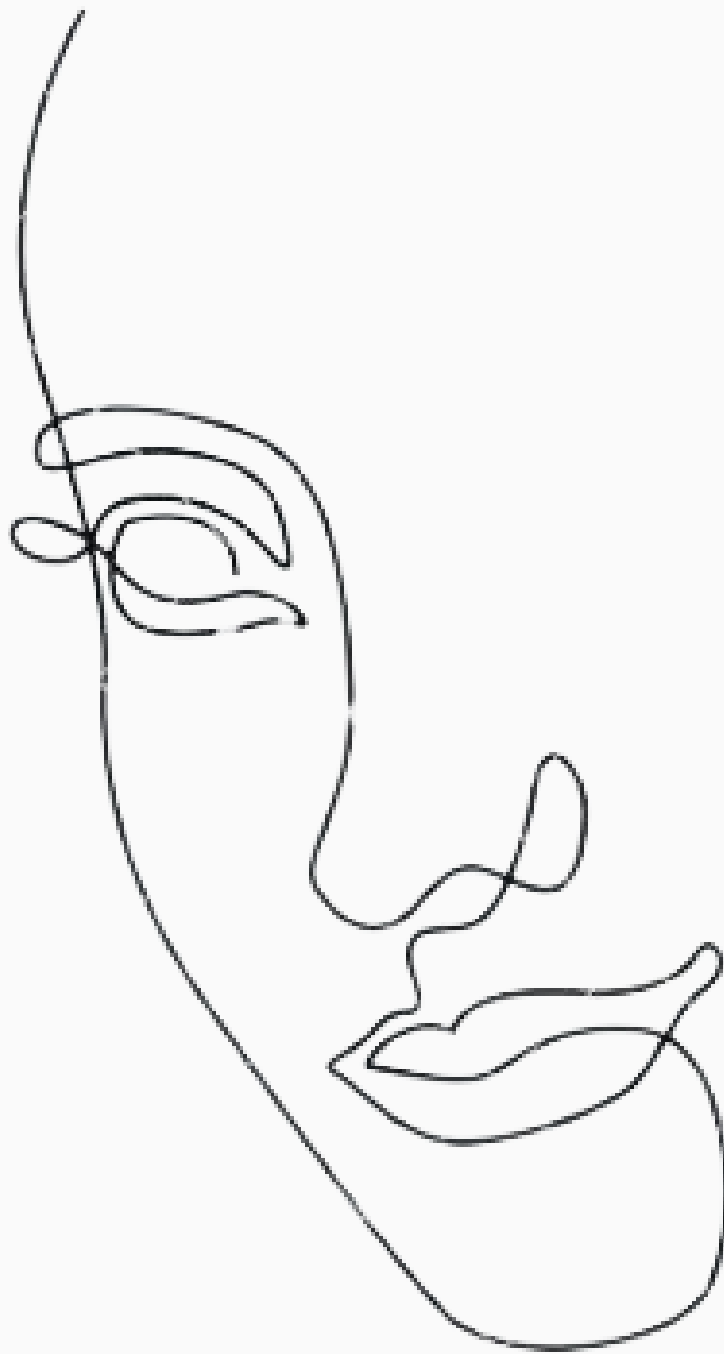


EMPOWERED & INFORMED

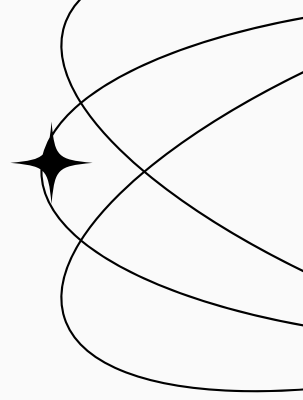
A GUIDE FOR YOUNG WOMEN



Beyond Silence

2023-3-RO01-KA210-YOU-000172946

INTRODUCTION



Dear Reader,

Welcome to Empowered & Informed, a guide created especially for young women like you. Life is a journey filled with challenges and opportunities, and having the right tools and knowledge can make all the difference. This booklet is here to provide you with vital information about your rights, available support services, and practical tips for staying safe and taking care of yourself.

Remember, you are never alone, and support is always within reach. Together, we can navigate life's complexities with confidence and strength.

With care,



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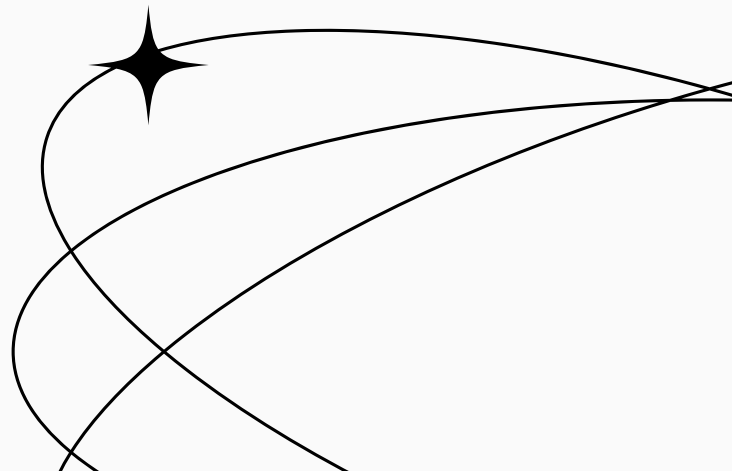


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1. KNOWING YOUR RIGHTS



YOUR LEGAL RIGHTS

Every individual deserves to live with dignity and equality. Here's a quick overview of key rights that protect you:

- **Education:** You have the right to access education without discrimination. Schools and universities must provide[VT1] safe and equitable learning environments.
- **Workplace Protections:** You are entitled to fair treatment, equal pay, and a safe workplace. Harassment or discrimination at work is against the law.
- **Freedom of Choice:** You have the right to make decisions about your body, relationships, and future.
- **Safety from Violence:** Laws exist to protect you from physical, emotional, and sexual violence

HOW TO SEEK HELP IF YOUR RIGHTS ARE VIOLATED

If you feel your rights have been violated, here are some steps you can take:

1. **Document the Issue:** Write down details, save evidence, and keep records.
2. **Contact a Trusted Authority:** Reach out to a teacher, employer, or local authority for immediate support.
3. **Know Your Resources:** Many organizations provide free legal advice and representation (see Section 2 for contact details).

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2. SUPPORT SERVICES



CARITAS TÜRKİYE

Assists vulnerable groups, including mistreated women, by providing services in emergencies, healthcare, education, social integration, and employment.

Address: Harbiye Çayırı Sokak No: 66 Harbiye 34373 Şişli İstanbul Türkiye

Telephone: +90 212 234 45 64 | +90 212 233 11 93

Email: info@caritas-tr.org.



KAMER FOUNDATION

Offers protection and legal aid to women.

Address: Fatihpaşa Mah. Yıkıkkaya Sok. No:4 4/1 Sur / Diyarbakır

Telephone: +90 412 503 77 70

E-mail: d.kamervakfi@gmail.com



WOMEN'S ISSUES INFORMATION CENTRE (MOTERŲ INFORMACIJOS CENTRAS)

Provides support and information to women facing domestic violence, including counseling and legal assistance.

Address: Fatihpaşa Mah. Yıkıkkaya Sok. No:4 4/1 Sur / Diyarbakır

Telephone: +90 412 503 77 70

E-mail: d.kamervakfi@gmail.com

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2. SUPPORT SERVICES



WOMEN'S ISSUES INFORMATION CENTRE (MOTERŲ INFORMACIJOS CENTRAS)

Provides support and information to women facing domestic violence, including counseling and legal assistance.

Address: Žirmūnų g. 139 – 602, LT-09120 Vilnius

Telephone: +370 5 2629 003

E-mail: mic@lygus.lt



VILNIUS WOMEN'S HOUSE (VILNIAUS MOTERŲ NAMAI)

Offers psychological and legal support to women affected by violence.

Address: M. K. Čiurlionio g. 48, Vilnius, 03101
Vilniaus m. sav.

Telephone: 852616380

E-mail: vmotnam@vmotnam.lt



ASSOCIATION FOR LIBERTY AND EQUALITY OF GENDER (A.L.E.G.)

Offers support services for survivors of gender-based violence, including counseling and advocacy.

Address: Sibiu, Romania

Telephone: +40 753 893 531

E-mail: contact@aleg-romania.eu

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AGENȚIA NAȚIONALĂ
PENTRU EGALITATEA DE ȘANSE
ÎNTRU FEMEI ȘI BĂRBAȚI

NATIONAL AGENCY FOR EQUAL OPPORTUNITIES BETWEEN WOMEN AND MEN (ANES)

Governmental agency providing support and resources for women facing domestic violence.

Address: Intrarea Camil Petrescu, nr. 5, Sector 1,
București, România

Telephone: +4 021 367 2406

E-mail: anes@anes.gov.ro



MOR ÇATI WOMEN'S SHELTER FOUNDATION

Provides shelter and support services to women escaping domestic violence.

Address: Kocatepe Mah. Cumhuriyet Caddesi,
Cumhuriyet Apartmanı No.:17 Kat 5 – D: 11, Beyoğlu
İstanbul

Telephone: (212) 292 52 32

E-mail: morcati@morcati.org.tr



KAMER FOUNDATION

Offers protection and legal aid to women.

Address: Fatihpaşa Mah. Yıkıkkaya Sok. No:4 4/1
Sur / Diyarbakır

Telephone: +90 412 503 77 70

E-mail: d.kamervakfi@gmail.com

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WOMEN AGAINST VIOLENCE EUROPE (WAVE)

A network of over 180 European women's NGOs working towards the prevention and protection of women and children from violence.

Address: Bacherplatz 10/6 1050 Vienna, Austria

Telephone: +43 (0) 1 548 272 0

E-mail: office@wave-network.org



VICTIM SUPPORT EUROPE

An organization providing support services to victims of all crimes, including domestic violence, across Europe.

Address: Rue Froissart 123-133, 1040 Brussels

Telephone: 0032(0)23 46 04 55

E-mail: info@victimsupporteurope.eu

These organizations provide various forms of assistance, including helplines, shelters, legal aid, and counseling services, to support women facing violence and other challenges.

Community Resources

Building connections can be a source of strength. Look into:

- **Women's Groups:** Join clubs or support groups in your area.
- **Online Communities:** Engage with virtual networks of supportive women.
- **Mentorship Programs:** Find mentors who can guide and support your journey.

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3. PRACTICAL SAFETY TIPS



PERSONAL SAFETY

- **Stay Aware:** Keep your phone charged, share your location with trusted friends, and stay aware of your surroundings.
- **Set Boundaries:** Trust your instincts and don't hesitate to say no.
- **Online Safety:** Use strong passwords, think before sharing personal information, and block/report harassment.

EMERGENCY PLANNING

- **Create a Safety Plan:** Know safe locations to go to and emergency numbers to call.
- **Trusted Contacts:** Keep a list of people you can contact in an emergency.
- **Learn Self-Defense:** Even basic self-defense techniques can boost your confidence and help in emergencies.

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4. SELF-CARE AND WELL- BEING



MENTAL AND EMOTIONAL HEALTH

Your mental health matters. Consider these self-care tips:

- **Mindfulness Practices:** Try meditation, deep breathing, or yoga.
- **Journaling:** Write down your thoughts and feelings to process emotions.
- **Seek Support:** Talk to friends, family, or a counselor when feeling overwhelmed

HEALTHY RELATIONSHIPS

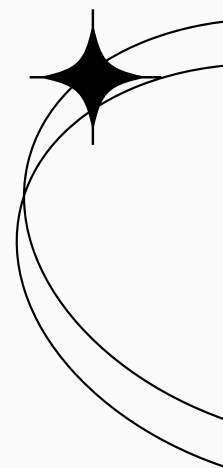
- **Recognize Red Flags:** If someone disrespects your boundaries, manipulates, or controls you, it's time to reassess the relationship.
- **Build Positive Connections:** Surround yourself with people who uplift and support you.
- **Communicate Openly:** Express your needs and feelings clearly and assertively.

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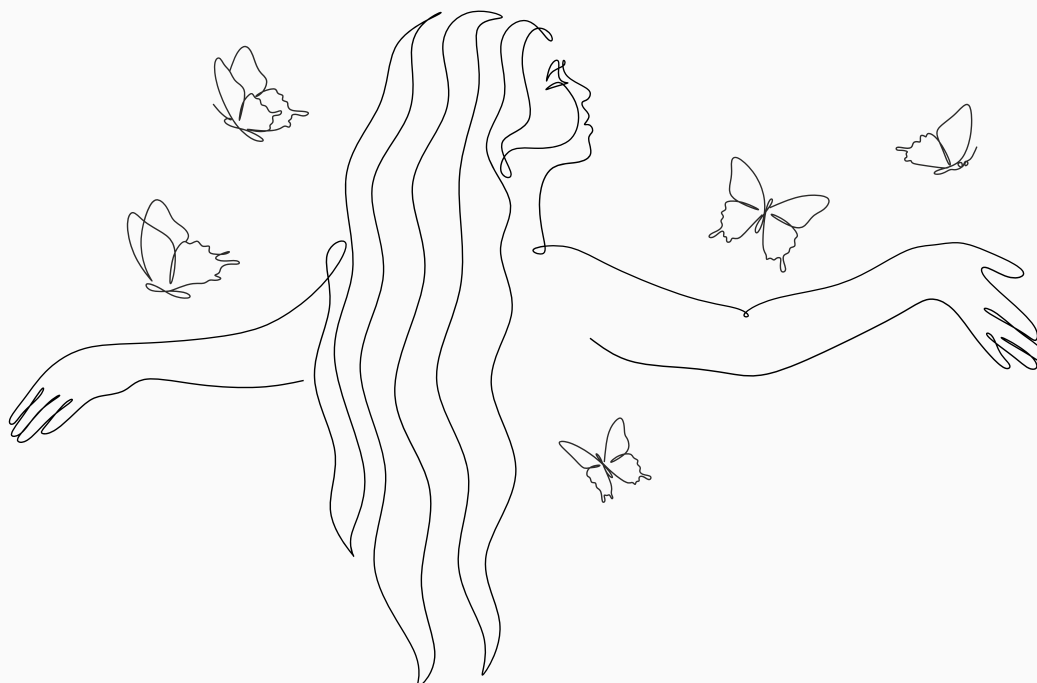
5. INSPIRATIONAL QUOTES



Quotes to Empower You

"You are more powerful than you know; you are beautiful just as you are." — Melissa Etheridge

"Do not wait for someone else to come and speak for you. It's you who can change the world." — Malala Yousafzai



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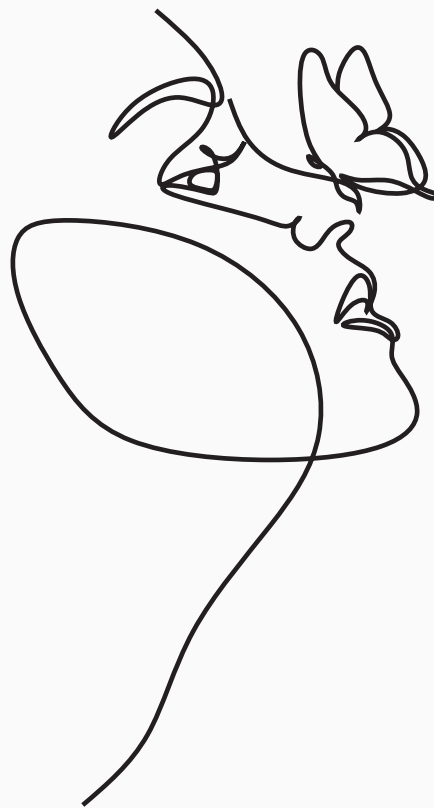
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CONCLUSION

Your Path Forward

You are capable, strong, and deserving of all the opportunities the world has to offer. By knowing your rights, accessing support, and prioritizing your well-being, you can face challenges with confidence and resilience.

Remember, it's okay to ask for help and to offer it to others. Together, we rise stronger.

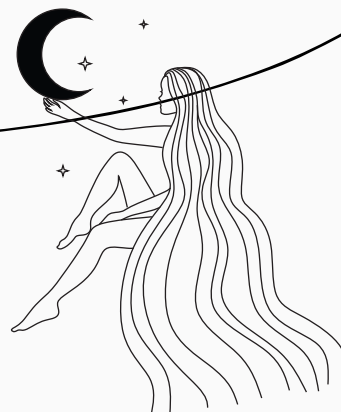


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Thank you



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