

It's your right to be free from abuse

- Abuse is never justified or deserved
- Violence is not love
- The only one to blame for abuse is the abuser.
- If the abuser does not get help, violence usually gets worse over time.
- If you have experienced abuse, you are not alone. Help is available.

Police Stations

If you are hurt, seek immediate medical attention and report the incident to the authorities.

Mabaruma: 777-5007	Diamond: 216-0251
Port Kaituma: 777-4007	Kuru Kururu: 261-5457
Anna Regina: 771-4010/12	Fort Wellington: 232-0313
Charity: 771-4142	Albion: 322-0753
Leonora: 268-2222/2358-9	Whim: 337-2222/2519
Parika: 260-44480	Bartica: 455-2222
Vree-eh-hoop : 264-2224	Mahdia 638-8440
Brickdam 225-6940-4	Lethem: 772-2087
Cove & John: 229-270	Wismar: 442-0759
Mahiacony: 2211-2296	McKenzie: 444-3429
La Penitence: 225-2661/6026	Ituni: 441-2222

Important Contacts

Help and Shelter

24 hr. hotline: 227-3454 or 225-4731

Red Thread: 227-7010

Childcare and Protection Agency

24 hr. hotline: 227-0979 or 227-420/227-4082

Society Against Sexual Orientation Discrimination

Georgetown (Region #4): 225-7283

Guyana Legal Aid Clinic

Georgetown (Region #4): 225-9238/46

Anna Regina, Essequibo (Region #2):
771-4007/8

Fort Wellington, Berbice (Region #5):
232-0952/3

New Amsterdam, Berbice (Region #6):
333-5254

Ministry of Human Services and Social Security

Port Kaituma (Region #1): 777-4151/4139

Ann Regina (Region #2): 771-4311

Vreed-en-Hoop (Region #3): 264-2690

Georgetown (Region #4): 225-6545 or
225-6202/12

Fort Wellington (Region #5): 232-0952/53

New Amsterdam (Region #6): 333-3970/3318

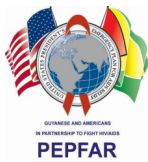
Whim (Region #6) : 337-2667

Bartica (Region #7): 455-2964-2226

Mahdia (Region #8) :655-4803 (cell)

Lethem (Region #9): 777-0529/4011

Christiansburg (Region #10): 442-2272



**Overcoming
Gender-Based
Violence**

**A LIFE FREE OF
VIOLENCE
IS EVERYONE'S
RIGHT**



Gender-Based Violence

Gender-based violence can be defined as:

“Any act of violence against a person based on their biological sex or gender identity that results in, or is likely to result in, physical, sexual, emotional, psychological or economic abuse ;threats, coercion, or arbitrary deprivations of liberty, whether occurring in public or private life.”

Women, men, and people of all genders experience abuse.

Gender-based violence takes many forms

- **Physical:** slapping, kicking, burning and strangulation
- **Sexual:** rape, forced participation in sexual activities, childhood sexual abuse
- **Psychological:** threats, instilling fear, humiliation and stalking
- **Economic:** withholding financial support, restricting partner education or employment
- **Abduction of women and girls for prostitution**
- **Harassment or abuse of lesbian, gay, bisexual and transgendered (LGBT) individuals**



Early Warning Signs of Abuse

- Extreme jealousy, controls how you dress or interact with others, forces you to be sexual
- Explosive anger, threatens violence
- Verbal abuse, puts people down, including your friends and family
- Isolates you from friends and family
- Has a history of violence, abused former partners
- Has a history of fighting or trouble with the law

Create a safety plan if you are in an abusive relationship

- Identify escape routes. Avoid rooms with weapons (e.g., kitchen).
- Identify a safe place if you must leave your home (e.g., shelter, home of family member or friend).
- Memorize phone numbers of people or organizations who can help you in a crisis (e.g., family, friends, shelter, hotline).
- Ask someone you trust to watch for signs of violence.
- Teach your child how to get help. Have a code word to signal them to get away.
- Leave a packed bag at a friend's house or other safe location, in case you must leave home quickly.
- If you need support, call a hotline or talk with a counselor.

Unhealthy Relationship

Ask yourself:

1. Am I depressed over the relationship?
2. Does my partner tell me who I can talk to or where I can go?
3. Does my partner make me have sex when I don't want to?
4. Are quarrels becoming increasingly heated and violent?
5. Am I afraid to break up with my partner?
6. Am I afraid to ask my partner to use condoms?
7. Does my partner hide my birth control or try to get me pregnant ?

If you answered YES to any of these questions, your relationship is unhealthy.

