



International Women's Day – 8th March

This International Women's Day we're highlighting what we can do to help keep women and girls safe.

Enough

Abuse takes many forms. It can be emotional, physical, sexual or financial. It can be words or actions. At home or in the street. It can be inflicted by a partner, ex-partner, family member, colleague, friend or stranger. It can be in person, through technology and online.

Whatever form it takes, abuse is never justified. Any behaviour that demeans, frightens or distresses is abuse. It has to stop.

Knowing what abuse is helps us all recognise it when it happens. We can all do something to keep women and girls safe.

You can learn more here: <https://enough.campaign.gov.uk/>

Stalking

Stalking is when one person becomes fixated or obsessed with another and the attention is unwanted it's intrusive and engenders fear.

You can find useful links and contacts here: <https://www.dudleysafeandsound.org/stalking>

Domestic Abuse

This International Women's Day safe & sound is reminding people that victims of domestic abuse can get help and support by calling 📞01384 455411 (24 hrs a day) or text/Whatsapp 📱07384466181 (9am to 9pm weekdays)

You can find out more about the ways of getting help here: <https://www.dudleysafeandsound.org/domesticabuse>

