

What is violence against women and girls?

Violence against women and girls can be emotional, verbal, physical, sexual or financial abuse. It can happen anywhere. Online or in person. At home, at work, or in the street.

The abuser can be a partner, ex-partner, family member, friend, community leader, someone at

work or a stranger. Knowing what abuse is helps us all recognise it when it happens.

Abuse can happen to anyone but we know these behaviours disproportionately affect women and girls. Whether it's a stranger, your loved ones or friends – violence against women and girls is far too common and the impact can be everlasting.

What should we watch out for?

Here are some examples of abusive behaviour:

- Inappropriate comments (including ones of a sexual nature), gestures or touching.
- Sexual assault (touching in a sexual way without consent).
- Putting pressure on someone to send nude pictures of themselves.

- Sharing someone else's nude images without their consent.
- Controlling or coercive behaviour (e.g. controlling someone's finances, telling them who they can see, telling them what they can wear).
- Honour based abuse, such as threatening and controlling behaviour carried out by family and community member.

How can I safely intervene?

Here are four simple ways to help you step in safely – just think **STOP**:

SAY SOMETHING. Show your disapproval, or if it is safe to do so tell them to stop.

TELL SOMEONE. You can tell someone in charge like the bus or train driver if you are on public transport or HR if you are at work.



Find out different ways
to safely stop violence
against women and girls at
www.gov.uk/enough

If you think it's wrong, act on it

ENOUGH.

OFFER SUPPORT. You can ask them if they are ok, or you can film the incident and ask if they want the footage to report the event. You can also offer to help report it.

PROVIDE A DIVERSION. Create a distraction, to help give the victim a chance to move away and give others the opportunity to get help.

For more helpful tips, visit gov.uk/enough

How can I report abuse?

- If you or anyone is in danger, call 999.
- If it is not an emergency you can report abuse to the police by phoning 101.
- You can also go to your local police station in person or report abuse through an online portal at police.uk.



Worried about your own behaviour?

It's never easy to admit when we've crossed the line or overstepped the mark, but being honest with yourself is the first step to change.



ENOUGH.

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Everyone can do something to help prevent abuse.
For more information visit:

www.gov.uk/enough

