What you can do if you are being hurt, or if you feel powerless or afraid in your relationship

- Speak with a GBV counselor—just talking with someone can make a difference.
- Discuss with a counselor some ways that you could safely talk with your partner about HIV testing, couples HCT, and condom use
- Make a safety plan in case you suddenly need one, or get a referral to a safe shelter.
- If you don’t want to or aren’t ready to leave him, join a survivors’ support group, attend services for couples, or connect your partner to programs for men that teach how to manage conflict without violence
- Join a women’s group to empower you and open you to other pathways in your life
- Remember, no one has the right to your body, it is your own

Resources
You are not alone. There are people and services here and elsewhere in Nairobi that provide free and confidential help.

- Gender Based Violence Recovery Centre, Kenyatta National Hospital (Old Hospital Building)
  Call: 0733 606 400 or 0722 829 501 Ext. 44101 or 43136
- Women’s Rights Awareness Programme*
  Mvuli Lane, off Thika Superhighway (next to Mathari Hospital)
  Call: 0721 367 677 or 0722 252 939
  * Provides safe shelter
- Nairobi Women’s Hospital, Gender Violence Recovery Centre
  (Hurlingham Centre, Adams Arcade and Ongata Rongai)
  Call: 020 2 716 651
- Centre for Rights Education and Awareness
  Chalbi Drive House No. 55, Lavington (off Issac Gathanju Road)
  Call: +254 20 237 8271 or +254 720 357 664

Remember, you deserve to be safe and healthy!
Did you know?

- **1 out of every 4 women in Nairobi** has experienced physical or sexual violence by her male partner; many more have been in a relationship where her partner does not treat her well, for example, controlling her actions and controlling decisions that affect her.
- Being in relationships with men who are abusive or controlling makes it difficult for a woman to protect her health and well-being.
- This increases a woman’s risk for HIV, STIs, unintended pregnancy and other health problems. It increases her baby’s risk of poor health too.

How is my relationship? Think about:

- How is my partner’s communication? Is he honest and open with me?
- Who is mostly responsible for making the decisions in my relationship? Does my partner value my opinions and respect my choices?
- Does my partner support my seeking health care, including contraception, and care for my pregnancy?
- How does my partner treat me? Is he respectful of me and kind to me?

If your relationship is good or has improved, the information on this card can help in case you are ever in a difficult situation in the future, or if you know a friend who needs help.

What types of worries do I have in my relationship? Think about:

- Does my partner grab me, push me, or physically hurt me?
- Does my partner make me have sex or do sexual things that I don’t want to? Am I afraid to ask him to use condoms?
- Does my partner shame or humiliate me, threaten me, or make me feel afraid?
- Does he control where I go, who I talk to, what I do, or how I spend money?
- Am I afraid my partner would hurt me if I told him I had an STI or HIV and he needed to be tested too?

Remember:

- You matter. **You have a right to be free from violence.**
- **You are not to blame** if you are experiencing any form of abuse.
- If your partner is violent, or even if he just acts a little intimidating or controlling, it makes it a lot harder for you to stay healthy.
- There are people here who can help you. The providers will not judge you and you have nothing to be ashamed of.
- We can help you come up with strategies, or connect you to services, to help keep yourself and your baby safe and healthy.