INFOGRAPHIC 1

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

- Do you have time to spend with your friends and family?
- Does your partner respect your decisions?
- Do you do activities together and help each other?
- Do you solve your problems by talking about them?

"Love in such a way that the person you love feels free." Thich nhat hanh
Thich Nhat Hanh

VIOLENCE AGAINST WOMEN USUALLY COMES FROM THEIR PARTNERS

Hitting and pushing are examples of physical violence.

Forcing someone to have sex is an example of sexual violence.

Controlling someone or humiliating someone in front of others is an example of psychological violence.

Call **100** If you or someone else is a victim of violence.

DO NOT TOLERATE VIOLENCE!

INFOGRAPHIC 2[2]

VIOLENCE AGAINST WOMEN AND GIRLS COMES IN MANY FORMS:

It can be physical, sexual or psychological.

Did you know that 1 in every **3** women has experienced sexual or physical violence in their life?

Speak up and raise awareness about violence against women!

THERE IS MORE VIOLENCE IN SOME COUNTRIES THAN OTHERS

But it is more common in some countries than in others.

Some consequences

Depression

Unwanted pregnancy

Injuries

Addictions

Death