

Stand Up Against DOMESTIC VIOLENCE



1 in 4 Sikh women

and



1 in 10 Sikh men

(including as children)

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

*Data from SFC's US-based 2017 survey

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.*



Sikh Family Center National Helpline

866.SFC.SEWA (732.7392)

Free and private. More info: sikhfamilycenter.org

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