

# Tips to protect yourself against gender-based violence

**Gender-based violence is a phenomenon deeply rooted in gender inequality, and continues to be one of the most notable human rights violations within all societies. These tips below can help you to protect yourself:**

- Always trust your instinct
- Be prepared at all times, i.e. ensure your phone is fully charged, carry some cash
- Avoid sharing too much information online about your plans
- Stay with your friends or inform them of your whereabouts
- Never compromise your standards
- If you're on a date and feel uncomfortable, make an excuse to leave
- Watch your alcohol consumption and never let your drink out of your sight
- Stay alert when walking alone



Remember that you are not alone and that you always have a friend in ICAS. You can count on our support whenever you need it.

