



# **“EQUALITY PREVENTS VIOLENCE” CAMPAIGN**

***SOCIAL MEDIA CAMPAIGN THEMES AND CAPTIONS.***

***TOPIC: “HE YELLS”***



**“He yells” caption/text:**

Violence can also start with intimidating threats. With a raised voice or with outbursts of anger. Sound familiar?  
Get help and advice at [without-violence.ch](https://www.without-violence.ch).

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**TOPIC: "HE KNOWS WHERE YOU ARE"**



**HE KNOWS  
WHERE  
YOU ARE.  
ALWAYS.**

***THAT'S ONE WAY VIOLENCE STARTS.***

**without-violence.ch**  
**GET SOME ADVICE AND SUPPORT.**



**"He knows where you are" caption/text:**

Does your partner always want to know exactly where you are and who you're with? Does he or she get angry if you don't want to say? Being constantly monitored is a warning sign for violence. Get help and advice at [without-violence.ch](https://without-violence.ch).

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**TOPIC: "ONE LOOK IS ENOUGH"**



**"One look is enough" caption/text:**

When one person gains more and more control over the other, the risk of violence increases. Feel pressured in your relationship? Get help and advice at [without-violence.ch](https://without-violence.ch).

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**TOPIC: "YOU SAY NO"**



**"You say no" caption/text:**

No means no, even in a relationship. Violence always starts with crossing boundaries. Were you ignored when you said "no"? Get help and advice at [without-violence.ch](https://without-violence.ch).

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**TOPIC: "HIS BOUNDARIES COUNT"**



**HIS  
BOUNDARIES  
COUNT.  
YOURS DON'T.**

***THAT'S ONE WAY VIOLENCE STARTS.***

**without-violence.ch  
GET SOME ADVICE AND SUPPORT.**



**"His boundaries count" caption/text:**

Your boss transcends your personal boundaries. Again and again. This is a warning sign for violence. Get help and advice at [without-violence.ch](https://without-violence.ch).

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**TOPIC: "THE JOKES ARE AT YOUR EXPENSE"**



**"The jokes are at your expense" caption/text:**

When jokes are aimed at diminishing or humiliating you, they become more than just a silly remark. They may be the beginnings of violence. Get help and advice at [without-violence.ch](http://without-violence.ch).

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