



FAMILY LIFE

It is important to share household chores, meaning they must be taken on by men and women equally.

In the context of education, it is normal practice for one person to be designated as the “Encarregado de educação”, i.e. the point of contact between a child’s school and their family. However, this role can be filled by either parent.

In couples, gender disparities can often lead to relationships where there is an imbalanced dynamic of force and power between the man and the woman, which often translates into violence or abuse. Violence between people who are in an intimate relationship, known as domestic violence, is considered a crime in Portugal. If you are a victim in a violent relationship (whether the violence against you is physical, verbal or sexual), you should report it to the police. You can also ask for help and protection, and receive support from victim support services. You also have the right to be represented by a lawyer during the criminal proceedings, or to be taken to a place of refuge along with your children.

If you are married, you are also entitled to file for divorce and, if you do not have sufficient funds, you can also submit an application to be assigned a lawyer who works with Social Security. If you have children, an agreement known as Regulation of Parental Responsibilities will have to be drawn up. Parental responsibilities are the powers/rights attributed to parents regarding their children, without privilege due to being a man or a woman.

Forced marriages are also considered a form of violence. In most cases this mainly affects girls, whose right to freedom and access to education and healthcare are taken away.



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Integration of migrants
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- MunicipalPlan -



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MEN AND WOMEN Equal Rights



As a migrant who now lives in Portugal, you need to be aware that men and women have equal rights and are equal before the law.

Article 13 of the Constitution of the Portuguese Republic - *Principle of equality*

1. All citizens possess the same social dignity and are equal before the law.

2. No-one may be privileged, favoured, prejudiced, deprived of any right or exempted from any duty for reasons of ancestry, sex, race, language, territory of origin, religion, political or ideological beliefs, education, economic situation, social circumstances or sexual orientation.

Gender Equality is considered a fundamental human right for the development of a more sustainable and peaceful society; accordingly, despite their differences, men and women have equal access, rights, duties and opportunities, regardless of gender, sexual orientation and gender identity, whether in the context of health, education, employment, or in the context of social and political participation.



HEALTH

If you are a migrant in Portugal you should be aware that access to Portuguese health services is covered by general and specific legislation, and is generically envisaged in the Constitution of the Portuguese Republic:

- Article 13 (Principle of equality)
- Article 15 (Foreigners, stateless persons, European citizens)
- Article 64 (Health)

Regardless of being a man or a woman, you will have the right to urgent healthcare, vaccination, and treatment for transmissible diseases that pose a danger or threat to public health.

If you are a woman, you should be aware that you have the right to reproductive healthcare and maternal and child healthcare, including:

- family planning
- access to free contraceptive methods
- voluntary termination of pregnancy (abortion)
- support and monitoring during pregnancy
- labour and new-born healthcare.



LIFE IN SOCIETY

In Portugal and in the society we live in today, men and women enjoy the same rights and opportunities in terms of access to goods, employment, bank accounts, and public and commercial spaces.



EDUCATION

In Portugal, every child, regardless of sex, gender, culture or religion, is obliged to start school in the year they turn six years old, and can only leave education after turning 18 years old, or after completing 12 years of compulsory education. Thereafter, pursuing higher education is optional.

In Portuguese schools, classes are made up of boys and girls, who share every space and all of the materials and school activities equally.

Girls are not allowed to miss school in order to stay at home and take care of younger siblings or of the house, just as boys are not allowed to miss school in order to go out to work. In these cases, the relevant authorities may be alerted.



EMPLOYMENT

One of the main ideas promoted by Gender Equality is that there are no gender-specific jobs. In other words, there are no professions or activities just for men or just for women. Everyone has the equal right to take on top or leadership positions, regardless of gender, and to get equal pay for equal roles.