

Scan if this feels familiar

Are you expected to protect the family's reputation, no matter the cost?

Have you been told that your education can wait, but marriage cannot?

Are you told 'log kya kahenge' (what will people say)?

Is saying "no" considered disrespectful?

Have you been told a woman needs a man to protect her?

Were you taught that a daughter's job is to sacrifice for others?

Do you feel watched, judged, or controlled?

SCAN TO
LEARN MORE

Call for free and confidential support:

FORCED MARRIAGE UNIT - 020 7008 0151

KARMA NIRVANA 0800 5999 247