

# Stand Up Against DOMESTIC VIOLENCE



**1 in 4 Sikh women**

and



**1 in 10 Sikh men**

report facing family violence at some point in their lives.\*

## Does someone in your home:

- Threaten, humiliate, or control you?
- Blame you for everything that goes wrong?
- Push, slap, or punch you?

## You are not alone.

If you need to speak to someone about an unsafe situation, reach out today!

*It's not  
your fault.*

For more information, call the **FREE** and **CONFIDENTIAL**  
**Sikh Family Center National Helpline**

**866.SFC.SEWA**

866.732.7392

[www.sikhfamilycenter.org](http://www.sikhfamilycenter.org)

