

# Women's Safety & Legal Rights Guide

Know Your Rights, Stay Safe, Stand Strong

By NyayaNow - Simple & Trusted Legal Guidance

## Important Women's Rights in India

- 1. Right to Equality:** Equal treatment under law
- 2. Right to Safety:** Protection from violence and harassment
- 3. Right to Work:** Equal opportunity and equal pay
- 4. Right to Property:** Own and inherit property
- 5. Right to Education:** Free and accessible education
- 6. Right to Health:** Healthcare and reproductive rights
- 7. Right against Discrimination:** No gender-based discrimination

## Important Laws for Women's Protection

Law	Protection Against
Section 354 IPC	Assault/Criminal force on woman
Section 509 IPC	Eve teasing, stalking
Section 498A IPC	Domestic violence, dowry harassment
POSH Act 2013	Workplace sexual harassment
Domestic Violence Act 2005	Violence at home
Dowry Prohibition Act	Dowry demands

## Emergency Helpline Numbers

**Women Helpline:** 181 (24x7, Free)

**Police:** 100

**Women Police:** 1091

**Domestic Violence:** 181

**Cyber Crime:** 1930

**Child Helpline:** 1098

**Senior Citizen:** 1291

# What to Do in Case of Harassment

## 1. Stay Calm & Safe

Your safety is priority. Move to safe place

## 2. Call for Help

Dial 100 (Police) or 181 (Women Helpline)

## 3. Inform Family/Friends

Let trusted people know immediately

## 4. File Complaint

Go to nearest police station or call

## 5. Gather Evidence

Photos, messages, witnesses, CCTV

## 6. Medical Examination

If physical assault - essential for case

## 7. Legal Action

File FIR, seek legal counsel

## Workplace Harassment - POSH Act

**What is Covered:** Unwelcome physical contact, demands for sexual favors, sexually colored remarks, showing pornography, any unwelcome sexual conduct

**Where to Complain:** Internal Complaints Committee (ICC) at workplace

**Time Limit:** Within 3 months of incident

**Company Duty:** Every company with 10+ employees must have ICC

**Confidentiality:** Your complaint remains confidential

## Domestic Violence - What You Can Do

- File complaint under Domestic Violence Act
- Seek protection order from court
- Right to residence - can't be thrown out
- Right to maintenance
- Right to custody of children
- Free legal aid available
- Women helpline and shelter homes available
- Can file even against in-laws

## Safety Tips

- ✓ Share location with trusted contacts
- ✓ Keep emergency numbers handy
- ✓ Trust your instincts - if uncomfortable, leave
- ✓ Travel in well-lit, populated areas
- ✓ Use safety apps
- ✓ Avoid sharing personal details with strangers
- ✓ Keep phone charged
- ✓ Know your rights

### Need Help or Guidance?

Contact NyayaNow for FREE support

■ WhatsApp: +91-9632786767

■ Email: [info@nyayanow.com](mailto:info@nyayanow.com)

■ Website: [nyayanow.com](http://nyayanow.com)

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