



## NOT SURE WHETHER YOU ARE BEING ABUSED? HERE ARE SOME FORMS OF ABUSE THAT WOMEN OFTEN FACE!



### EMOTIONAL ABUSE

includes hurting your emotions, devaluing your worth, name calling, harassing for producing girl child etc.



### PHYSICAL ABUSE

is any physical harm including punching, slapping, pushing, kicking etc.



### SEXUAL ABUSE

If someone is forcing you to watch pornography or commit sexual act without your consent, using you for other's sexual entertainment etc.



### ECONOMIC ABUSE

includes being deprived of your basic needs, not being permitted to work, sabotaging your job, or in any way suffering control of your economic situation

## HOW CAN WE HELP YOU?

- Counseling for victim and, if desired, the perpetrator and extended family.
- Education on human rights and protections under the law that ensure every person, including women and girls, can live a life free from every form of abuse.
- Education on the Domestic Violence Act, 2005, which provides protection for every woman to live safely in her own home.
- Awareness events on domestic violence, human trafficking, child marriage, and other social issues.

**IF YOU OR SOMEONE YOU KNOW NEEDS HELP, SMS 'CHOICES' TO 56767!**



I am a PeaceMaker of my home. I know that I and every person in my house has the right to stay safe from harm, abuse, violence and exploitation. Home should be a peaceful shelter. I will stay well informed for my family and speak out to keep them safe and healthy. I know that silence is poison when bad things are kept as a secret. When something concerns me or my family, I will listen and speak up. Good words spoken to protect others are like valuable pearls.



## CHILD LABOR

Child labour is requiring or forcing a child (below 18 years) to work, especially when they should be in school. It is against the law to make a child work when they should be in school.

## CHILD MARRIAGE

It is wrong and against the law to get children married before they are ready. Legally girls cannot be married before 18 years of age and boys before 21 years of age. Girls who get married too early are much more likely to face abuse by their husbands, to get sick during pregnancy and child birth, and to raise unhealthy children. They are more likely to die during child birth. Waiting until their bodies and minds are ready will mean they, their children and families live healthier and happier lives.

## CHILD SEXUAL ABUSE

Abuse of children is not only against Indian law, but can completely destroy the life of the child. It is a mental and physical torture. Sexual abuse is any act against a child of a sexual nature and includes touching a child in private areas. Kissing the face or body of the child, looking at the child when he/she is not dressed. It can happen to boys and girls.

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