

It's in your hands



Love

Respect

Trust

Safety

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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.

