

**ኖኔግቲቫቲቲ
ለሰብላማዊ ልምድ
ድረጅቶች ለማሳደግ**

በግብር ልዩነት ድረጅቶች
ጠቅላይነት ለሰብላማዊ
ልምድ ልዩነት፣
ልዩነት ለማሳደግ ለሰብላማዊ
ልምድ ለማሳደግ ለሰብላማዊ
ልምድ ለማሳደግ ለሰብላማዊ

ርዕዮተኛነት ለሰብላማዊ
ርዕዮተኛነት ለሰብላማዊ
ርዕዮተኛነት ለሰብላማዊ
ርዕዮተኛነት ለሰብላማዊ
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ርዕዮተኛነት ለሰብላማዊ

**What to do if
you are abused
and/or battered**

If you are being physically,
psychologically (mentally),
emotionally or sexually
abused in a relationship,
it is important that you
seek help. You do not have
to continue to suffer in
silence.

There is no excuse for any
form of abuse and you do
not have to put up with it.
Both physical and sexual
abuse are against the law
and help is available
through the legal system.
Although emotional and
psychological (mental)
abuse are not punishable
by law, they are still wrong
and you can still get help.

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The opinions expressed in this resource are those of the author and do not necessarily reflect those of Canadian Heritage or Status of Women Canada.

For more information or to order copies:



Pauktuutit Inuit Women's Association
192 Bank Street
Ottawa, Ontario K2P 1W8
Phone: 613-238-3977
Fax: 613-238-1787
E-mail: famviol@pauktuutit.on.ca