Do you think GIRLS + WOMEN should...

★ Not go to school or work because of marriage and family?
★ Just deal with their unhappy relationship to keep the family together?
★ Keep quiet about problems in the relationship because it is a personal, family issue?
★ Be mainly responsible for taking care of the house work?
★ Be home before dark?
★ Not wear showy clothes?
★ Deal with street harassment?
★ Have unwanted sex?
★ Have children even if they don’t want to?
★ All of this keep women oppressed and allows domestic and gender-based violence to exist! It’s not right and it’s not okay.

Forcing you to have sex with other people (also known as human sex trafficking)
Conducting sexual activity when you are not fully aware or are afraid to say no
Hurting you physically during sex
Forcing you to have sex without protection
Preventing access to or destroying birth control and reproductive options

Resources
Immediate Services: Domestic Violence Organizations (provides counseling, temporary housing, legal services, and more):
★ Safe Horizon
  Spanish • Bangla
  853-621-HOPE (4673)  www.safehorizon.org
★ Sakhi for South Asian Women
  Bangla • Hindi • Urdu
  212-868-6741 http://www.sakhi.org
★ Sanctuary for Families
  Spanish • Bangla
  212.349.6009 https://sanctuaryforfamilies.org
★ Turning Point for Women and Families
  Bangla • Hindi • Urdu
  718.262.8722 http://tpny.org
★ WomanKind
  888.583.7702 Hindi • Nepali • Urdu
  https://www.iawomankind.org/our-services
Changing the Culture (work in the community to end gender-based violence):
★ Deiss Rising Up and Moving (DRUM)
  Bangla • Hindi • Nepali • Punjabi • Urdu
  718.205.3036 http://www.drumnyc.org/

Let’s unite to end domestic & gender-based violence!

Emotional Abuse
- Survivor, 32, Bangladeshi
  "My first relationship was all about sex. I thought I always needed to educate myself, I learned that I could set limitations."
  People deserve loving and affirming, not controlling, violent or neglectful.

Sexual Abuse
- Survivor, 19, Bangladeshi
  "Forcing you to have sex with other people (also known as human sex trafficking)"

Physical Abuse
- Survivor, 32, Bangladeshi
  "Violence exists in society—wars, colonization, relationships. Domestic violence is repeated violent, aggressive, or neglectful behaviors by someone who is or was in an intimate relationship."

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End violence against girls and women (provides counseling, temporary housing, legal services, and more):
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I THINK I AM IN AN ABUSIVE RELATIONSHIP: FREQUENTLY ASKED QUESTIONS

I am scared about my safety. How can I make sure I am safe?
Your safety is very important. Keep this palm card somewhere where the abuser cannot find it and contact the organizations under Resources from a place where your abuser won’t find out or a phone/pc that they cannot track.
Additionally, consider safety planning. Have a backpack with money, clothes, canned/dry food, ID, papers, medication, and anything else you may need. Remember, when you’re in danger you may not be able to think clearly, so having a safety plan is important.

Determine a place where you can stay in case of an emergency.

What will happen to my kids?
In our community, sometimes we feel like if we separate from our abusive partner or family members, then that will somehow harm our children. However, children who grow up in an abusive home deal with more stress and learn that abuse is normal. They are more likely to repeat the cycle of violence and face abuse in their relationships or become abusers themselves. Children in abusive households are harmed by witnessing abuse and are further harmed by experiencing it directly. Leaving the situation teaches your children that they should not take abuse, and also saves your children from abuse.

How can I support myself?

If you call the organizations under Resources, they can connect you to legal support so that you can get the money you need to support yourself and your children. Depending on your legal status, you may be eligible for low-rent housing and food stamps. These organizations may also help you with finding a job.

I don’t have papers. What can I do?

You do not have to live in an abusive relationship for papers. Irregardless of your immigration status, you can get support. An option is u-visa. Please contact the organizations under Resources for more information.

What should I do?

Talk to someone about what you are dealing with—it can be with a friend, colleague, family member, neighbor, religious advisor or someone else you trust. Sometimes we are used to being abused or treated badly. It’s not our fault.

Support is available. You can contact one of the organizations listed in Resources section. You do not have to make any decisions, but it is important to talk to someone about what you are dealing with.

Where can I go?

The organizations under Resources may be able to intervene and resolve the situation. If that does not work, there are temporary shelters available for people going through what you are dealing with. Ask about them when you call the call the organizations in the Resources section. You can also stay at a neighbor’s, family’s, or friend’s house.

What will people think?

We are often told that leaving our marriage is shameful. Sometimes we don’t feel comfortable talking about the problems we are dealing with within our family because we feel it is private and if we share then other people will judge us. It is important to know that you should only think about what you and your children need and not what other people think. When we think that leaving a harmful or violent situation is shameful or even talking about it is, it only keeps us in dangerous situations and is not good for anyone involved. Do not isolate, reach out to a community organization! There are people here for you.

What will happen to my kids? Should I just wait and see…?

Waiting to see if he improves continues to put your kids and you in danger. Reaching out can help you figure out what best makes sense for you. There are organizations under Resources that can help you decide what makes sense for you and your family.

What can I do?

Your children and you deserve to live in a healthy environment, that means a household free of domestic abuse. People in a domestic abusive relationship cannot rationalize with the abuser because of the nature of the relationship. Your kids will feel less stress and have less anxiety and depression if they are not living in an abusive household.

Can I save this relationship because I have kids?

Resources

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