

# 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.

