



KEY MESSAGES & ADVOCACY POINTS ON GENDER BASED VIOLENCE FOR NEW ARRIVALS

- If you or someone in your family is/has gone through GBV, you have the right to receive immediate help. You do not have to manage this on your own.
- There is support available including health support, psycho-social support, legal assistance and safe shelters. You should not feel ashamed to seek support.
- You are entitled to receive GBV services with or without documentation. All GBV services are available to both registered and non-registered refugees.
- If you feel unsafe in or around your home; if you are physically, psychologically, economically, sexually harmed; or feel threatened, intimidated or harassed – help is available.
- Remember that all information you provide will be treated as confidential and will not be shared with anyone without your consent.
- If someone you know is feeling threatened or in danger, you can support them by linking them with a GBV service provider and social support services available.
- Please remember that you have the right to express your preference for gender of the staff
- If you witness or notice that someone experiences violence due to their gender and asks for help, remember that you can be a source of support. Listen to them, show them support, do not judge and link them to service providers and social support services available.



- If you or someone you know is facing difficulties and is at risk of violence because of a physical or mental disability or an injury, link them up with a service provider, help is available.
- Men and boys can also be survivors of violence due to their gender, sexual orientation and/or gender identity. If you feel hurt, threatened, intimidated or harassed, you should not feel ashamed to seek support.
- It is normal to have feelings of sadness, distress, fear or anger during a crisis. There are various ways to manage these emotions, such as talking to someone you trust, meditate and pray. Remember, violence is not the answer.
- Taking care of yourself will benefit you and your family, and is a sign of strength and responsibility. It is normal to feel worried about how you will take care of yourself and provide for your family in this situation. If you feel overwhelmed and tense, seek help from service providers in the camp.
- Remember that support and assistance are **FREE**. No one is allowed to ask for money, favors, or sex in exchange for assistance. You have the right to decline and should report anyone who attempts to exploit or abuse you (**INSERT your agency reporting modalities**)