It’s in your hands
Love, trust, safety, respect: It’s in your hands!

In your relationship you can...

• Talk openly and honestly to your partner.
• Commit to never using violence.
• Show respect in your words and actions.
• Value each other and each other’s opinions.
• Make joint decisions and plan together.
• Remember that in every relationship, compromise from both partners is necessary.
• Treat your partner as you would like to be treated.
• Give respect and get respect
• Consider your partner and family, not just yourself when making decisions.

In your community you can...

• Reach out to women experiencing violence.
• Challenge men who are using violence against their partners or families.
• Use your voice against violence. Speak out when you hear or see jokes, comments, actions that disrespect women.
• Learn about available services for women experiencing violence, be a referral resource.
• Recognize and support men and women who are trying to create equal and respectful relationships.
• Challenge leaders to make decisions and policies that prioritize violence prevention.
• Be a role model to boys and girls. Show respect to women and girls.

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