

အမျိုးသမီးတွေအပေါ်  
အကြမ်းဖက်နှောင့်တော့  
ရပ်တန့်ဖို့ အစွမ်းသတ္တိဟာ  
သင့်လျက်ထိုက်မှီပါရဲ့ပဲတယ်။



If you are  
harmed, don't  
stay silent



Protect yourself  
and your family  
from violence



 UNFPA is the lead UN agency for delivering a world where every pregnancy is wanted, every birth is safe, and every young person's potential is fulfilled.  
[www.unfpa.org](http://www.unfpa.org)





## You are not alone

- **It is OK if you feel sad, worried or scared.** Your feelings are a normal response to a difficult situation. Don't be ashamed to ask for help. It's important that you take care of yourself, so you can help others.



## Violence is never ok

- **Violence is never ok.** Report any inappropriate behavior. Act to keep your community safe.
- **If you are harmed, don't stay silent.** Ask for help from someone you trust. It is normal to feel guilty or ashamed but it is not your fault. You have the right to get help to make it stop and do not have to manage on your own.
- **Always tell someone where you are going and when you will be back** even if you are familiar with the environment. Don't leave the elderly, persons with disabilities or young children at home alone. Families are safest if you stay together.
- **You or your children may be at risk of being hurt, exploited, or trafficked.** Women, girls and children can keep safe by staying with their family or someone they trust.



## Humanitarian assistance is free

- **Humanitarian assistance is free** for everyone equally including women, men, children, elderly and persons with disabilities. If you are asked by someone working in a humanitarian organisation to do something in return for them helping you, please report them to the respective organisation.
- **No one has the right to demand any favours,** touch you or demand sexual actions in return for helping you.
- **To ensure that everyone is supported,** it is necessary that everyone is involved in decision making including women, the elderly, children and persons with disabilities – everyone has different needs and abilities, and everyone should participate.