**Breaking the Silence**

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Women abuse is a pressing issue that affects countless lives. It’s time to shine a light on this dark reality and work towards a future free from violence and fear.

From physical aggression to emotional manipulation, women can face various forms of abuse. It’s crucial to recognize these patterns and support those who are suffering.

Controlling behaviour, constant criticism, and isolation are red flags. By being aware of these signs, we can intervene and offer help to those in need.

By addressing women’s abuse head-on, we can create a society where every woman feels safe, respected, and heard.

The effects of abuse are far-reaching, causing both physical and emotional harm. It’s essential to understand the gravity of these consequences and provide support to survivors.

Support and Resources: Helplines, shelters, and counselling services offer vital assistance to women experiencing abuse. Let’s spread awareness about these resources and encourage survivors to seek help.

Prevention and Educating society about healthy relationships, consent, and gender equality is key to preventing abuse. By promoting awareness and education, we can create a safer future for all.

Legal Rights and Justice: Survivors have the right to legal protection and justice. It’s crucial to advocate for a system that holds perpetrators accountable and supports survivors throughout the legal process.

Empowerment and Stories of empowerment and resilience highlight the strength of survivors. Let’s celebrate their journeys and provide resources to help them rebuild their lives.

By addressing women’s abuse head-on, we can create a society where every woman feels safe, respected, and heard. Together, let’s break the silence and work towards a brighter future.

*The writer is a freelance columnist.*