

bright CHOICES



Bright Choices is a partnership between Sacro, the Edinburgh and Lothian Regional Equality Council and the Multi-Cultural Family Base. We help men, women, children, families and communities who experience difficult relationships. These difficulties stem from disagreements about how people are supposed to dress, behave, who to marry, how to treat their children, about finishing education, and who they are allowed to be friends with.

The Bright Choices service is here to help you stay safe by offering you free and confidential support services.



A close-up, profile view of a man's face, looking downwards with his eyes closed. The lighting is dramatic, highlighting the contours of his face and the texture of his skin. The background is dark and out of focus.

Bright Choices is for you if:

- You cannot agree with your family or community about what behaviour is 'acceptable'.
- You do not want to grow up or raise your family in the traditions of your community.
- You or someone you know is accused of 'shaming' and 'dishonouring' the family or the community.
- You know that someone else is suffering because he/she is 'dishonouring' his/her family.
- You are abused in your marriage but you cannot leave your husband/wife.
- You want help to discuss issues of honour with your family or community.
- You or someone you know needs help to stay safe in their family home or in their community.

How can Bright Choices Help you?

- > Through practical and emotional support to help build your confidence.
- > By finding out about your rights, responsibilities and choices.
- > By seeing you at home, in the community or in our offices.
- > By facilitating a conversation between you and someone who has hurt you to help you decide how to move forward, if that is what you wish to do.
- > By supporting you to make informed decisions.
- > By helping you to stay safe and well.

If you would like a translated version of this leaflet, please phone 0131 624 7270 or e-mail info@sacro.org.uk quoting reference NAT/617.

Bu broşürün çevirisini istiyorsanız, lütfen 0131 624 7270'ı telefonla arayın veya info@sacro.org.uk eposta gönderip NAT/617 dosya numarasını söyleyin.

اگر آپ کو اس کتابچے کا ترجمہ درکار ہے تو براہ مہربانی 0131 624 7270 پر ٹیلیفون کریں یا info@sacro.org.uk پر ای میل بھیجیں اور ریفرنس نمبر NAT/617 کا حوالہ دیں۔

This leaflet is also available in large print or Braille.

欲索取這單張的翻譯版本，請電 0131 624 7270，或電郵 info@sacro.org.uk，並說明檔案編號 NAT/617。

In order to make Sacro's services as widely available as possible, we have made every reasonable effort to facilitate easy access to all of our premises for disabled service users. Where this is not possible, we will arrange a suitable, alternative venue.

إذا كنت تريد نسخة مترجمة من هذه المنشورة الرجاء الاتصال برقم الهاتف 0131 624 7270 أو أرسل بريداً إلكترونياً إلى العنوان info@sacro.org.uk واذكر الإشارة رقم NAT/617

এই পুস্তিকার অনুবাদ যদি আপনি পেতে চান তাহলে 0131 624 7270 নম্বরে ফোন করে অথবা ই-মেইল করে রেফারেন্স নম্বর NAT/617 উল্লেখ করবেন

Jeśli potrzebne jest tłumaczenie w polskiej wersji językowej, bardzo prosimy o kontakt pod numerem 0131 624 7270 lub drogą e-mailową info@sacro.org.uk podając numer referencyjny NAT/617.

Bright Choices

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[n.b. this address will only accept email sent from another secure address]



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