need:

- to respect each other
- to understand your partner
- to empathize with her/him
- to give her/him freedom in her/his choices without losing your own freedom
- to support each other
- to communicate openly, sincerely, without offending each other

A healthy relationship grows, is formed and involves time and effort, patience, involvement and awareness of the responsibility of each partner in the relationship. Overcoming social customs such as "the woman is sitting in the pan", and "the man brings money and takes away the garbage at most" is part of the process.

There is no recipe to guarantee that we will have healthy relationships, but we can learn to respect each other.

Healthy communication

Whether we're talking about friends, classmates, or a love affair, it is very important to know how to communicate correctly and how to stop inappropriate behaviors towards us. Every day we talk to the people around us, most of the time without following the basics rules of a healthy communication.

But what does a healthy communication mean?

When talking to people you are not involved in an intimate relationship with:



Keep the distance of an arm between you and the person you are talking to. This distance is called "**personal space**". Nobody likes to be spoken to directly in front of them, at very close proximity, and this is because we unconsciously feel our personal space invaded.



Let the person you are talking to finish their idea before intervening with your point of view. We all tend to interrupt those we talk to to say what we believe, it is part of individuality. In addition, if you don't let the person you're talking to finish their idea, you may not fully understand the topic she/he wants to convey.



Listen actively to what your interlocutor has to say. This means that you don't just have to wait for her/him to finish her/his idea so that it's your turn to speak, but you also have to listen with the intention of understanding what the person in front of you is saying.



Do not become defensive if the opinions heard are different from yours. We all have the right to our own opinions. The fact that what someone says is totally different from our value system does not give us the right to offend her/him. On the contrary, different perspectives on the same subject help us to diversify our way of thinking and to take into account in the future other opinions than ours.

These rules also apply if you talk to your partner, only that personal space becomes smaller, the closeness being accepted as part of the emotional relationship between the two of you.

Online communication should follow the same rules, but keeping a distance is no longer an issue.

The online environment has its own language, abbreviations, emoticons, symbols, but the rule of not offending the interlocutors remains valid in any environment a dialogue takes place. The online environment gives us the advantage that we can no longer respond to a person who does not have a suitable language, we can block and report this type of persons within one second, and do things that are not possible in real life contexts really fast

Are you in love?

The years spent in high school are defining years. Things are changing fast and someone you had no interest in a year ago can become the center of your attention. For many people, first love happens during high school years, but it is by no means a rule to follow. All you have to do is be honest with yourself and your needs and never act on other people's desires, if you don't want to, just because you feel pressured by the social environment or by the experiences of your colleagues.

Adolescence is, for some, the age when the first love or romantic interactions appear.

If you feel butterflies in your stomach and you can't sleep at night because you keep thinking about someone, it means that it is very possible you are in love.

If you already have a relationship with someone of the same or opposite sex, you are probably facing a lot of questions and dilemmas: maybe you are arguing, maybe you are discussing starting your sex life, maybe you have already started it or maybe the parents of one or both of you do not agree with your relationship. And more than likely, there is the curiosity to find out more about what a relationship entails.

It's not easy, but we all go through these feelings.

Most of the time, the person you choose to have a relationship with is a reflection of your desires and needs. If the person close to you does not treat you with respect, you should think about why you chose that person and you can talk about it with your parents, a trusted teacher or school counselor, but only after you end a relationship in which you don't feel treated properly. People look for security, affection and understanding in the person next to them.

If you manage to have a friend in your partner, then it means that you are taking a first step on the healthy path of a relationship.

If you feel the need to tell your partner something, you should not be ashamed to discuss the issues that are bothering you and to be honest, so that it is easy for them to understand what is wrong and to be able to solve the problems through dialogue.

If there are topics that you would like to discuss with your partner and he/she refuses or even forbids you to open the topic, that relationship is not a healthy, shared one.

If your boyfriend/girlfriend is pressuring you to start your sex life, even if you don't feel ready, tell him/her what you feel.

Don't do things you don't want to do, for someone else's sake.

This step should only be taken if you feel ready and comfortable with your partner.

The important thing is for both of you to want the same thing equally and to be sure that it is the right time.

Everything that happens between two people must be understood correctly and mutually agreed. You can talk about this with someone you trust, such as a parent, a teacher, or a school psychologist.

What is consent?

Consent must be freely expressed. It is not enough for the person next to you to assume that you want to take part in his/her wishes, as long as you have not given your consent in a clear way.

Consent does not only refer to the sexual act itself, it refers to all activities of an intimate, sexual nature (touching, kissing). If you are told "**no**" when, for example, you kiss someone, or move your hands over the other's body during the foreplay, **you must stop**.

Don't think that she/he is playing and that she/he really wants what you want! Once you hear the word "no", you have a legal obligation to stop.

Whatever you do further, without the consent of the other, is called sexual assault and is punishable by law.

When you start your sex life, you need to consider if your partner feels comfortable in this situation and make sure she/he agrees. When you agree to do things that are sexual in nature, it means that you have given your consent.



Consent can be given both verbally and through body language. But no one has the right to force you to do something you don't want to do.

If you end up having sex with someone because you have been pressured, threatened, or blackmailed, it means that you have not consented.

If we imagine the scenario in which someone tells you that "you have to have sex with me, otherwise ...", and you accept out of fear, it means that the person who forced you is guilty of a crime called rape .

If you avoid being touched, hugged, feeling tense, nervous or simply uncomfortable, it means that you need to talk to the person next to you and explain that you do not want to have sex.

If you feel that you "have to" have sex with someone and you do it only for this reason, it means that your partner is pressuring you, despite your lack of desire. The same thing happens if it makes you feel guilty for changing your mind. A good example would be situations in which you have had sex with that person in the past.

Just because you've given your consent once or several times in the past doesn't mean you have to be available to have sex with that person again.

If the person you want to have sex with is unconscious, drunk or asleep, she/he cannot give her/his consent and you do not have the right to use her/his body.

Just because you're in a relationship with someone doesn't mean you have to be willing to have sex. You can have moments when you do not feel the need, you feel bad, you prefer to do something else, either alone or with your partner. You also need to understand and accept when you are told "not now" or "not tonight". If it happens frequently and the situation makes you feel uncomfortable, talk to your partner and try to find out what happened and how you can help.

What you need to know before you start your sex life

Starting your sex life is an important step in every person's life. Make sure you are prepared and talk ahead with your partner, openly and honestly, to share her/his fears, desires and insecurities.

Tell her/him if it is your first time, it is important for the other person to know, even if she/he is not at the first sexual contact.

Inform yourself and discuss contraceptives, so as not to expose yourself to the risk of an unwanted pregnancy or sexually transmitted diseases/infections.

Keep in mind that infections can also occur due to non-compliance with intimate hygiene rules, such as washing your hands before going to the toilet, but also after. It is equally important that you and your partner wash your hands before having sex or touching yourselves in intimate areas.

Go to a specialist to find out about contraception, to avoid an unwanted pregnancy. If you do not use a contraceptive method, you can get pregnant, even if your partner does not ejaculate inside the vagina, even if you are at the first sexual contact, and regardless of sexual position.

Find out how you can protect yourself by talking to someone specialized.

The internet is full of information that is not always correct, and your friends, whom you can ask for advice, are probably as uninformed as you are.

Once you start your sexual life, it is important to go periodically to a specialist (gynecologist, in the case of girls, urologist, in the case of boys), to make sure that your reproductive health is in order.

Intimate activity is an act that happens and must remain between the two participants, do not use intimate details of the relationship with your partner in discussions with other people. Would you feel comfortable if your partner did the same thing and used your shyness, clumsiness as joke subject with other people?



How do you know you are being emotionally manipulated?

Emotional manipulation knows many behaviors, adapted to different circumstances and forms of relationships.

Emotional manipulation can be defined as the change in a person's mental state in order to cause them to act in a certain way, without any advantage to the manipulated person, a kind of "fabricated consent". In other words, the "art" of manipulation consists in depriving the target of her/his freedom of thought and action, without her/him realizing it. It is a kind of entry by "burglary" in one's intimacy, to plant an opinion in one's mind or to provoke a certain behavior.

Those who use emotional manipulation are aggressors. They base their actions and behaviors on the attachment of the partner/victim and act when they consider that their vulnerability will ensure the desired result.

Behaviors of a person trying to emotionally manipulate you and their interpretation:



- **If he/she tells you "if you love me, you have to do something to prove it"** and puts you in a situation where you do not feel comfortable, it means that the person is trying, willingly or not, to manipulate you. Emotional manipulation is a sign that the relationship you are in is unhealthy and even abusive.
- **If he/she tells you that you are not allowed to do something**, you must keep in mind that he/she has no right to tell you that. You are not an object that belongs to another person. You have your own will and you can decide for yourself.
- **If he/she obsessively asks you where you are, with whom and what you do**, he/she comes to check where you are to make sure that you did not lie, always accompanies you on outings with friends without you wanting it, it means that he/she tries to control you and you should realize that the relationship is not healthy.
- **If he/she asks you to post pictures of him/her on social networks** just so that everyone can see that you are with him/her, and you don't want that, it means that there is in this case the desire to try to control you. .
- **If he/she forbids you to behave in a certain way**, tells you, in the case of girls, not to put on make-up, not to wear skirts too short, or, on the contrary, to put on more make-up and dress differently, not to talk or meet with other people of the opposite sex (colleagues, friends, etc.), means he/she is trying to control you.



When you feel emotionally blackmailed, you should try to get out of that situation, especially when you are asked for compromises that do not match your values.

Remember that you do not owe anyone to report everything you do, where you have been and with whom. Your partner does not have to be an enemy to hide from or perceive as a burden. He/she must be in harmony with your values.

Jealousy vs Love

You may have heard it said that jealousy is a proof of love and that if your boyfriend/girlfriend never feels jealous, it means that he/she does not care about you. Jealousy can arise from distrust, both distrust in oneself and in one's partner. Its existence in a relationship is not a proof of love, but a proof of a lack of trust.

The desire to follow your partner constantly is not a proof of love.

Talk to your partner about this so that you can avoid situations in which you hurt each other by arguing over interactions with other people. It is normal for everyone to have their own group of friends and the right to privacy. You don't have to give your boyfriend/girlfriend justification when talking to someone.

Even if you feel jealous, it must be manifested in a constructive way. Keep your patience and maintain constant communication with the person next to you.

Remember that if you do not want your intimate space to be invaded, it is not okay to intervene in someone else's space.

Pride vs. Sincerity

Be prepared to accept that you can sometimes make mistakes and apologize for the inappropriate behavior.

A healthy relationship involves accepting our own mistakes and overcoming the pride of asking for forgiveness, but also looking at the one next to us as our equal. If you consider yourself superior in some way and behave as if you are better than him/her, you may not be able to develop together.

Pride, similar to jealousy, comes from a feeling of insecurity, fear of being seen as a weak person.

A healthy relationship means that the two partners mature together, learn from each other, have the patience to listen and help each other, even if they want different things in life.

These things can only be possible if one does not start from the idea that one is superior to the other.

*Honest, open
communication can solve
many problems.*

III. DOMESTIC VIOLENCE

Domestic violence is a pattern of behavior used to gain or maintain power and control over an intimate partner.

It can manifest itself through physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. These include any behavior that frightens, intimidates, terrorizes, manipulates, hurts, humiliates someone.

Domestic violence can affect anyone, regardless of race, ethnicity, age, sexual orientation, religion or gender. Domestic violence affects people in all socio-economic backgrounds and at all levels of education.



Sexual violence

Do you remember the notions about consent?

Consent means the approval of your partner, which must be freely expressed in connection with all sexual activities. In its absence, we are talking about an aggression.

You could be in a sexually abusive relationship if your partner:

- Looks at women as objects and he is rigid in his thinking about the roles of each sex
- He often accuses you of cheating and/or is often jealous of the people you talk to
- He always wants you to dress sexually provocative
- He insults you using nicknames or inappropriate behaviours of sexual nature or connotation
- He forces or manipulates you to have sex with him
- He immobilizes you during intercourse
- Asks you to have sex with him when you are sick, tired or after he hit/hurt you in any way
- Hurts you with weapons or other objects during intercourse
- Involves other people in your sexual activities against your will
- Ignores your feelings about sex

If you are in a situation where you are threatened, in danger, you must go to the police and report the facts.

In case of sexual violence, do not take a shower, do not wash your hands, do not change your clothes, call 112 or go to the police immediately. In such cases, the police take the victim to the forensic medicine services, where biological samples will be collected and used in court.

The crime of rape has serious legal consequences. Try to inform those in your community - colleagues, friends, relatives - about how serious the consequences are if they do not comply with the legal provisions.

Sexual violence can affect women, men, the elderly and children of both sexes, but most victims registered by the authorities are women and girls.

Try to inform the girls around you how important it is to know our rights and report the facts when they happen.

You may think that usually rapes are committed by unknown persons. **In reality, most rapes are perpetrated by people close to the victims.**

No one demands or provokes to be assaulted.

The aggressor can be a colleague, a family member, a partner or a former partner. This myth of the stranger that many people believe supports the idea that if someone you know has sex without consent, it is not rape, because they knew each other or because they have been together in the past. Which is false.

Even in the case of married couples, sexual activity is not implied by the marriage certificate. Consent must continue to be given each time.

Another common assumption you may have heard is that a victim who has no signs of violence on her body has not been raped.

If a person did not scream for help and did not try to run away, it does not mean that she/he consented to the sexual act. Many victims go through a process of "involuntary paralysis" during a rape, and because of this they cannot react. This psychological process is called "freeze".

An important thing to know when it comes to sexual violence is that there are no circumstances to justify such acts, regardless of how the victim is dressed or behaves.

Rape never happens because of the victim, because nothing can justify it.

Physical violence

An aggressor hits because he, in turn, has emotional problems that he does not know how to handle otherwise, but it is not a behavior that must be tolerated.

It is dangerous behavior that violates dignity and human rights and can never be excused.

The reasons why a person decides to accept an abusive relationship are complex. Certain addictions are formed that cause a person to stay with the aggressor. These addictions can be either of an emotional nature, associated with feelings of love, duty, sacrifice, or of an economic and/or social nature. Sometimes they stay in a relationship because they are afraid of being judged by the rest of the family, friends, acquaintances or because they have nowhere else to go.



You have probably heard or seen in your family, yours, or someone close to you, that people who are in dysfunctional relationships end up arguing so hard that at some point they hit each other. This phenomenon is called physical violence and **is just as serious even if it involves a single slap or multiple wounds that require hospitalization.** It is one of the most severe forms of violence and endangers the life of the victim. In 2019 alone, 79 people lost their lives being killed by family members.

You could be in a physically abusive relationship if your partner:

- Makes damages when angry (throws objects, hits walls, slammes doors, etc.)
- Pushes you, slaps you, bites you, hits you or tries to suffocate you
- Abandons you in a dangerous or unfamiliar place to return home alone
- Scared you by driving aggressively and/or recklessly
- Used a weapon to threaten you or even hurts you
- Forced you to leave home
- Locked you in the house or prevented you from leaving, being deprived of your freedom
- Prevented you from calling the police or seeking medical attention

If you or someone close to you is in such a situation, you need to know that there are solutions and you need to take action.

The first step is to call 112 if the person is in danger. When you do this, a police crew is required to come to the address you provided. Police may issue a provisional protection order after the risk assessment. This order has the power to evict the aggressor from the house, even if it is his property, and to force him not to approach the injured person during the validity of the order. A temporary protection order expires after 5 days, but can be extended in a court for up to 6 months by an emergency protection order that comes with many more obligations to be respected by the aggressor.

It is important to remember, when we talk about domestic violence, that there is no justification for abusive behavior.

Physical violence has long-term consequences for both the victim and the perpetrator and is punishable by law.

Verbal violence

When someone speaks badly to you, insults you or swears at you, humiliates you or uses degrading language, it means that you are the subject of verbal violence.

Verbal violence is reinforced by threats, intimidation and demonstrations of force or even the use of physical force; threatens to hurt you, your family, your pets; he threatens to kill himself or kill you if you leave him, if you leave.

Verbal violence is recognized and punished by law.

Like other forms of violence, it is characterized by the use of humiliating and degrading behavior that no one should endure.

If your boyfriend/girlfriend uses inappropriate language, verbally or in writing, you can record it, keep written messages and go to the police to report it. It is important to talk to someone for emotional support, but also to be able to have witnesses for a possible trial. It is important for someone in your life - a teacher, a parent, a friend - to know the situation you are facing.

Emotional/psychological violence

This form of violence usually means being subjected to a continuous emotional blackmail, with remarks that condition you, expressed in the form of: "if ... then ...".

In some situations, the aggressors may have a seemingly beautiful behavior at the beginning of the relationship, they will not tell you directly that you cannot do something, but they will give you a thousand reasons to induce the idea that it would not be a suitable situation for you. It's about control that someone can exercise over you, even diplomatically.

Instead of being told "Don't leave the house dressed like this!", He will rather tell you "I think you would be safer if you put on a longer dress, because you are beautiful in whatever you wear anyway. ".



Some toxic relationships start with romantic nuances that can be interpreted as caring for the partner, so as to create an attachment and emotional dependence. By the time the control begins to manifest through harsher words/actions, the partner is already captive and can see in the aggressor rather a savior who wants the best for them.

You could be in an emotionally abusive relationship if your partner:

- He/she constantly curses, insults or criticizes you
- He/she doesn't trust you and behaves very jealous or possessive
- Tries to isolate you from family and/or friends
- He/she monitors your outings, calls and people you meet
- He/she doesn't let you work or get a job
- He/she controls the couple's finances and refuses to share the money with you
- Punishes you by withdrawing his/her affection
- Expects you to ask permission for everything you want to do
- Threatens to hurt you, your relatives or pets (if any)
- Humiliates you in every way.

Emotional/psychological violence usually accompanies other forms of violence.

Someone's desire to make decisions for you through arguments such as "I know better what is good for you because I know you", the fact that you are asked to justify any action, that your privacy is constantly invaded, are other indications that you could be in an emotionally abusive relationship.

If someone is always trying to change you or persuade you to do certain things that you wouldn't normally do, or induces ideas about yourself that you're not good enough at something, then it's important to know that the relationship you are in is abusive.

For example, if you want to work in a large company, which has many employees of the opposite sex, and your partner shows signs of jealousy, he/she may discourage you from applying by telling you that you are good enough to work there. or that it is not a healthy environment for you.

No one deserves to go through this. Tell those around you too!

*Emotional injuries can
leave traumas for life,
they are as severe as
physical injuries, but not
as visible.
Ask for help!*

Social violence

Social violence means that an aggressor will isolate his/her victim from his/her group of friends.

He/she will tell him/her directly that she/he is "not allowed" to meet certain people, or he/she may tell her/him that that group of friends is not the right one, trying to convince her/him of the lack of benefits or loyalty of that group.

Control over social life refers to personal relationships outside the couple, such as friendships or collegiality at school/work, etc. Prohibiting or controlling these relationships through the permanent presence of the partner at all other meetings is also a form of exercising social violence, as is the prohibition of participation in certain events.

The purpose of this type of behavior is to isolate in order to have complete control over that person.

If your boyfriend/girlfriend tells you that he/she will not let you participate in a concert with your group of friends because he/she cannot go, it means that you are subjected to a form of violence.

Social violence accompanies other forms of abuse, control.

Cyber violence

In accordance with Law no. 217 of 22 May 2003 (* republished *),
art. 4 paragraph (1) lit. h)

cyber violence is defined as - online harassment, online messages inciting gender-based hatred, online tracking, online threats, non-consensual publication of information and intimate graphic content, illegal access to interception of communications and private data and any other form of misuse of information and communication technology by means of computers, smartphones or other similar devices that use telecommunications or may connect to the Internet and may transmit and use social or e-mail platforms for the purpose of shame, humiliate, frighten, threaten, silence the victim.

In no form and under no circumstances, custom, culture, religion, tradition and honor can be considered as justification for any act of violence.

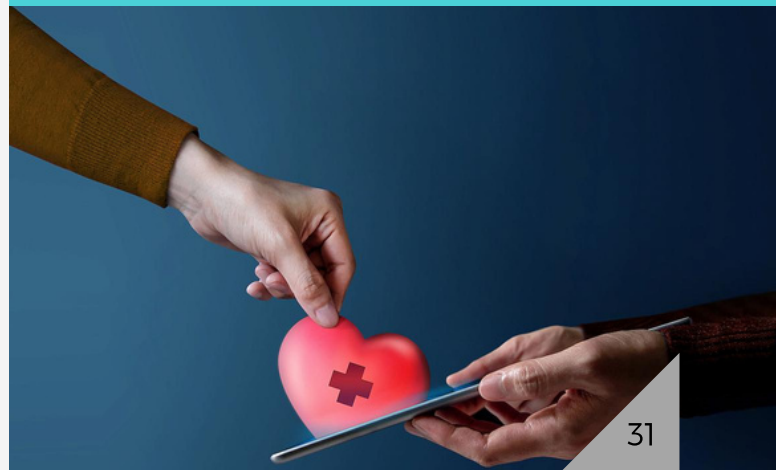
It is easy to think that none of the things described above could ever happen to us. But the truth is that adolescence is the most vulnerable period of our lives when we can easily fall victim to malicious people.

There is no shame in talking about what is happening to you, but it is important to turn to trusted people: parents, teachers, school counselors. If the facts are of a high degree of danger, you must overcome the feeling of shame and turn to the police.

The role of the police is not to judge you, but to try to protect you from deeds provided by the criminal law.

It may seem easier to talk to a colleague or friend because he/she is close to your age and you may think he/she understands better. Friendships are very important, but young people like you know as little as you about how to protect yourself from abusive situations.

Regardless of your situation, it is important to talk about what you are going through because there are always solutions.



Spiritual/religious violence

If your partner tells you that you should not do certain things because they are sins, it means that he/she is trying to manipulate your spiritual beliefs. A correct expression would be to tell you that he/she cannot do certain things because they contradict the religion he/she believes in, not to try to convince you to adhere to the same values. It can also be expressed in phrases such as "If you believe in God, you must do this" or "if you loved me, you would spend more time with me, not at the church."

If someone uses your religion to manipulate you, or if they use their own religion to manipulate you to do something you do not want to do, it means that you are subject to a form of spiritual violence. This is also recognized by law.



You may be in a spiritually abusive relationship if your partner:

- Does not allow you to practice your religion or respect your religious traditions
- Forces you to follow another religion or other religious practices
- Discredits, ridicules or offends your faith or your spiritual, religious habits
- Uses your faith and religious habits to manipulate, dominate or control
- Forces you to do things that your religion or faith forbids you to do

Economical violence

Economic violence is the form of violence through which your partner deprives you of certain essential goods or services.

Economic violence is recognized by law.

For example, if someone turns off the heat in the house, arguing that he/she brings money into the house and has the power to decide on financial matters, it means that you are in a situation of economic violence.

He/she might tell you things like "I bought the food, so you're not allowed to eat anything in the fridge." Economic violence is also when the partner refuses to let you get a job, in order to be financially dependent on him/her.

You could be in an abusive relationship from an economic point of view, if your partner:

- Refuses to let you get a job
- Always tells you that he/she takes care of you and you have no reason to want to work
- Gives you a limited amount of money per month and has nervous outbursts when you need money for justified emergencies
- Makes you humble yourself to receive a tiny amount of money
- Humiliates you in front of his/her friends
- You are held accountable for every amount of money spent, sometimes degenerating into physical violence

If you answered YES to these questions, you could be in an abusive relationship.

Please call the emergency number 112 if you feel in danger or the national non-stop line 0800 500 333 to request more information and advice.

The only thing that matters is your safety.

If you are in any of the abusive situations described above, you should know that:

- It's not your fault because you were beaten or abused
- You are not to blame for the abusive behavior of your partner
- You deserve to be treated with respect
- You deserve to live safely and have a happy life
- You are not alone! There are people who want to help you.





IV. LEGISLATION

The situations described in this guide are punished in accordance with the provisions of the Criminal Code. There are facts that describe a single crime or a combination of more crimes that can lead to imprisonment sentences for someone who proves to be guilty.

You may have heard that when you are a minor, you can do anything without being punished. That is false.

Art. 113 The new Criminal Code - **The criminal liability regime of the minor** describes the age groups and the level of criminal liability for each of them:

- (1) The minor who has not reached the age of 14 is not criminally liable.
- (2) The minor who is between 14 and 16 years old is criminally liable only if it is proved that he committed the deed with discernment.
- (3) The minor who has reached the age of 16 is criminally liable according to the law.

What does this thing mean?

(1) The minor who has not reached the age of 14 is not criminally liable.

Although the legislator chose to institute criminal liability of minors only after reaching the age of 14, minors under the age of 14 who commit criminal acts are not neglected either.

Precisely for these reasons, at art. 84 of Law no. 272/2004 on the protection and promotion of the rights of the child, is provided the possibility of taking special measures, such as **placement or specialized supervision** for situations where a minor under the age of 14 is the perpetrator of an act provided by the criminal law.

The parents of the child who commits criminal acts and is not criminally liable have the obligation to participate in counseling sessions conducted by the General Directorate of Social Assistance and Child Protection, based on a personalized psychological counseling program.

The measure of specialized supervision consists in keeping the child in his/her family, provided that he/she complies with certain obligations, such as:

- a) attending school;
- b) using of day care services;
- c) following medical treatments, counseling or psychotherapy;
- d) the prohibition to frequent certain places or to have connections with certain persons.

If staying in the family is not possible or when the child does not fulfill his/her obligations established by the specialized supervision measure, the child protection commission or, as the case may be, the court, may order the placement to another relative, extended family or in the care of a legal representative appointed by the court.

(2) The minor who is between 14 and 16 years old is criminally liable only if it is proved that he/she committed the deed with discernment.

What does discernment mean?

Discernment refers to a person's ability to differentiate between good and bad, legal and illegal, right and wrong. When talking about criminal liability, it is very important to determine whether the juvenile who committed the act understood, at the time of the act, that his/her actions will cause harm to another person or group of people.

Thus, if a minor aged between 14 and 16 acted knowingly against another person, understanding very well that his/her actions will cause suffering, it means that he/she had discernment.

The establishment of discernment is done through a psychiatric forensic examination.

From the age of 16, the provisions of the crimes as they are described in the criminal law apply.

Art. 114 The consequences of criminal liability

(1) A non-custodial educational measure shall be taken against the minor who, at the date of committing the crime, was between 14 and 18 years old.

(2) Compared to the minor provided in par. (1) an educational measure depriving of liberty may be taken in the following cases:

a) if he/she has committed another crime, for which an educational measure has been applied to him/her which has been executed or whose execution began before the commission of the crime for which he/she is judged;

b) when the punishment provided by law for the committed crime is imprisonment of 7 years or more or life imprisonment.

Regarding the educational measure of placing a minor in a detention center, according to art. 125, paragraph (1), of the Criminal Code, this "consists in the hospitalization of the minor in an institution specialized in the recovery of minors, with guard and supervision, where he/she will follow intensive social reintegration programs, as well as school training and vocational training programs according to his/her skills."

The length of time that the measure of detention in a detention center can be taken is:

- between 2 and 5 years or
- between 5 and 15 years, when the punishment provided by law for the crime committed is 20 years or more or life imprisonment.

Cyber crimes

This type of crime are described in Chapter VI of Title VII, in the special part of the Criminal Code - Crimes against the security and integrity of computer systems and data.

Art. 360 Illegal access to a computer system

(1) Access, without right, to a computer system shall be punished by imprisonment from 3 months to 3 years or by a fine.

(2) The deed provided in par. (1), committed for the purpose of obtaining computer data, shall be punished by imprisonment from 6 months to 5 years.

(3) If the deed provided in par. (1) was committed with regard to a computer system to which, through specialized procedures, devices or programs, access is restricted or prohibited for certain categories of users, the penalty is imprisonment from 2 to 7 years.

Art. 361 Illegal interception of a computer data transmission

(1) The interception, without right, of a computer data transmission which is not public and which is intended for a computer system, originates from such a system or is carried out within a computer system shall be punished by imprisonment from 1 to 5 years. .

(2) The same punishment shall be sanctioned for the interception, without right, of an electromagnetic emission coming from a computer system, which contains computer data that are not public.

Art. 362 Alteration of computer data integrity

The act of modifying, deleting or damaging computer data or restricting access to such data, without right, is punishable by imprisonment from 1 to 5 years.



Art. 363 Disruption of the functioning of information systems

The act of seriously disrupting, without right, the functioning of a computer system, by entering, transmitting, modifying, deleting or damaging computer data or by restricting access to computer data, is punishable by imprisonment from 2 to 7 years.

Art. 364 Unauthorized transfer of computer data

Unauthorized transfer of data from a computer system or from a means of storing computer data is punishable by imprisonment from 1 to 5 years.

Art. 365 Illegal operations with computer devices or programs

(1) The act of the person who, without right, produces, imports, distributes or makes available in any form:

a) computer devices or programs designed or adapted for the purpose of committing one of the offenses provided in art. 360-364;

b) passwords, access codes or other such computer data that allow total or partial access to a computer system, in order to commit one of the crimes provided in art. 360-364, shall be punished by imprisonment from 6 months to 3 years or by a fine.

(2) Possession, without right, of a device, a computer program, a password, an access code or other computer data from those provided in par. (1), for the purpose of committing one of the offenses provided in art. 360-364, shall be punished by imprisonment from 3 months to 2 years or by a fine.

Art. 366 Sanctioning the attempt

Attempts to commit the offenses set forth in this chapter shall be punishable.

Art 302 Violation of the secrecy of correspondence

(1) Opening, stealing, destroying or unlawfully withholding correspondence addressed to another, as well as unlawfully disclosing the contents of such correspondence, even when it has been sent open or has been opened in error, shall be punished by imprisonment from 3 months to one year or with a fine.

(2) The interception, without right, of a conversation or a communication made by telephone or by any electronic means of communication shall be punished by imprisonment from 6 months to 3 years or by a fine.

(4) Disclosure, dissemination, presentation or transmission, to another person or to the public, without right, of the content of an intercepted conversation or communication, even if the perpetrator became aware of it by mistake or accident, shall be punished with imprisonment from 3 months to 2 years or with a fine.

(5) The act committed does not constitute an offence:

a) if the perpetrator catches a crime while being committed or contributes to the proving of that crime;

b) if it captures facts of public interest, which have significance for the life of the community and whose disclosure has greater public advantages than the damage caused to the injured person.

(7) For para (1) the criminal action shall be initiated upon the prior complaint of the injured person.

Art. 324 Forgery of a technical registration

(1) Falsification of a technical registration by counterfeiting, alteration or by determining the attestation of circumstances untrue or omission of registration of data or circumstances, if it was followed by the use by the perpetrator of the registration or entrusting it to another person for use, the occurrence of a legal consequence, shall be punished by imprisonment from 6 months to 3 years or by a fine.

(2) The use of a forged technical registration in order to produce a legal consequence shall be sanctioned with the same penalty.

(3) Technical registration, for the purposes of this Article, means the attestation of a value, weight, measure or event, carried out, in whole or in part, automatically, by means of an approved technical device and intended to prove a certain fact, in order to produce legal consequences.

Art 325 Computer forgery

The unlawful introduction, modification or deletion of computer data or the unrestricted restriction of access to such data, resulting in untrue data, in order to be used in order to produce a legal consequence, constitutes an offense and is punishable. with imprisonment from one to five years.

Attention, it is very important to notify the police in situations where you are witnesses, you know situations of this type or you are yourselves victims of such crimes.

It is important to know that the statements you make in front of the police must reflect the truth seen, known or lived by you.

Art. 326 False statements

Improper declaration of the truth, made to a person from those provided in art. 175 or a unit in which it carries out its activity in order to produce a legal consequence, for itself or for another, when, according to the law or the circumstances, the statement made serves to produce that consequence, is punished with imprisonment from 6 months to 2 years or with a fine.

Art 374 Child pornography

(1) The production, possession, procurement, storage, display, promotion, distribution, as well as the making available, in any way, of pornographic materials with minors shall be punished by imprisonment from one to 5 years.

(1.1) With the punishment provided in par. (1) the incitement or recruitment of a minor for the purpose of his participation in a pornographic show, the obtaining of benefits from such a show in which minors participate or the exploitation of a minor in any other way for the realization of pornographic shows shall also be punished.

(1.2) The viewing of pornographic performances involving minors is punishable by imprisonment from 3 months to 3 years or a fine.

(2) If the facts provided in par. (1) were committed through a computer system or other means of storing computer data, the penalty is imprisonment from 2 to 7 years.

(3) Access, without right, of pornographic materials with minors, through computer systems or other electronic means of communication, shall be punished by imprisonment from 3 months to 3 years or by a fine.

(3.1) If the facts provided in par. (1), (1.1), (1.2) and (2) were committed in the following circumstances:

a) by a family member or by a person living with the victim;

b) by a person in whose care, protection, education, guarding or treatment the minor was or by a person who abused his recognized position of trust or authority over the minor;

c) the deed endangered the life of the minor, the special limits of the punishments are increased by one third.

d) by a person who has previously committed a crime against sexual freedom and integrity against a minor, a crime of child pornography or pimping against a minor.

(4) Pornographic material with minors means any material which presents a minor or an adult as a minor, having explicit sexual behavior or which, although not presenting a real person, credibly simulates a minor having such behavior, as well as any representation of the genitals of a child for sexual purposes.

(4.1) Pornographic performance means the live exposure of a child, including information and communication technology, to a child involved in sexually explicit conduct or the sexual organs of a child for sexual purposes.

(5) The attempt shall be punished.



Offenses against sexual freedom and integrity

Art. 218 Rape

(1) Sexual intercourse, oral or anal sexual intercourse with a person, committed by coercion, inability to defend himself or to express his will or taking advantage of this state, shall be punished by imprisonment from 5 to 10 years and prohibition of the exercise of certain rights.

(2) With the same punishment shall be sanctioned any other acts of vaginal or anal penetration committed under the conditions of par. (1).

(3) The punishment is imprisonment from 7 to 12 years and the prohibition of exercising certain rights when:

a) the victim is in the care, protection, education, guard or treatment of the perpetrator;

b) the deed was committed by a family member or by a person living with the victim;

c) the victim is a minor;

d) the deed was committed for the purpose of producing pornographic materials;

e) the deed resulted in bodily injury or endangered the life of the victim in any other way;

f) the deed was committed by two or more persons together.

(3.1) The punishment is imprisonment from 7 to 15 years and the prohibition of exercising certain rights when the deeds provided in par. (1) and (2) were committed against a minor in the circumstances provided in par. (3) lit. a), b) and d) -f) or by a person who has previously committed an offense against sexual freedom and integrity against a minor, an offense of child pornography or pimping against a minor.

(4) If the act had as a result of the death of the victim, the punishment is imprisonment from 9 to 18 years and the prohibition of the exercise of certain rights.

(5) The criminal action for the deed provided in par. (1) and para. (2) shall be initiated upon the prior complaint of the injured person.

(6) The attempt to the offenses provided in par. (1) - (3) shall be punished.

Art. 219 Sexual aggression

(1) The act of sexual nature, other than those provided in art. 218, with a person, committed by coercion, making it impossible to defend himself or to express his will or taking advantage of this state, is punishable by imprisonment from 2 to 7 years and a ban on exercising certain rights.

(2) The penalty is imprisonment from 3 to 10 years and the prohibition of the exercise of certain rights when:

a) the victim is in the care, protection, education, guard or treatment of the perpetrator;

b) the deed was committed by a family member or by a person living with the victim;

c) the victim is a minor;

d) the deed was committed for the purpose of producing pornographic materials;

e) the deed resulted in bodily injury or endangered the life of the victim in any other way;

f) the deed was committed by two or more persons together.

(2.1) The punishment is imprisonment from 5 to 12 years and the prohibition of exercising certain rights when the deeds provided in par. (1) were committed against a minor in the circumstances provided in par. (2) lit. a), b) and d) -f) or by a person who has previously committed a crime against sexual freedom and integrity against a minor, a crime of child pornography or pimping against a minor.

(3) If the deed resulted in the death of the victim, the punishment is imprisonment from 7 to 15 years and the prohibition of the exercise of certain rights.

4) If the acts of sexual aggression were preceded or followed by the commission of the sexual acts provided in art. 218 para. (1) and para. (2), the deed constitutes rape.

(5) The criminal action for the deed provided in par. (1) shall be initiated upon the prior complaint of the injured person.

(6) The attempt to the offenses provided in par. (1) and para. (2) shall be punished.

Art. 220 Sex with a minor

(1) Sexual intercourse, oral or anal intercourse, as well as any other acts of vaginal or anal penetration committed with a minor aged between 14 and 16 shall be punished by imprisonment from one to 5 years.

(2) The deed provided in par. (1), committed on a minor who has not reached the age of 14, shall be punished by imprisonment from 2 to 9 years and the prohibition of the exercise of certain rights.

(3) The deed provided in par. (1), committed by an adult with a minor aged between 16 and 18, shall be punished by imprisonment from 2 to 9 years and the prohibition of the exercise of certain rights if:

a) the minor is a family member of the adult;

b) the minor is in the care, protection, education, guard or treatment of the perpetrator or he has abused his position of trust or authority over the minor or his obviously vulnerable situation, due to a mental or physical disability, a situation of dependence , a state of physical or mental incapacity or other cause;

c) the deed endangered the life of the minor;

d) was committed for the purpose of producing pornographic materials.

(4) The deed provided in par. (1) shall be punished by imprisonment from 3 to 10 years and the prohibition of the exercise of certain rights when:

a) the deed was committed by a family member of the minor or by a person living with him;

b) the minor is in the care, protection, education, guarding or treatment of the perpetrator or he has abused his recognized position of trust or authority over the minor or his obviously vulnerable situation, due to a mental or physical disability, a situation of dependence , a state of physical or mental incapacity or other cause;

c) the deed endangered the life of the minor;

d) was committed for the purpose of producing pornographic materials;

e) the perpetrator has reached the age of 18.

(5) The deed provided in par. (2) shall be punished by imprisonment from 5 to 12 years and the prohibition of the exercise of certain rights when:

a) the deed was committed by a family member of the minor or by a person living with him;

b) the minor is in the care, protection, education, guarding or treatment of the perpetrator or he has abused his recognized position of trust or authority over the minor or his obviously vulnerable situation, due to a mental or physical disability, a situation of dependence , a state of physical or mental incapacity or other cause;

c) the deed endangered the life of the minor;

d) was committed for the purpose of producing pornographic materials;

e) the perpetrator has reached the age of 18.

(6) The facts provided in par. (1) and (2), as well as at par. (4) lit. e) is not sanctioned if the age difference does not exceed 3 years.

(7) The attempt to the offenses provided in par. (1) - (5) shall be punished.

Art. 221 Sexual corruption of minors

(1) Committing an act of a sexual nature, other than the one provided in art. 220, against a minor who has not reached the age of 14, as well as the determination of the minor to bear or perform such an act shall be punished by imprisonment from one to 5 years.

(2) The penalty is imprisonment from 2 to 8 years and the prohibition of the exercise of certain rights, when:

a) the deed was committed by a family member of the minor or by a person living with him;

b) the minor is in the care, protection, education, guarding or treatment of the perpetrator or he has abused his recognized position of trust or authority over the minor or his obviously vulnerable situation, due to a mental or physical disability, a situation of dependence, a state of physical or mental incapacity or another cause;

c) the deed was committed for the purpose of producing pornographic materials;

d) the deed endangered the life of the minor.

(2.1) The deed provided in par. (1), committed by an adult with a minor aged between 14 and 18, shall be punished by imprisonment from two months to 3 years and the prohibition of the exercise of certain rights if:

a) the minor is a family member of the adult;

b) the minor is in the care, protection, education, guard or treatment of the perpetrator or he has abused his position of trust or authority over the minor or his obviously vulnerable situation, due to a mental or physical disability, a situation of dependence, a state of physical or mental incapacity or other cause;

c) the deed endangered the life of the minor;

d) was committed for the purpose of producing pornographic materials.

(3) The sexual act of any nature committed by an adult in the presence of a minor who has not reached the age of 14 shall be punished by imprisonment from 6 months to 3 years or by a fine.

(4) The determination by an adult of a minor who has not reached the age of 14 to attend the commission of acts of exhibitionist character or of performances or performances in which sexual acts of any nature are committed, as well as its provision pornographic materials are punishable by imprisonment from 3 months to 2 years or a fine.

(5) The facts provided in par. (1) shall not be sanctioned if the age difference does not exceed 3 years.

(6) The attempt to the offenses provided in par. (1), (2) and (2.1) shall be punished.

Art. 222 Recruitment of minors for sexual purposes

(1) The deed of the adult person to propose to a minor who has not reached the age of 16 to meet, in order to commit an act of those provided in art. 220 or art. 374, including when the proposal was made by means of remote transmission, shall be punished by imprisonment from 6 months to 3 years or by a fine.

(2) The deed of the adult person to propose to a minor who has not reached the age of 14 to meet, in order to commit an act of those provided in art. 221, including when the proposal was made by means of remote transmission, shall be punished by imprisonment from 6 months to 3 years or by a fine.

Art. 222.1 Deeds committed in aggravating circumstances

If the facts provided in art. 220-222 are committed by two or more persons together or by a person who has previously committed a crime against sexual freedom and integrity against a minor, a crime of child pornography or pimping on a minor, the special limits of punishment are increased by a third

Art. 223 Sexual harassment

(1) Repeated claims for sexual favors in an employment or similar relationship, if the victim has been intimidated or put in a humiliating situation, shall be punished by imprisonment from 3 months to one year. or with a fine.

(2) The criminal action shall be initiated upon the prior complaint of the injured person.

Crimes against the person's freedom

Art. 205 Illegal deprivation of liberty

(1) Illegal deprivation of liberty of a person shall be punishable by imprisonment from one to 7 years.

(2) It is considered deprivation of liberty and the abduction of a person who is unable to express his/her will or to defend himself/herself.

(3) If the deed is committed:

a) by an armed person;

b) on a minor;

c) endangering the health or life of the victim, the punishment is imprisonment between 3 and 10 years.

(4) If the deed resulted in the death of the victim, the punishment is imprisonment from 7 to 15 years and the prohibition of the exercise of certain rights.

(5) The attempt to the offenses provided in par. (1) - (3) shall be punished.

Art. 206 The threat

(1) The act of threatening a person with the promise of an offense or a misdemeanor directed against him/her or another person, if it is likely to cause him/her a state of fear, shall be punishable by imprisonment from 3 months to one year or by fine, without the penalty applied being able to exceed the sanction provided by law for the offense which formed the object of the threat.

(2) The criminal action shall be initiated upon the prior complaint of the injured person.

Crimes against life

Art. 207 Blackmail

(1) The coercion of a person to give, do, not to do or to suffer something, in order to unjustly acquire a non-patrimonial benefit, for himself/herself or for another, shall be punished with imprisonment from 1 to 5 years.

(2) The same punishment shall be applied for threatening to disclose a real or imaginary deed, compromising for the threatened person or for a member of his/her family, for the purpose provided in par. (1).

(3) If the facts provided in par. (1) and par. (2) were committed in order to unjustly acquire a patrimonial benefit, for himself/herself or for another, the punishment is imprisonment from 2 to 7 years.

Art. 208 Harassment

(1) The act of a person who repeatedly pursues, without right or without a legitimate interest, a person or watches his/her home, work or other places frequented by him/her, thus causing him/her a state of fear, shall be punished with imprisonment from 3 to 6 months or with a fine.

(2) Calling or sending communications by means of distant transmission, which, by frequency or content, causes a person to fear, shall be punished by imprisonment from one month to 3 months or by a fine, if the act does not constitute a more serious crime.

(3) The criminal action shall be initiated upon the prior complaint of the injured person.

Art. 191 Determining or facilitating suicide

(1) The act of determining or facilitating the suicide of a person, if the suicide took place, shall be punished by imprisonment from 3 to 7 years.

(2) When the deed provided in par. (1) was committed against a minor aged between 13 and 18 years or against a person with diminished discernment, the punishment is imprisonment from 5 to 10 years.

(3) Determination or facilitation of suicide, committed against a minor under the age of 13 or against a person who could not realize the consequences of his/her actions or inactions or could not control them, if the suicide took place, shall be punished by imprisonment from 10 to 20 years and the prohibition of the exercise of certain rights.

(4) If the acts of determination or facilitation provided in par. (1) - (3) were followed by a suicide attempt, the special limits of punishment are reduced by half.

*Don't judge another
person just because they're
different from you.
You have no way of really
knowing that person's life
story.*

Offenses against bodily integrity or health

Art. 198 Fighting

(1) Participation in a fight between several persons shall be punished by imprisonment from 3 months to one year or by a fine.

(2) If during the fight a bodily injury was caused to one or more persons and it is not known which of the participants caused the consequences, the prison sentence of one to 5 years shall be applied to all, except the victim, who is liable according to par. (1).

(3) When by the deed committed under the conditions of par. (2) the death of a person has been caused, the punishment is imprisonment from 6 to 12 years, and if the death of two or more persons has been caused, the special limits of the punishment shall be increased by one third.

(4) A person who has been caught in a fight against his/her will or who has tried to separate others shall not be punished.

Civil code

Respect for the privacy and dignity of the human person

Art. 72 The right to dignity

(1) Everyone has the right of respect for his/her dignity.

(2) It is forbidden any damage to the honor and reputation of a person, without his/her consent or without respecting the limits provided in art. 75.

Art 73 The right to one's own image

(1) Everyone has the right to his/her own image.

(2) In exercising the right to his/her own image, he/she may prohibit or prevent the reproduction, in any way, of his/her physical appearance or his/her voice or, as the case may be, the use of such reproduction. The provisions of art. 75 remain applicable.

Art 74 Violations of privacy

Subject to the application of the provisions of art. 75, may be considered as infringements of privacy:

- a) entering or remaining without right in a person's house or taking from it any object without the consent of the one who legally occupies it;
- b) the unlawful interception of a private conversation, carried out by any technical means, or the use, knowingly, of such interception;
- c) capturing or using the image or voice of a person in a private space, without his/her consent;
- d) broadcasting images that present interiors of a private space, without the consent of the one who legally occupies it;



e) keeping someone's private life under observation, by any means, except in cases expressly provided by law;

f) broadcasting news, debates, investigations or written or audiovisual reports on intimate, personal or family life, without the consent of the person concerned;

g) dissemination of materials containing images of a person in treatment in healthcare facilities, as well as personal data on health status, problems of diagnosis, prognosis, treatment, circumstances related to the disease and various other facts, including the result of the autopsy, without the consent of the person concerned and, if the deceased, without the consent of the family or the entitled persons;

h) using, in bad faith, the name, image, voice or likeness of another person;

i) dissemination or use of correspondence, manuscripts or other personal documents, including data on the home address, residence, and telephone numbers of a person or members of his/her family, without the consent of the person to whom they belong or who, as the case may be, has the right to dispose of them.

Additional sources of information:

Law no. 272/2004 on the protection and promotion of children's rights

Law no. 217/2003 for preventing and combating domestic violence

Law no. 202/2002 on equal opportunities and treatment between women and men

Law no. 221/2019 for the amendment and completion of the National Education Law no. 1/2011

www.politiaromana.ro

www.necuvinte.ro

For life-threatening interventions:

- **National emergency line 112**

For information and advice:

- **Non-stop national helpline 0800 500 333**
- **The child's line 116 111**

*Knowing your rights
and obligations
gives you power
over your own life.*



HEALTHY RELATIONSHIPS

ONLINE SAFETY, HEALTHY RELATIONSHIPS,
PRIVACY & CONSENT



Necuvinte Association

Guide created in the project:

**Preventing sexual offences and
recruitment of teenagers
through online social networks**



The Romanian Police



Kingdom of the Netherlands

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