

Violence is like a maze. Getting in is easy, getting out is not. But there is a way out!

La violenza è un labirinto. Entrare è facile, uscire no. Però la via d'uscita c'è!
La violence est un labyrinthe. Entrer c'est facile, en sortir non. Mais il existe une issue.

La violencia es un labirinto. Entrar es fácil, salir no. Pero la salida existe!
Violența este un labirint. A intra este ușor, a ieși nu. Dar drumul de a ieși exista!

العنف متاهة. الدخول سهل، الخروج لا! ولكن الخروج موجود.

暴力是个迷宫，进去容易，出来难，但是切记一定有出口！

හිංසනය ඒරහේලිකාවකි. හිංසනයට ලක්වීම පහසුය, එයින් මිදීම පහසු නැත? නමුත් එයින් මිදීමට මාර්ගයක් තිබේ!

10 questions to ask yourself, to understand if you are experiencing intimate partner violence, or how much you are at risk of getting caught up in an abusive relationship. Does your partner ever:

- Isolate you from your friends?
- Belittle you and devalue your choices?
- Constantly control where you are, who you are with, whether you are connected on WhatsApp, Facebook, and with whom?
- Demand to have your Facebook profile passwords and to check your contacts?
- Humiliate you, or insult you?
- Throw things at you?
- Push you or beat you?
- Impose unwanted sexual practices on you?
- Threaten suicide when you're trying to leave him/her?
- Threaten you if you are trying to seek help?

If you need help

visit the webpage www.reteantiviolenzamilano.it
or write to info@reteantiviolenzamilano.it

Or you can call

the National Anti-violence toll-free number

 1522



Il filo di Arianna - Progetto realizzato nell'ambito dell'iniziativa regionale
"Progettare la parità in Lombardia - 2018"