

# VIOLENTÓMETRO

Violence measure scale

Murder, assassinate  
(Homicide/Femicide)

Maim, mutilate

Rape

Sexual abuse

To Force to  
have sex

Death Threats

Dissemination of  
intimate-sexual  
content without  
consent through  
digital media

To threaten  
with objects  
or weapons

Sextortion

Lock up/  
Isolate

Kick

Slap

Push/  
Pull

Pinch/  
Scratch

Playing hit  
or beat

Aggressively  
fondling

Fondle (touch  
sexually)

Destroy people's  
belongings

Control/prohibit  
Friends, family, money, places,  
clothing, appearance, activities,  
email, cellphone

Intimidate,  
Threaten

Humiliate

Ridicule/  
Offend

Discredit

Blame

Stalking social  
media

Jealousy

Disregard

Lie/Cheat,  
deceive

Blackmail

Hurtful jokes

You need professional assistance!

React! Do not let be Destroyed!

Be careful! Violence will increase



*Conecta tu Red de Apoyo*

**Violentómetro**  
 Programa Institucional de Gestión con Perspectiva de Género del IPN  
 No importa en que nivel te identifiques, la violencia no es normal, ¡deténla, infórmate!



**“This program is a public program, not affiliated with any political party. Its use for purposes other than those set forth in the program is prohibited”.**

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