

IT IS NOT YOUR FAULT! HELP IS AVAILABLE!

Children can be at risk of being hurt or injured and different kinds of abuse, violence, and exploitation during this very difficult time, due to the increased levels of stress, and the impact of the cyclone!

Women and children have a right to be safe from violence everywhere, including at home. Violence is not acceptable. Protecting women and children is everyone's responsibility.

If you or someone in your family has experienced violence or abuse, or are feeling threatened or in danger, you can talk to someone confidentially about what happened and get help. You have the right to receive help. You do not have to manage this on your own. You should not feel ashamed to seek support.

Please talk to a someone you trust, a friend, neighbor, health care worker, and a child protection actor in your area! Help is Available.

KNOW WHERE YOUR CHILDREN ARE, CARE FOR THEM, AND KEEP THEM SAFE!

Workers from the UN, INGOs, NGOs, CSOs, humanitarians and community are here to help you. If you have been harmed by someone, you have the right to report this. You will be listened to. Your safety is important.

Humanitarian Aid is Free! Assistance such as Food, hygiene kits, dignity kits, Kitchen sets, water and sanitation items, Information and referral to services are all free. Do not pay or exchange anything for assistance. If an aid worker has hurt you or upset you or asked you for anything in return for their help, you must report this straight away. Please Call this number: **09405149616**

REMEMBER!

Protect your children from abuse and exploitation. Make sure they are always accompanied by an adult you trust if they go out, even if it's just to collect water or food!



