INFOGRAPHIC 1

HOW CAN I KNOW IF I AM IN A HEALTHY RELATIONSHIP?

Ask yourself the following questions:

- Do I still have time to spend with my friends and family?
- Does my partner respect my decisions?
- Can we do different activities together and also help each other?
- Can we solve our problems by talking about them?

If your answers to these questions are 'yes', then your relationship is healthy!

BUT...

If your partner hits you or pushes you, that is physical violence.

If your partner forces you to have sex, that's sexual violence.

If your partner controls you or humiliates you in front of others, that's psychological violence.

If you experience any of these types of violence or know about a victim, call **100**.

VIOLENCE CANNOT BE TOLERATED!

INFOGRAPHIC 2

VIOLENCE AGAINST WOMEN AND GIRLS TAKES MANY FORMS INCLUDING:

Sexual violence, psychological abuse or physical attacks

1 out of **3** women experience some form of violence!

VIOLENCE AGAINST WOMEN IS WIDESPREAD.

It occurs in all countries but prevalence varies from country to country.

Some consequences

Depression

Unwanted pregnancy

Physical injuries

Addictions