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## Immediate Remedies Against Domestic Violence in Bangladesh: A Practical Guideline

This guideline outlines the core components of immediate support available to domestic violence survivors, categorised into legal, medical, psychological, safety, and socio-economic measures. It draws from existing Bangladeshi laws, support services, and best practices for frontline responders, legal practitioners, and NGOs.

### 1. Legal Protection and Support

#### 1.1 Immediate Legal Remedies

- a. **Interim Protection Order:** Victims can request an interim protection order under section 13 of the DVPP Act, 2010 for urgent safety. The Court may grant this order quickly based on the victim's documents and later require the abuser to respond within seven working days.
- b. **Available resources under law: Domestic Violence (Prevention and Protection) Act, 2010**
  - Police Station (Section 4)
  - Enforcement officer (Usually the Women and Children Affairs Officer of the Upazila-Section 6)
  - Service Providers (NGOs, Section 7)
  - Getting shelter in shelter homes (Section 8)
  - Medical aid (Section 9)
- c. **Emergency Legal Counseling:** Victims can access on-call legal advice or request a legal team to assist them at police stations or hospitals during emergencies.
- d. **Filing a Complaint at Police Stations:** A victim may file a complaint independently or with assistance from Enforcement Officers and registered Service Providers at the nearest police station. They can support the victim in drafting the complaint, documenting the incident, and ensuring proper submission to the police.
- e. **Medical Aid:** Victims can seek medical aid at hospital, clinic, or medical centre under section 9 of DVPP Act, 2010.
- f. **Access to Legal aid:** Victims may seek free legal assistance under the Legal Aid Act, 2000 (Act 6 of 2000). Where applicable, police officer is bound to inform the victim about her right to free legal services under the Legal Aid Act, 2000 (Section 4(d), DVPP Act 2010)

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## **1.2 Relevant Laws to Utilize**

- Domestic Violence (Prevention and Protection) Act, 2010 - Significant Sections 3, 4, 6, 7, 8, 9, 10, 12, 14, 16, and 30.
- Nari o Shishu Nirjatan Daman Ain, 2000 – Section 11 (Dowry-related violence).

## **2. Emergency Response**

### **2.1 Emergency Helplines**

999 – Police, fire, and ambulance.

109 – Government helpline number for Violence against women/ prevention of child marriage.

Contact the Upazila Women Affairs Officer

### **2.2 NGO hotlines**

Ain o Salish Kendra (ASK) Helpline: 01724415677, 01730450756, 01714025067

Bangladesh Legal Aid and Services Trust (BLAST) Helpline: 0175220220

Bangladesh National Women Lawyers' Association (BNWLA) Helpline: 01711800401, 01711800406, 01711800405, 01711800408

WE CAN Hotline: 01717582261, 01794626647

## **3. Safety Planning and Emergency Response**

### **3.1 Emergency Exit Strategy**

a. Pack a “go-bag” with: NID/passport; Emergency cash; Medications, clothes, phone charger; Arrange transport (rickshaw, Uber, trusted driver); Map nearest police station, hospital, or shelter homes.

### **3.2 Safety Planning Tools**

- Identify safe zones or homes with trusted relatives.
- Set up code words for emergency communication.
- Plan safe escape routes.
- Teach children emergency safety responses.

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## **4. Medical and Psychological First Aid**

### **4.1 Medical Help**

- a. Immediate treatment via public hospitals or One-Stop Crisis Centers (OCCs).
- b. Support in documenting injuries (for legal proof).
- c. Referrals for specialist care if needed (e.g., mental health, sexual abuse).

### **4.2 Psychological and Emotional Support**

- a. Victims may receive emotional first aid from trained counsellors, often provided by NGOs and support organisations. This immediate support can help stabilize emotions during a crisis.
- b. Validate feelings, listen without judgment, and reassure the victim.
- c. Provide trauma support for both adults and children.

## **5. Shelter and Confidential Relocation**

### **5.1 Safe Accommodation**

- a. **Access to Shelters and Safe Houses:** (Refer to ANUKUL's supplementary report for the list of shelter homes and the services they provide.)
  - i. ASROY Safe Home (TARANGO) – Mirpur, Dhaka
  - ii. Rokeya Sadan (Bangladesh Mahila Parishad) – Segun Bagicha
  - iii. CARE Bangladesh Shelter – Mohakhali

### **5.2 Confidentiality and Security**

- a. Addresses should remain confidential where disclosure may compromise the victim's safety.
- b. Can use alternate phone numbers.

## **# Key Considerations for Victims**

## **6. Documentation and Evidence Preservation**

### **6.1 Collect and store:**

- a. NID, marriage/divorce documents
- b. Medical reports, police complaints
- c. Screenshots/messages with timestamps
- d. Photos of injuries or property damage
- e. Store evidence.

## **7. Technology and Digital Safety**

### **7.1 Secure Devices and Communication**

- a. Change all passwords.
- b. Disable GPS/location tracking.
- c. Scan for spyware.
- d. Use new SIM cards.
- e. Avoid shared devices or open accounts.

## **8. Financial and Economic Support**

### **8.1 Emergency Financial Relief**

- a. Where possible, maintain a small reserve of cash for urgent necessities. (transport, food, shelter).
- b. Apply for legal aid allowance via state or NGO.
- c. Link to women's rights groups with emergency funds.

### **8.2 Job and Income Support**

- a. Provide job placement guidance.
- b. Connect with vocational training or microfinance.
- c. Arrange part-time or remote jobs based on survivor capacity.

## **9. Long-Term Empowerment and Monitoring**

### **9.1 Realistic Long-Term Planning**

- a. Transfer children to new schools if needed.
- b. Connect with peer support and survivor networks (e.g., Naripokkho).
- c. Connect with vocational training or microfinance.
- d. Arrange part-time or remote jobs based on survivor capacity.
- e. Try to secure income and housing stability.

**THERE IS NO EXCUSE FOR ABUSE.**

# **Immediate Remedies Against Domestic Violence : Practical Guidelins**

**Hands should be used to help rather than harm.  
Together, let's take a stand against domestic violence.**



**FOR EMERGENCIES,  
NATIONAL HELPLINE: 109**

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