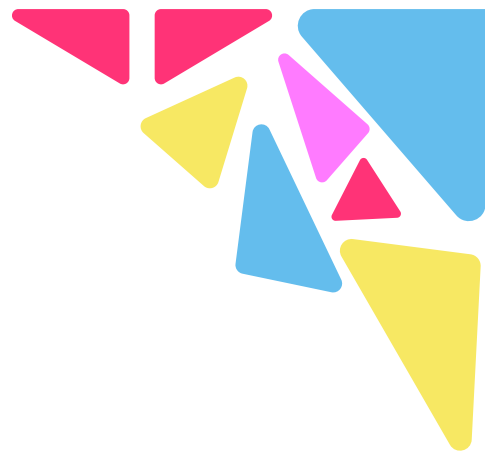
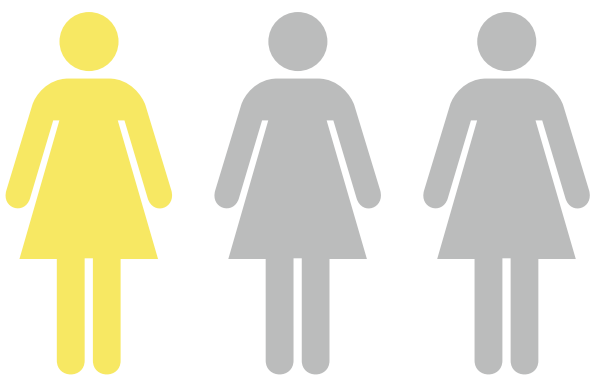


HIDDEN IN PLAIN SIGHT



In the iconic TV show *Friends*, Ross Geller displays possessive and controlling behavior in his on-and-off relationship with Rachel Green, consistently diminishing her **autonomy** and **independence** under the guise of “romance.” Through repeated lying and guilt tripping, his manipulative behavior (rooted in his own insecurities) sabotages her relationships with others, personal growth, and even her career.

In the famed *Breaking Bad*, Walter White’s deception and intimidation of his wife, Skyler White, depicts a disturbing pattern of psychological abuse and control. Walt coerces her into continual compliance with his drug empire by using the threat of their family’s safety, undermining her sense of **agency**. Ultimately, Skyler becomes trapped in a web of lies, and manipulation, isolated from those she loves.

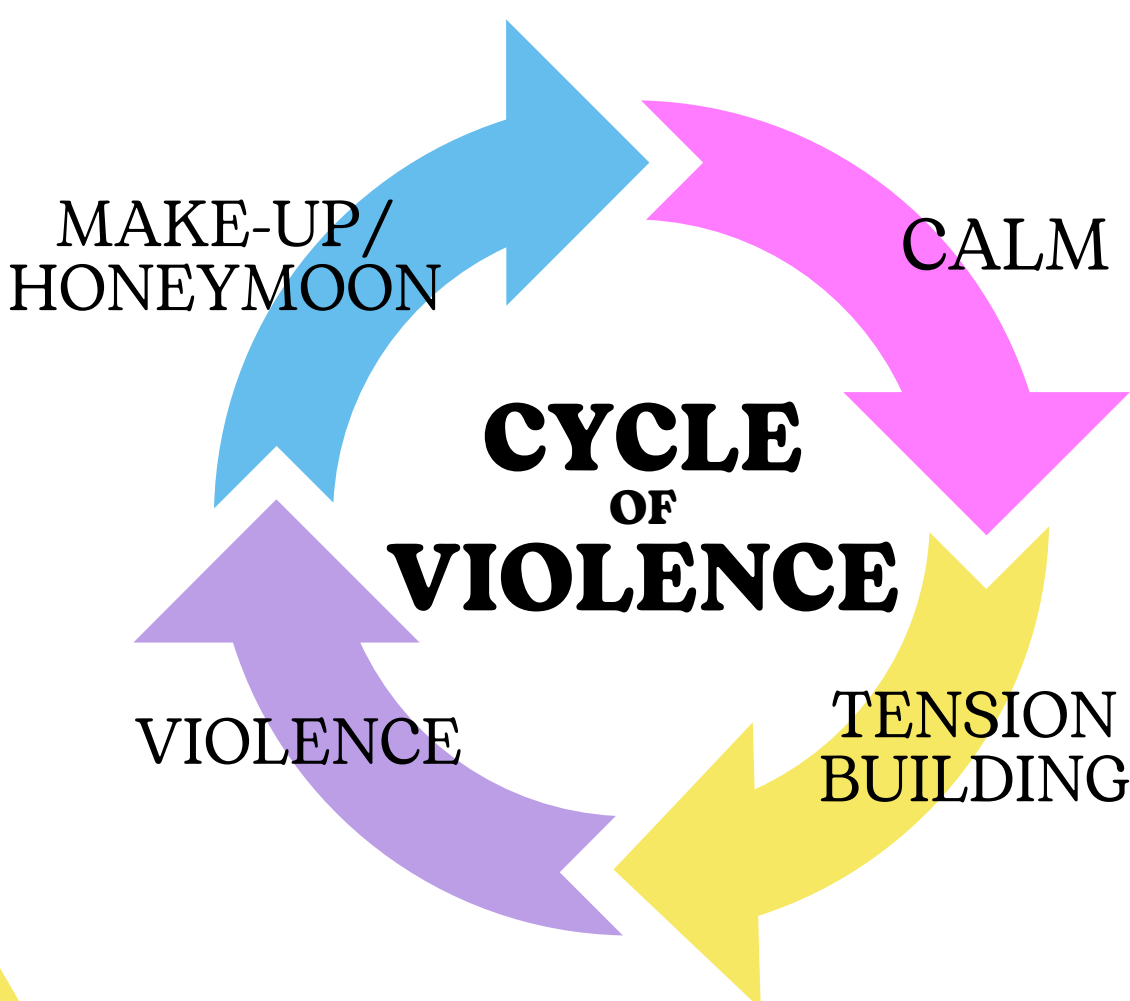


1 in 3 women

experience **gender-based violence** in their lifetime.

Gender-based violence (GBV)

refers to **physical or psychological harm** directed at an individual on the basis of gender.



RESIST

RECOGNIZE

