



Experience
One *Sun* WELLNESS

TOGETHER, WE CAN END GBVF

Gender-based Violence and Femicide impacts countless lives every day. By recognising the signs, speaking out, and taking action, we all have the power to create a safer, more respectful world for everyone.

FOR THE VICTIM

YOU'RE NOT ALONE

Reach out for help

IT'S NOT YOUR FAULT

You deserve safety

TRUST YOURSELF

If it feels wrong, act!

SAFETY PLAN

Make your plan

KEEP EVIDENCE

If it's safe to do

BYSTANDER

NOTICE

Be aware of abuse signs

SPEAK UP

Don't ignore abuse

SUPPORT

Offer help to the victim

EDUCATE

Raise awareness

ACT

Do what is needed

FOR THE ABUSER

VIOLENCE & ABUSE

to control others
is NEVER OK

GET HELP

for anger or control issues

UNDERSTAND

the harm you're causing

RESPECT

boundaries and consent

GROW

your self-awareness



SCAN HERE TO LEARN
MORE ABOUT GBVF

Call Lifeassist to find out how you can get help.



Call **0860 111 322**
WhatsApp (Text) 061 438 7903

Callback *134*20068#
help@lifeassist.co.za
www.yourlifeassist.co.za/sunint



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