

# ARE YOU CARING FOR YOUR PARTNER?

*Ask yourself these questions*

		YES	NO
1	Have you ever slapped, kicked or beaten your wife or girlfriend?		
2	Have you ever called her stupid, useless or used looks or actions to threaten her?		
3	Have you ever forced her to have sex with you?		
4	Have you ever refused her from seeing her friends or relatives?		
5	Have you ever refused her to work, taken away her money or denied her access to family income?		

## Scoring

If you have two or more thumbs up signs, you are using violence!



For more information and counseling call **0312 500600**

**TRUE  
MANHOOD**

*Have you got what it takes?*

## DID YOU KNOW...?

- Domestic violence is a crime and you can be arrested for it.
- Forcing a woman to have sex is a crime.
- A man who abuses alcohol is more likely to use violence against his partner.
- Violence is not just beating a woman but doing things that harm her emotionally, economically or sexually.
- In relationships where men use violence, disclosure of HIV status and negotiation for safe sex may not happen.
- Research shows that boys who come from homes where violence is used will most likely grow up and become violent to their partners.

## How to stop Domestic Violence

- Please listen to her side of the story instead of rushing to beat her!
- You can control your alcohol consumption. Remember, alcohol can lead you into using violence against your partner!
- You can walk away when you get angry; return when your anger has cooled down and discuss the issue with her.
- For more information and advice call the help line 0312 500600.

