

YOU DON'T HAVE TO FACE TECHNOLOGY-FACILITATED GENDER-BASED VIOLENCE ALONE

Support can help you stay safe, understand your options, and make choices that are right for you.

Support could include:

- A trusted person outside of work
- A community or GBV-related support service
- Someone at work (a supervisor, HR, Health and Safety, or a Union Representative)



HELP NOW

If you are not safe:
Call 911 or a crisis line.

