

Say NO to Domestic Violence!



Domestic violence includes abusive behavior in any relationship that is used by one person to gain or maintain control over another.

- ⇒ It affects people of all ages and gender, although more common among women and children.
- ⇒ It can take the form of physical, emotional, financial or sexual abuse.
- ⇒ Domestic violence negatively impacts the physical and mental health of those who experience it, both in the short and long-term.

Key messages: Do NOT hesitate to seek help during the pandemic!

Recently, domestic violence is increasing in many countries across the world. **Why is this the case?**

- Job loss leads to financial issues for families
- The ban of social gatherings leads to increased stress and anxiety
- Curfews cause people to stay indoors for longer periods of time than usual

Facts to Remember

- ⇒ The COVID-19 pandemic or the National Curfew order shouldn't stop you from seeking help when you need it.
- ⇒ Gender-based Violence Recovery Centers, which provide integrated medical, legal and psychosocial services, are functional across the country as one of the essential services, even during curfew.

Have you ever experienced domestic violence?

- ⇒ Stay connected with others through phone calls or SMS text messages 
- ⇒ Make sure someone living outside of your home knows your situation 
- ⇒ Keep yourself updated with current information on the location and status of shelters 
- ⇒ Create a plan to keep yourself safe while at home, or after leaving your home 

Nation-wide free hotline services for reporting of different forms of violence
Sexual Gender Based Violence: **1195**
Violence against women: **0-800-720-072**
Violence against youth: **1190**
Violence against girls (child): **254-723-329-530**



Even if someone does not want to leave home, they may still **need help** getting out of a bad situation.

