

Love shouldn't hurt

"Mzansi has some of the highest rates of gender-based violence, including rape, female homicide, and domestic abuse. Violence in women's lives is worse than smoking, obesity or high blood pressure as a contributor to death, disability and illness. GBV survivors face devastating consequences such as severe physical injuries, unwanted pregnancies and exposure to HIV or other sexually transmitted infections, self-harm, depression, anxiety, and post-traumatic stress disorder.

Forms of violence include:

- ♥ **Violence against women and girls**
- ♥ **Violence against LGBTI groups** - all genders can experience GBV if they are seen as not conforming to their assigned gender roles, such as lesbian, gay, bisexual, transgender and/or intersex people
- ♥ **Intimate partner violence** includes physical, sexual, and emotional abuse and controlling behaviours by a current or former partner
- ♥ **Domestic violence** is carried out by partners or family members
- ♥ **Sexual violence** is any sexual act or unwanted sexual comments or advances regardless of the relationship, in any setting

Let's help to put a stop to GBV and remember that at Nando's and as Nandocas, we act with Integrity and always do the right thing – even when no one is watching!"

Toni de la Harpe, People Department

If you need help contact:

☎ **Stop Gender Violence (24/7):**
0800 150 150

☎ **Toll-free number:**
0800 NTHUSE
(684 873)
Please call me:
071 681 1247

