

*Violence is never okay.
You have a right to feel safe. Try...*



*Talking to a friend
or counselor*



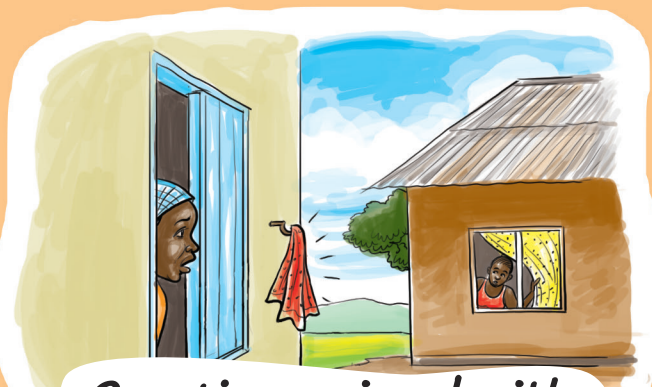
*Making a plan to
stay safe*



*Staying with other
family during lockdowns*



*Keeping some money,
airtime and important
papers in a safe place*



*Creating a signal with
a neighbor for when
you need help*



Making a report

Seeking support is a positive use of your power.

Discussion Questions

▶ ***Why can it be difficult for women to reach out when they are experiencing violence?***

- They might be blamed, they feel shame or stigma, they are worried about themselves and their children experiencing more violence, they don't know where to turn, they are not ready to leave, they feel frightened, they think it is an expected part of being a woman, they hope that things may become better sometime, they do not know who they can trust.

▶ ***How can you help make it easier for women experiencing violence to get support?***

- Reach out, validate her experience by telling her the violence is not her fault, refer her to local services, offer to follow up with her if she would find that supportive help her enhance her safety (make a safety plan which is a plan for what to do if her partner is violent or threatens violence such:
 - as calling a neighbor or going to a neighbor's house,
 - having a bag packed of important documents/money/airtime,
 - lock the door,
 - call a local leader,
 - tell the children to run out of the house to get help,
 - stay close to the door so she can run out, etc.

Take home idea



Use your power to reach out to women experiencing violence.