

SGBV KEY MESSAGES in COVID-19: LOUDSPEAKER CAMPAIGN

BMN (Karenni; Burmese)

- The situation created by the COVID-19 and the restrictions are not an excuse for violence. Ensure your family and community stay healthy and protected. Say no to any form of violence. Violence is never the solution.
- If you feel unsafe in or around your home; if you are harmed or feel threatened, intimidated or harassed, seek confidential support from KNWO. You have the right to get help! You do not have to manage this on your own. KNWO office opens from 9 am to 3 pm from Monday to Friday, KNWO Safe House BMN (095-162-0875) operates 24/7.
- “Listen and Link”: If someone experiences gender-based violence and asks for help, you can be a source of support: “listen” to their problem, show support, don’t judge; you can “link” them to KNWO for help or information.
- Staying at home because of COVID-19 may cause tension within the family. You may feel caged, feel crowded at home – or feel isolated and have a hard time without social contacts and intimate relationships. If you find yourself getting so angry or frustrated that you think a disagreement may turn into a fight with your partner or children, take a break (pray, meditate, read or do some sports) and talk about the matter later when everyone is less angry.
- With the COVID-19 measures, domestic duties might grow, let’s share them among all family members and let’s help each other!

BMS (Karen, Burmese)

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- “Listen and Link”: If someone experiences gender-based violence and asks for help, you can be a source of support: “listen” to their problem, show support, don’t judge; you can “link” them to KNOW for help or information.
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you think a disagreement may turn into a fight with your partner or children, take a break (pray, meditate, read or do some sports) and talk about the matter later when everyone is less angry.

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MRML: (Karen, Burmese)

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- "Listen and Link": If someone experiences gender-based violence and asks for help, you can be a source of support: "listen" to their problem, show support, don't judge; you can "link" them to KNOW for help or information.
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MLO: (Karen, Burmese)

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TAK: (Karen, Burmese)

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- If you feel unsafe in or around your home; if you are harmed or feel threatened, intimidated or harassed, seek support from KWO, SGBV Committee or MWO/A. You have the right to get help! You do not have to manage this on your own. Remember that support and assistance are confidential and FREE.
- “Listen and refer”: If someone experiences gender-based violence and asks for help, you can support by "listening" to their problem, showing support, don’t judge; you can “refer” them to KWO for help or information.
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BDY: (Karen, Burmese)

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