

COUNTER TECHNIQUES

- TRUST YOUR INSTINCTS
- RESPOND PHYSICALLY
- SET CLEAR BOUNDARIES
 - BE ASSERTIVE
 - SCREAM!!!

HOW TO BE AN ACTIVE BYSTANDER

- A- ASSESS FOR SAFETY
 - B- BE IN A GROUP
- C- CARE FOR THE VICTIM
- D- DIRECT ACTION, DISTRACT,
DELEGATE & DELAY

YES

YESTERDAY
DOESN'T MEAN
YES ALWAYS!!!

NO MEANS NO!!!



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RECOGNISING & DEALING

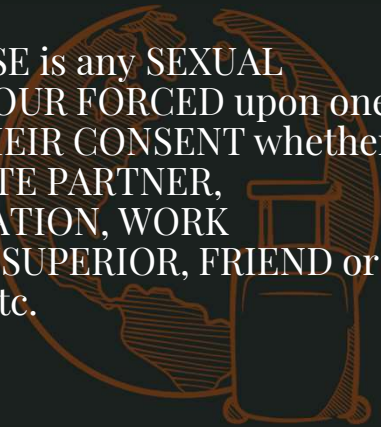
IT IS NOT YOUR FAULT

WITH SEXUAL ABUSE



SEXUAL ABUSE

SEXUAL ABUSE is any SEXUAL ACT/BEHAVIOUR FORCED upon one WITHOUT THEIR CONSENT whether by their INTIMATE PARTNER, FAMILY/RELATION, WORK COLLEAGUE/SUPERIOR, FRIEND or STRANGER, etc.



Globally, an estimated 736 million women—almost one in three—have been subjected to physical or sexual violence by an intimate partner and a non-partner.

DEALING WITH SEXUAL ABUSE

ACKNOWLEDGE IT

Sex without Explicit Consent is rape. The way you were dressed is not consent, neither is past sex a ticket to another. Relationship doesn't matter too

SEEK SUPPORT

Seek Medical Help immediately, Talk to Someone, Join a Support Group.

PRACTICE SELF— COMPASSION

IT IS NOT YOUR
FAULT

EMOTIONAL SUPPORT

Don't be scared to let out your emotions. Cry if you want.

Spend time with people you love.

SPEAK UP

- YOU ARE THE VICTIM HERE
- REPORT
- YOU ARE NOT ALONE