

EVERYTHING IS FINE

They respect your decisions and your preferences
They accept your friends and your family
They trust you
They are happy when you feel satisfied
They make sure you are comfortable with what you do together

WARNING. STOP IT!

They ignore you when they are angry
They blackmail you if you refuse to do something
They belittle your opinions
They make fun of you in public
They try to manipulate you
They are constantly jealous
They want to control your social life, your clothing, or your makeup
They ask to check your messages, emails, or apps
They insist in asking you to send intimate photos
They isolate you
They say you're crazy when you express criticism

PROTECT YOURSELF. ASK FOR HELP

They get very angry with you when something doesn't go well for them
They force you to watch pornographic movies
They threaten to publish your intimate photos
They threaten to harm or kill themselves because of you
They ask to or directly touch your intimate body parts without your consent
They push, shove, slap, or physically hurt you
They try to force you to have non-consensual sex

IF YOU FEEL IN DANGER CONTACT A SUPPORT CENTRE IN CASE OF EMERGENCY, CALL 112

You have the right to feel good!

What you have in your hands is a tool that helps you better understand what is happening in your relationships.

Because violence is not always visible, especially when it comes from those we love.

Whoever you are, whatever your story, if you are experiencing violence: talk about it!

Your life and your well-being come first. Always.



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European network founded in 2010 to
promote participation, volunteering, and
inclusion, which now has 23 associations
in 20 countries. The network is
coordinated by InformaGiovani ETS.

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InformaGiovani ETS, is active since 2001
in Palermo and all over Italy with
information, training and volunteering
activities aimed at young people,
youth/social workers and Institutions. It
coordinates the IGNet European Network