



Are You Safe?

at Work . at Home . at School

It's time to end the silence on gender-based violence

How To Ask Someone "Are You Safe?" using these 5 Steps:



1. Prepare

Know where to get help for GBV in your location.

Be ready in your own head.



2. Ask

Express your concern about things you have noticed.

Say, I am worried about you. Are you safe?



3. Listen

Listen patiently and use supporting statements.

Say, what you have experienced is not your fault.

Say, violence is never okay.



4. Support

Encourage them to speak to a qualified GBV actor like a social worker or a police officer.

Say, if you are feeling nervous, I can come with you. I can help you.



5. Follow Up

Check in on the person the next day or a few days later.

Say, I am here for you whenever you need me. You are not alone.



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We all have the right to feel safe at home. But for some, home is not always a safe place.

If you suspect someone is experiencing intimate partner violence, don't ignore it. Show her that you are there for them, and help her to get qualified support.

You may just save her life.

Help is available!

Call Toll Free Line: Lifeline Childline 933

Visit: Police | One Stop Centres | Hospitals | Social Workers





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We all have the right to feel safe at school. But for some, school is not always a safe place.

If you suspect someone is experiencing gender based violence at school, don't ignore it. Show her that you are there for them, and help her to get qualified support.

You may just save her life.

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We all have the right to feel safe at work. But for some, work is not always a safe place.

If you suspect someone is experiencing exploitation, abuse or harassment at work, don't ignore it. Show her that you are there for them, and help her to get qualified support.

You may just save her life.

Help is available!

Call Toll Free Line: Lifeline Childline 933

Visit: Police | One Stop Centres | Hospitals | Social Workers | Ministry Of Labour



