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We are #WithYou



GENDER BASED VIOLENCE

Learning Objectives

Define Gender Based Violence

Understand the **impact** of Gender Based Violence

- Describe the relationship between issues of gender and power, and gender-based violence;
 - Define gender-based violence
- Identify types of GBV occurring in the setting, causes and perpetuating factors
 - Understand the effects of GBV
 - Understand on how to support survivors of GBV
- Consider **how you**, both as an individual and organization, can work **to end** Gender Based Violence

True or False (what do we think)

A woman who wears tight, revealing clothes is inviting rape?

TRUE or FALSE

If a man reports to the police that he was sodomised, but then withdraws the charge, it means the sodomy never happened?

TRUE or FALSE

If a man and woman are in a relationship, but not married, then all sexual activity is consensual?

TRUE or FALSE

If a man and woman are married, then all sexual activity is consensual

TRUE or FALSE

Reflect on this Scenario!!!!!!!!!!!!!!

You are passing a small shop

A man and woman are inside the shop

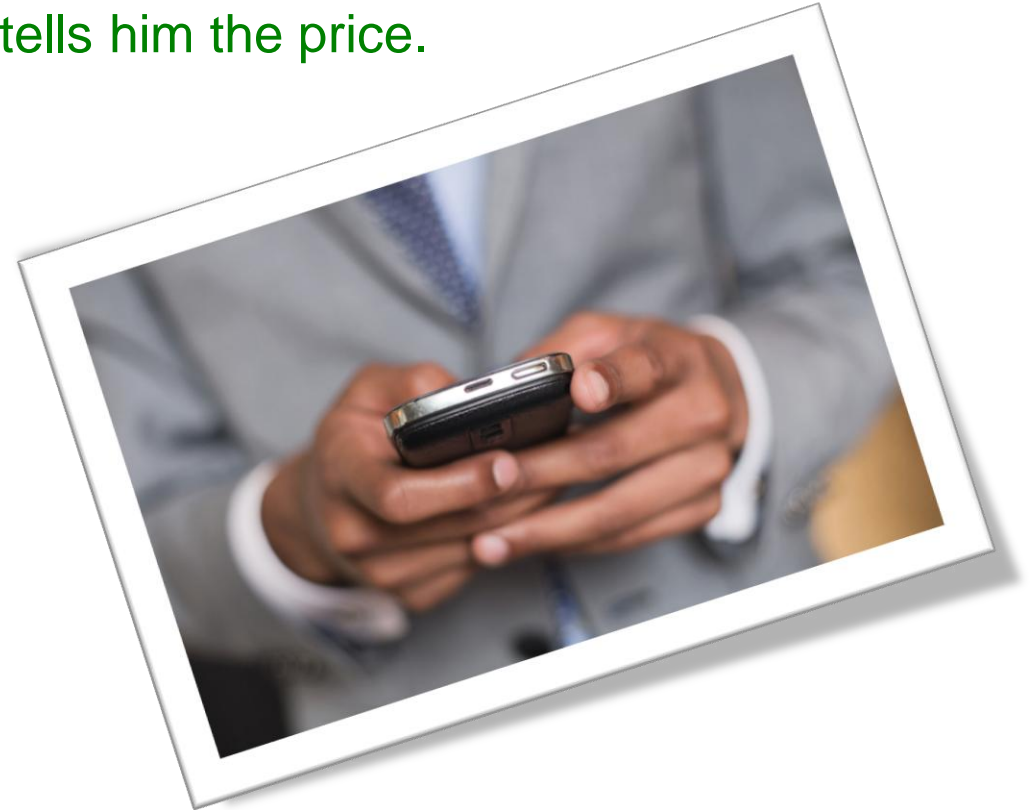
The man is asking the price of a shirt. The shopkeeper tells him the price.

The man turns to the woman, **takes her phone**, and asks **for her M-Pesa pin**. She starts to **protest**, 'but we need that money for food...'

He whispers to her, 'Don't argue, **remember what happened** last time you refused me money!'

What would you do?

What can you do?



Introduction to Gender Based Violence

Gender 'Versus' Sex

Gender

- Gender refers to the *socially constructed roles* and *responsibilities* assigned to *men* and *women* by *society*.
- These roles are *learned*, vary *across cultures* and *change over time*. In other words, gender is *dynamic, geographical, learned, and socially constructed*

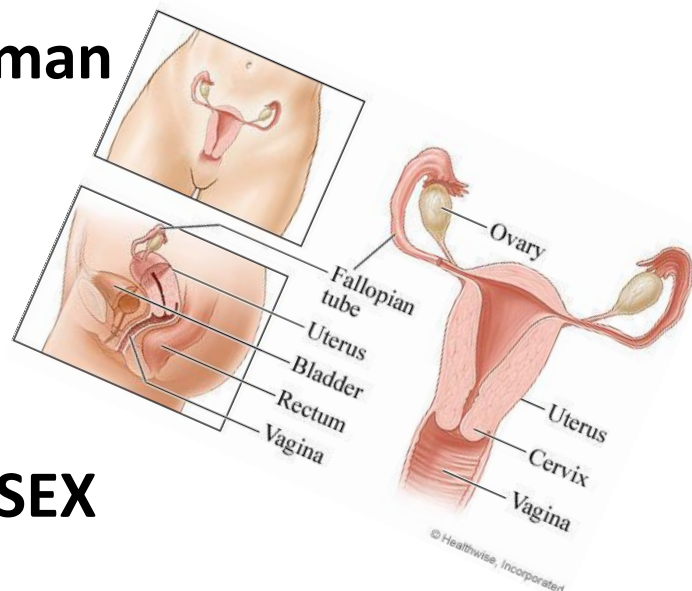
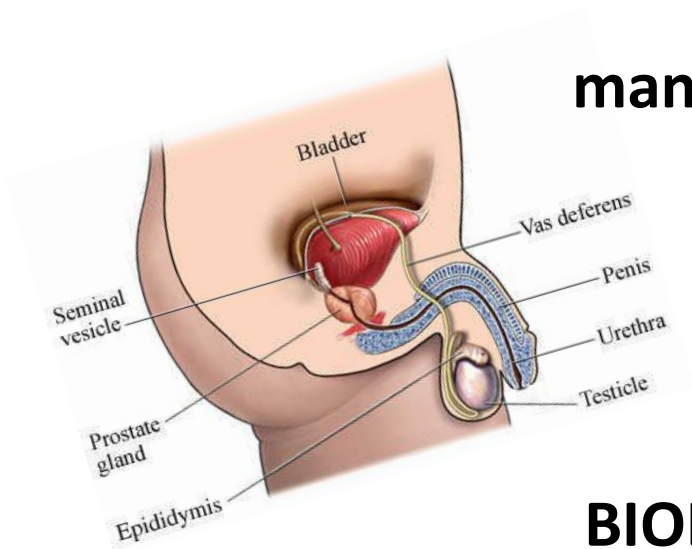
Sex

- This refers to *biological* attributes of men and women - are *universal* and *cannot be changed*. It is *static, universal, innate* and *biological*.

SEX vs. GENDER

Most people are born as either a

man or a woman



this is

BIOLOGICAL SEX

Gender and Sex Roles

Gender Roles

- Gender roles are reflected in *activities ascribed* to *men* and *women* on the basis of *perceived differences* which are *reinforced* through the *gender division of labour*. They include rearing children, piloting, farming and care giving.

Sex Roles

- Sex roles' are from *nature*; they are *genetically determined characteristics* of male and female, such as *pregnancy* and *childbirth*, *breastfeeding* and *impregnating*.

Gender Identity

The term "gender identity," distinct from the term "sexual orientation," refers to a *person's innate, deeply felt psychological identification as a man, woman or some other gender, which may or may not correspond* to the sex assigned to them at birth (e.g., the sex listed on their birth certificate).

Gender Mainstreaming

- It is the process of integrating a gender equality perspective into the development process at all stages and levels.
- It is a strategy (tool) for the achievement of gender equality.
- It may also be defined as the process of ensuring that gender is taken into account in all policies, processes and practices.
- It is an approach to achieving gender equality and supporting the advancement of women. Central to the process of mainstreaming and engendering processes and projects, are issues of capacity and skills development for gender analysis; availability of data and information for planning purposes

Gender Analysis

This is the process of examining roles and responsibilities or any other situation in regard to women and men; boys and girls, with a view to identifying gaps, raising concern and addressing them; investigating and identifying specific needs of girls and boys, women and men for policy and programme development and implementation.

GENDER BASED VIOLENCE

- Gender-based violence is an umbrella term for any harmful act that is perpetrated against a person's will, and that is based on **socially ascribed (gender) differences** between males and females.
- It includes acts that inflict physical, sexual or mental harm or suffering, threats of such acts, coercion, and other deprivations of liberty.
- These acts can occur in public or in private.

Have you ever seen this or heard?



Physical Abuse



Post election violence rape

What examples of **Gender Based Violence** have you seen in your community / workplace?



Sexual harassment



Emotional abuse

Introduction to GBV Cont.”

- Gender-based violence is violence that occurs based on gender roles, expectations, limitations, etc.
- GBV therefore largely affects females in most societies; males are also victims/survivors of GBV, but most gender discrimination occurs against females because, they are disempowered in most societies as compared to their male counterparts.
- GBV involves the abuse of power
- GBV involves some type of force, including threats and coercion. Force is not always physical force. Using the word “violence” implies physical violence, but the meaning is broader than that.
- Acts of GBV are violations of fundamental human rights.

Disclaimer

The photos you are about to see next are disturbing. Viewer caution is advised.

Forms of GBV



What is intimate partner violence (Ipv)

It can be in the form of:

Physical

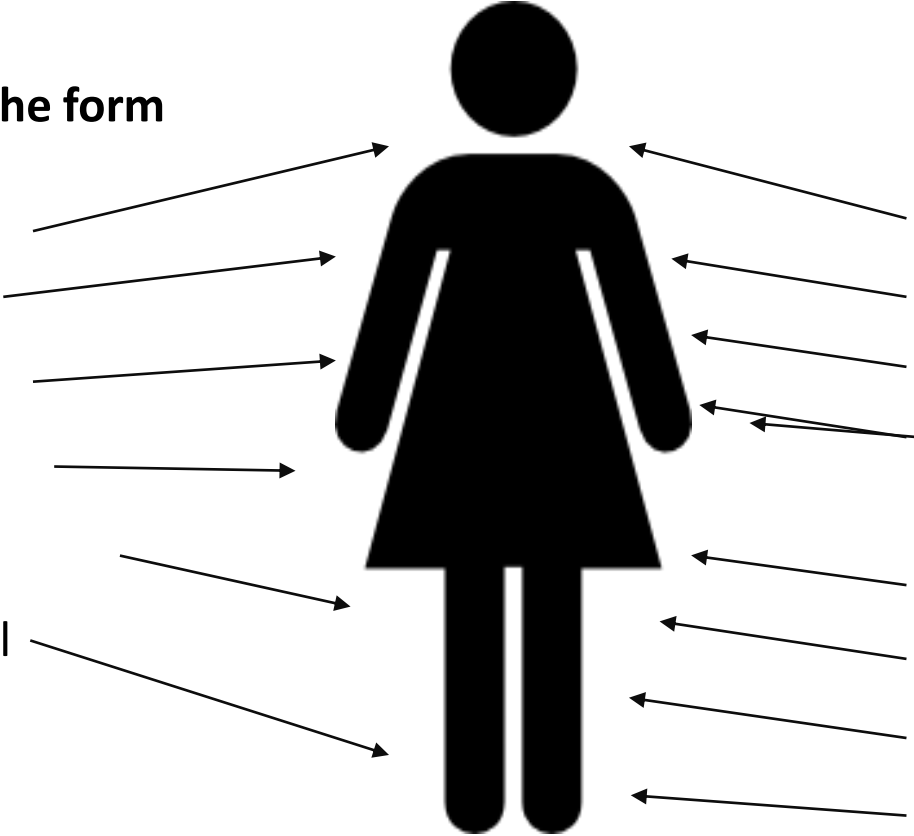
Sexual

Emotional

Economic

Psychological

Spiritual



Including behaviors that:

Frighten

Intimidate

Terrorize

Manipulate

Hurt

Humiliate

Blame

Injure

Wound

Dynamics of IPV

Power and control

- Abusers exploit the power that they have as men in society and in the family to dominate

Cycle of violence

- Ongoing and combines several types of abuse
- Rarely a one-time event

Abusers make calculated choices

- About with whom and when they are violent
- Abuser's use of drugs or alcohol or stress **does not** cause his abuse

Emphasize and exploit women's tendency to blame themselves

- Telling survivors it is their fault

Why don't survivors leave?

- *I'm so sorry*
- *I was drunk / upset / stressed*
- *It will never happen again*

Excuses

Honeymoon

- *Everything seems fine*
- *Everybody is making an effort*

Routine

- *Gradual return to routine*
- *The power imbalance re-emerges because nothing has actually changed*

Tension

builds, e.g. due to financial problems, poor communication, cramped accommodation, food insecurity

Victim can't leave as dependent on perpetrator

Abuse occurs

Victim fights back

Trigger

Something sets off the abuser



Causes and Contributing Factors Of GBV

Introduction to causes and contributing factors of GBV

- The root causes of all forms of GBV lie in a society's attitudes towards and practices of gender discrimination—the roles, responsibilities, limitations, privileges, and opportunities afforded to an individual according to gender. Addressing the root causes through prevention activities requires sustained, long term action with change occurring slowly over a long period of time .
- Contributing factors are factors that perpetuate GBV or increase risk of GBV, and influence the type and extent of GBV in any setting.
- Contributing factors do not cause GBV although they are associated with some acts of GBV. Some examples:
- Alcohol/drug abuse is a contributing factor—but all drunks/drug addicts do not beat their wives or rape women.
- War, displacement, and the presence of armed combatants are all contributing factors, but all soldiers do not rape civilian women.
- Poverty is a contributing factor, but all poor women are not victimized by forced prostitution or sexual exploitation.
- Many contributing factors can be eliminated or significantly reduced through prevention activities.

Root Causes of Gender-based Violence:

- ✓ Male and/or society attitudes of disrespect or disregard towards women.
- ✓ Lack of belief in equality of human rights for all
- ✓ Cultural/social norms of gender inequality
- ✓ Lack of value of women and/or women's work

Possible Contributing/perpetuating Factors:

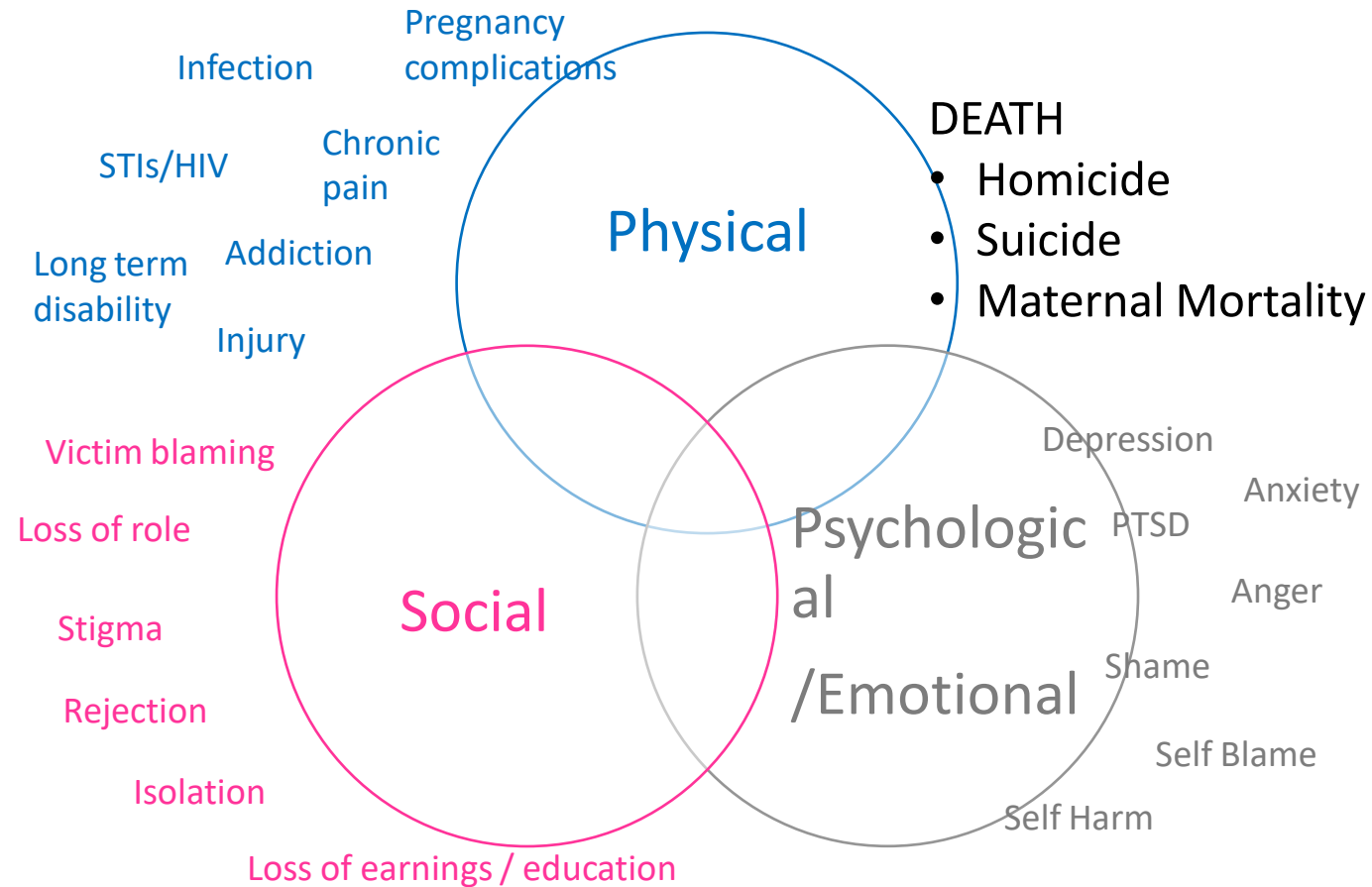
- ✓ Alcohol/drug abuse
- ✓ Poverty
- ✓ Availability of food, fuel, wood, income generation requires women to enter
- ✓ isolated areas
- ✓ Boredom, lack of services, activities, programs
- ✓ Camp leadership predominantly male; women's security issues not considered in
- ✓ decisions
- ✓ Collapse of traditional society and family supports
- ✓ Religious, cultural, and/or family beliefs and practices
- ✓ Design and social structure of camp (overcrowded, living with strangers)
- ✓ Design of services and facilities
- ✓ General lawlessness
- ✓ Geographical location/environment (high crime area)
- ✓ Lack of identity cards/registration cards for each individual refugee
- ✓ Lack of laws against forms of gender-based violence
- ✓ Lack of police protection
- ✓ Legal justice system/laws silently condones gender violence
- ✓ Loss of male power/role in family and community; seeking to assert power
- ✓ Political motive, weapon of war, for power/control/fear/ethnic cleansing
- ✓ Poverty

After effects/Consequences Of GBV

There are a number of medical, psychological, and social consequences to GBV that vary depending on the types of GBV.

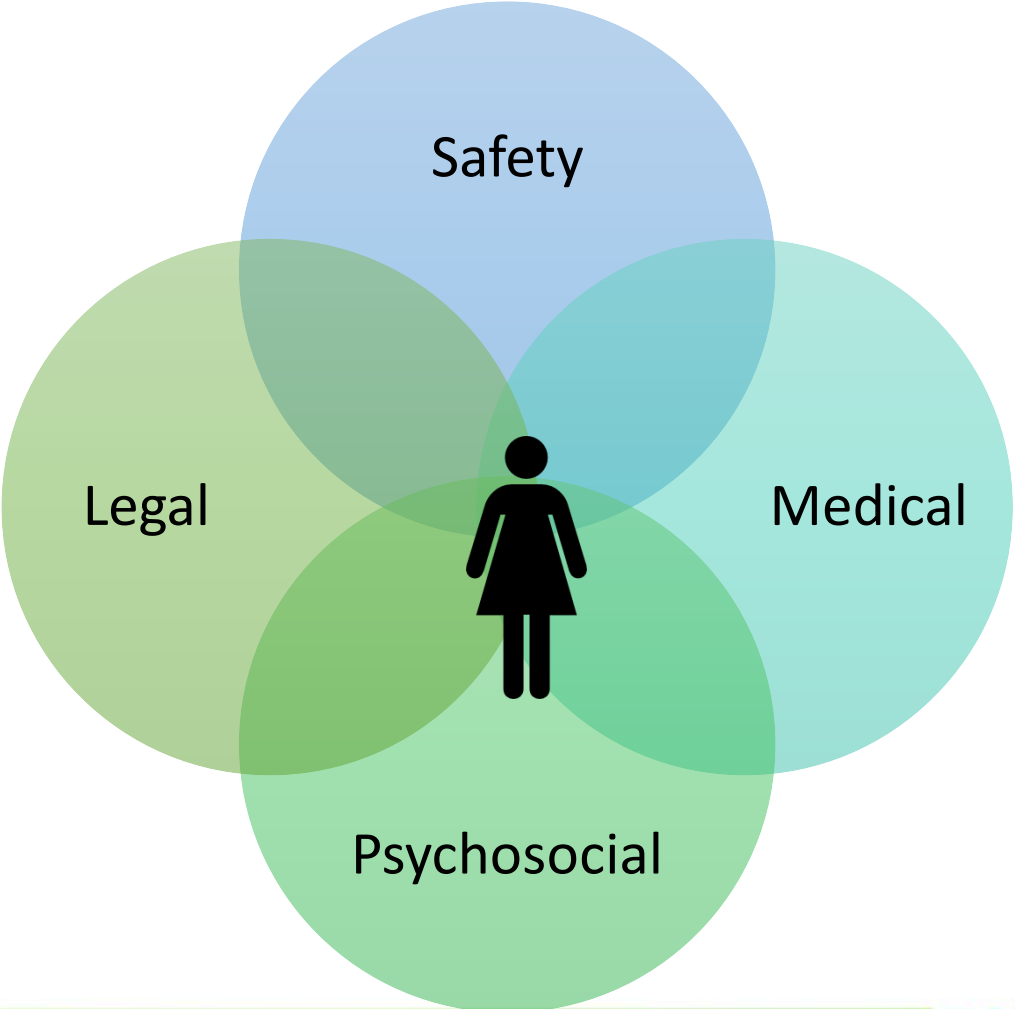
- The most significant social outcome is stigma and all societies' tendency to blame the survivor for an incident of GBV, especially rape and other sexual abuses.
- This stigma and blame result in even greater psychological and emotional suffering to the survivor and often influences the behavior of those who should be helping.
- The survivor may be considered an outcast in the community and may even be unmarriageable.
- Survivors of GBV are at high risk for further abuse and victimization.

Repercussions



GBV Response and Management

Summary of survivors needs





Guiding Principles

- ✓ Safety
- ✓ Confidentiality
- ✓ Respect

All actors must abide by the Guiding Principles at all times. No exceptions. If safety, confidentiality, or respect are breached or compromised in some way by those who are helping, then the helpers will actually be harming the survivor. This must never happen.

Safety

Ensuring the safety and security of the survivor should be the number one priority for all actors, at all times. Remember that the survivor may be frightened and need assurance of their individual safety.

In all cases, ensure that they are not at risk of further harm by the perpetrator or by other members of the community. If necessary, ask for assistance from, police, or other law enforcement authorities, field officers, or others.

Be aware of the safety and security of the people who are helping the survivor, such as family, friends, community service or GBV workers, and health care staff.

Respect

All actions taken will be guided by respect for the choices, wishes, rights, and dignity of the survivor.

Some examples:

Conduct interviews in private settings and with same sex translators, wherever possible.

Always try to conduct interviews and examinations with staff of the same sex as the survivor (e.g., woman survivor to woman interviewer)

- ✓ Be a good listener.
- ✓ Maintain a non-judgmental manner.
- ✓ Be patient; do not press for more information if the survivor is not ready to speak about her experience.
- ✓ Ask survivors only relevant questions.
- ✓ The prior sexual history or status of virginity of the survivor is not an issue and should not be discussed.
- ✓ Avoid requiring the survivor to repeat her story in multiple interviews.
- ✓ Do not laugh or show any disrespect for the individual or her culture, family or situation.

Health assessment – level of urgency

- **EMERGENCY NEEDS:**

- ✓ Prevention of HIV (within 72 hours)



- ✓ If the incident was within the last 120 hours and/or the survivor is injured or in pain:
- ✓ Prevention of pregnancy (within 120 hours)
- ✓ Medical stabilization/treatment
- ✓ Forensic evidence collection (within 6-48 hours)
- ✓ STIs including chlamydia, gonorrhoea, syphilis can be treated with antibiotics
- ✓ Hepatitis B vaccinations can be given up to 14 days after exposure
- ✓ Incontinence of urine or stool may indicate severe complications (fistula, rectal-sphincter damage)
- ✓ Physical and genital exams and laboratory tests

Psychosocial assessment



Determine the survivor's emotional state and functioning by:

- ✓ Observing the survivor's communication and behavior
- ✓ Conducting a basic assessment of the survivor's functioning
- ✓ Asking the survivor about changes in their thinking and behavior since the abuse occurred

Psychosocial support

- Survivors of Gender Base violence commonly suffer from *profound emotional/psychological symptoms* as a result of the trauma, others develop serious mental disorders like *Post Traumatic Stress Disorder (PTSD)* and *depression*.
- In addition to clinical care, survivors therefore require psychosocial care and support in order to attain full health. *Psychosocial care and support includes psychological assessments, psychological counselling and follow up, social intervention and referral for specialized mental health services where appropriate.*
- Some survivors may eventually be referred for *psychiatric care* and support groups to enable them to deal with a variety of emotions; both verbal and nonverbal. The *ultimate goal* is for the survivor to resume *normal functioning* and to be *fully integrated* into society.

What is Psychosocial Support?

- The close connection between psychological aspects of human experience and the wider social experience
- Care provided by caregivers, family members, friends, neighbours, teachers, health workers, and community members on a daily basis but also extends to care and support offered by specialized psychological and social services
- A continuum of care and support which influences both the individual and the social environment in which people live and addresses the social (including spiritual), emotional and psychological well being of a person.”
- All of these are essential elements of a positive human development and health

What is Psychotrauma?

- The word '*trauma*' comes from a Greek word meaning a 'wound' or a '*piercing*'
- Psychological trauma - an emotional or psychological injury, usually resulting from an extremely stressful or life-threatening situation
- Freud – talks about Ego, a protective shield that protects individual from external stimuli that might otherwise overwhelm the ego -
- Trauma results in infringement of this Ego space

Classification of Trauma

- **Primary - direct experience**
- **Secondary**
 - Second-hand (vicarious) experiences such as hearing accounts of violence
 - Refers to trauma affecting workers who help trauma and disaster survivors
 - Also known as compassion fatigue, secondary or vicarious traumatization, and "burn out"
 - Professionals affected include mental health professionals, emergency workers, physicians, fire fighters, police, search and rescue, journalists exposed to overdose of survivor suffering

Psychological Responses/Effects of Trauma

- Response patterns are similar across different trauma types i.e. Sexual assault and rape, child sexual and physical abuse, domestic violence, environmental disasters, crime survivors, combat trauma.
- *Variations in response might vary due to vulnerabilities like age, psychological state at exposure etc. Some of the effects include:*
 - Emotional Effects
 - Cognitive Effects
 - Biological Effects
 - Behavioural Effects &
 - Interpersonal Effects

Communication strategies for GBV Survivors

- Active Listening
- Effective questioning
- Validate feelings
- Use Healing Statements
- Follow the survivor's pace
- Use simple and same language
- Use silence when appropriate

Active Listening

- Paraphrase and summarize what the survivor says, as needed, to show that you are listening and understanding
- Clarify when necessary
- Reflect content and/or feeling
- Help the survivor focus if they drift into other topics

Let me see if I have this right....

When you say he was threatening, can you tell me more about what he was doing?

It sounds like you were very scared in the moment when he yelled and raised his fist.

You said earlier that you were walking home, and then . . he surprised you on the path...

Validate feelings

- Allow the survivor to feel what they are feeling – and let them know that it is okay and that it is normal. This helps the survivor feel safe with you.
- “It’s okay to cry; crying is an expression of emotion.”
- “Many women in your situation would also feel angry.”
- “It is normal for you to feel so upset after what you have been through; many people who have had similar experiences as you also feel upset.”

What can I do..?

I can treat **all** survivors with
dignity and **respect**

I can recognise and **speak out** against
Gender Based Violence

I can promote **zero tolerance** of Gender Based Violence in my home and community

I can support survivors regardless of **their decision**
to report to the police or any other authority

I can educate others about
Gender Based Violence

What can organization do..?

- **Zero tolerance** of Gender Based Violence
 - Develop policy and framework to ensure zero tolerance
 - Continuously monitor to maintain a zero tolerance culture
- Create **Champions** to confront Gender Based Violence
- Ensure the survivor can speak out to trusted personnel of the **same sex**, if wished
- Eliminate **sexual harassment** within the organization/ company
- **Develop partnerships** with like minded organisations
- **Provide training** on Gender Based Violence and the Law to schools, religious organisation, community groups etc
- Ensuring **on-going training** on Gender Based Violence

Summary

Gender Based Violence is **here** in our community

Violence is **never** the solution

Let's **work together to end**
Gender Based Violence

QUESTIONS?



Thank you, lets talk more

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