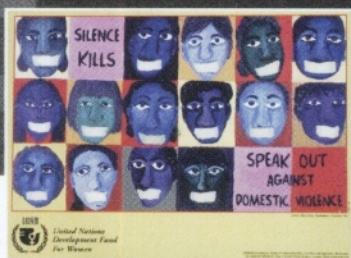


# Picturing a Life Free of Violence:

## Media and Communications Strategies to End Violence Against Women



believe you have the right to feel, think  
and make choices for yourself accept that  
you are not to be blamed for being beaten  
and abused know that you can decide  
what is best for yourself see that you are  
not alone and that you can ask for help

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