

What does that mean exactly ...?

... For schools, education, and work

- Children, both boys and girls alike, have the right and the obligation to attend school. School attendance is mandatory for all children up until the 9th school year.
- All men and women in Germany have a right to free education and may freely choose their profession. This right may not be denied by family members, partners, or spouses.

... Because an education and a career are important requirements for an independent life and being a part of society in Germany. Being an equal part of the migrant community requires the acceptance of the laws and of an individual's rights. A woman may not be forced into a role where she is subordinate to a man.

That means:
 Every woman has the right and the freedom to live according to their own understanding of their role. Oppression of women is not tolerated. The constitution protects the dignity of all people and guarantees equal rights for women and men.

**Let's work together
 to fulfil these basic values
 in our society.**

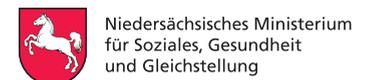
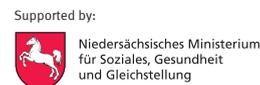
**Asking questions, solving problems,
 and getting help in Niedersachsen**

For all questions about living together as equals in Niedersachsen, there is an advisory service "G mit Niedersachsen" available via the free phone number **0800 – 14 24 34 5** and via email at g-mit-niedersachsen@vnb.de
 You can find information and the services on offer by visiting our website:
www.g-mit-niedersachsen.de

Living with equal rights, with security, and without violence in Germany and Niedersachsen is only possible if all people know their rights and obligations, and obey and live out the values upheld by the constitution. Whoever feels that their rights are being threatened should seek help. In Niedersachsen, there is **a lot of help on offer** for questions, problems, and emergencies:

- If you are affected by, threatened with, or a witness to violence: Call the Police on **110**.
- Women can also contact the advice centre for women affected by violence, "Suana" at "kargah", telephone **0511 – 12 60 78 14** or the nationwide assistance hot line "Gewalt gegen Frauen" [Violence against women] on the phone number **08000 – 116 016**, free of charge. Assistance is offered in many different languages.
- Niedersachsen offers a crisis hotline for women and girls who are forced into marriage. Advice and assistance is available via the free telephone number **08000 – 0667 888**.

Verein Niedersächsischer Bildungsinitiativen e.V. (VNB)
 Projekt **G mit Niedersachsen**
 Am Marstall 15, 30159 Hannover, tel. 0511 4500188 1
 Advice hotline **0800 – 1424345**
 Email: g-mit-niedersachsen@vnb.de
www.g-mit-niedersachsen.de
www.facebook.com/g-mit-niedersachsen 



**Growing
 together in
 Niedersachsen**

**Regulating our coexistence
 Rules for living together**

Peaceful coexistence for all people in Niedersachsen is important to us all. In order to give people who have come from other cultures the opportunity to find their place in our society, we would like to use this flyer to provide information on the main principles of our coexistence.

0800 – 14 24 34 5 free to call 

The Constitution

Basic rules for coexistence

The constitution is the most important legal basis for our coexistence in Germany. It forms the legal framework of our society. These rights and obligations apply to all people who live in Germany, regardless of whether they were born here or have migrated here.

Article 1. (1)

“Human dignity shall be inviolable.”

Every person has a right to a life with dignity and may live according to their own beliefs, as long as this doesn't infringe upon other people's rights or German law.

Article 3. (1,2)

“All persons shall be equal before the law.”

“Men and women shall have equal rights.”

An important component of our coexistence is that women and men have the same rights.

- Nobody may be discriminated against or oppressed based on their gender.
- Every woman and every man has the right and the freedom to live as they see fit and to make their own decisions.
- Nobody may be restricted, by way of physical or emotional abuse, in their freedom to choose.

The constitution and its values apply to all of us in all areas of our lives.

What does that mean exactly ...?

... For relationships and families

- Every person should be able to decide for themselves whether they want to live as part of a family, in a relationship, or alone. In Germany, there is a wide variety of lifestyles that are both permitted and lived, for example same-sex relationships.
- A person's own feelings, preferences, and interests are the deciding factor in choosing a partner.
- Nobody is allowed to be forced into a relationship or marriage. Forced marriage is forbidden in Germany. Nobody under the age of 18 may be married.
- Any kind of violence - including within a marriage and against children - is punishable by law. Violence comes in many forms: Anybody who assaults, threatens, imprisons, or debases another person, or forces them into sexual acts is breaking the law and can be prosecuted.

What does that mean exactly ...?

... For religion and life

- In Germany, church and state are kept separate. Nobody is prescribed a religion. Everybody can decide for themselves what they wish to believe in, if anything at all.
- In all areas of life, discrimination based on gender, skin colour, religion, or sexual orientation is forbidden and is punishable by law.
- How and with whom a person chooses to spend their free time is a decision every person can make for themselves.
- In Germany, it is normal and acceptable to wear revealing clothing, even for women. It is never to be understood as an invitation for men to engage in sexual acts or to make sexual remarks!
- Sexual assault can be reported to the Police and is punishable by law.

When a woman says “no”,
it always means NO.