



ICE

# ICE PROJECT: INFORMAL CIVIC EDUCATION

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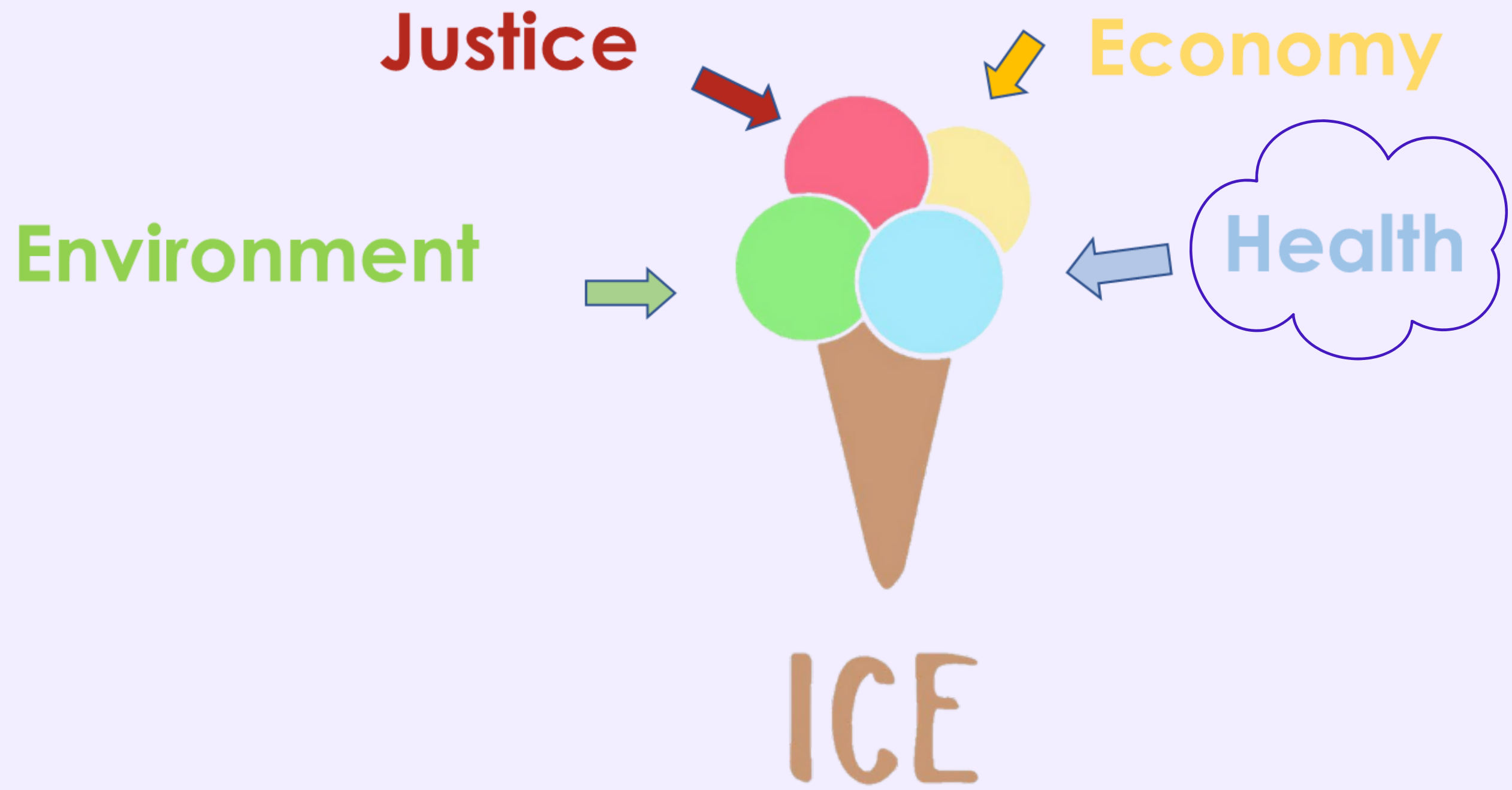
## Open Educational Resource

Project Result 4

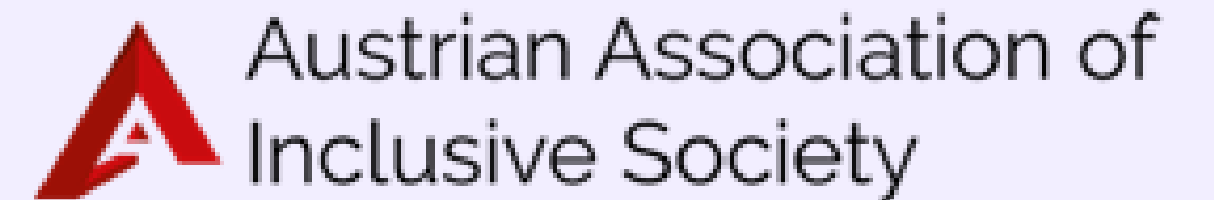
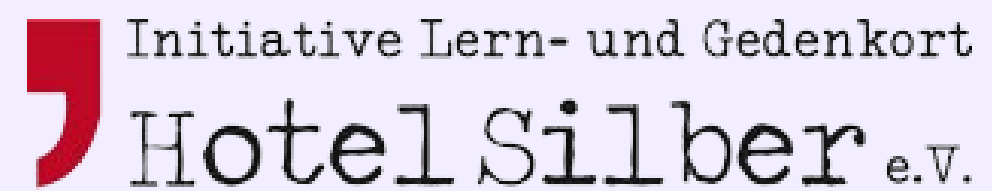
Topic: Health

Title: Understanding Gender-Based Violence:  
A Health-Focused Perspective

By: SYNTHESIS Center for Research and Education



# PARTNERS





# INFORMAL CIVIC EDUCATION

The ICE Project aims to enhance the learning centers for adults by promoting new activities, in the contents and methods to be used, starting from civic and participatory themes.

Civic Education is among the priorities of European and national educational plans for the coming years as a tool for integration between multicultural communities.

Find out more about the project:

 <https://www.informalciviceducation.eu>

**UNDERSTANDING  
GENDER-BASED VIOLENCE :  
A HEALTH - FOCUSED  
PERSPECTIVE**

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ICE



# 01. INTRODUCTION :

# GBV & HEALTH

# DEFINITION OF GENDER BASED VIOLENCE (GBV)

Gender-based violence (GBV) is foremost a **violation of human rights**, and a **global health issue**. The cause of the violence is founded in **gender-based power inequalities** and **gender-based discrimination**.

GBV cuts across boundaries of **economic wealth, culture, religion, age,** and **sexual orientation**.

GBV can take the form of **physical, emotional/psychological and sexual violence** or even **denial of resources or access to services**.





**GBV refers to any act that is perpetrated against a person's will and is based on gender norms and unequal power relationships.**

Gender based violence can be inflicted on **women, girls, men and boys**, it is a **severe violation of human right.**

**GBV disproportionately affects women and girls.**

Violence includes threats of violence and coercion.



UNHCR's Protection Mandate & Gender-Based Violence ...



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<https://www.youtube.com/watch?v=DXzP2lqqcdY>



# 02. SOME EXAMPLES OF GBV

**1. Intimate partner violence**, the form of violence that is most often associate with the concept gender-based violence, particularly men's violence against women.

Intimate partner violence is a prevalent global issue, and it remains the most documented form of violence. According to international surveys at least 1/3 of women in intimate relationships have reported experiencing violence from their partners.

**2. Sexual Violence by Non-Partners** includes sexual assault, sexual harassment, rape and gang rape.

WHO statistics show that globally 7% of women have been exposed to sexual violence outside a relationship.

**3. Conflict-related gender-based & sexual violence** is prone to be present in societies where violence is more prevalent, particularly amid heightened militarization, marginalized groups within the society become increasingly vulnerable both in public spaces and in private settings.



What is GBV?

Violence against someone based on their gender.



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<https://www.youtube.com/watch?v=Uhg3cxnwNxc>



# 03. HARMFUL PRACTICES

# Harmful Practices

In recent decades, international human rights discussions have used the term "**harmful traditional practices**" to describe **customs and beliefs that reinforce control over women and girls**. These practices are seen as stemming from societal views that undervalue women and girls. While this concept has helped recognize survivors and spurred action against overlooked forms of violence, it has also led to the portrayal of certain cultures as particularly harmful to women, while ignoring discrimination in other societies.

Critics, including academics and activists from third-world and post-colonial backgrounds, argue **against this ethnocentric view**. They stress that **no tradition, culture, or religion justifies gender-based violence (GBV)**. Focusing only on certain forms of violence labeled as culturally sanctioned overlooks the underlying issue of unequal power dynamics.

However, the attention given to forms of violence under the "traditional practices" agenda underscores the importance of understanding GBV in relation to accepted gender norms. This insight can be applied across different contexts: **GBV thrives within the everyday lives of women, men, girls, and boys, shaped by culturally accepted gender roles.**

# Example of Harmful Practices

## 1. Female Genital Mutilation (FGM)

This type of GBV is predominantly observed in [Sub-Saharan Africa](#) and the [Middle East](#), although instances also exist in [Northern Africa](#), [Europe](#), [Asia](#), and [the Americas](#). **Traditional practitioners, rather than medical personnel, are typically responsible for its perpetration.** In half of the 29 countries where it occurs, a majority of [girls undergo FGM before the age of 5](#), while in the other half, it occurs [between the ages of 5 and 14](#).

FGM stands at the crossroads of highly sensitive matters, including patriarchy, gender roles, **women's reproductive health**, and men's perceptions of female sexuality. It serves as a stark illustration of [gender-based violence perpetuated by women](#) who carry out the practice. According to UNICEF's analysis and examination, the primary reason frequently cited for endorsing FGM is "**social acceptance**", which also emerges as the most commonly perceived benefit of the practice.





# 5 Myths about FGM| #endFGMMyths



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<https://www.youtube.com/watch?v=ODvuTAAotJ8>

# Example of Harmful Practices

## 2. Honor Violence/ Violence in the name of honor

These concepts pertain to acts of violence against family members, typically targeting women and girls, **motivated by the perceived shame or dishonor they are believed to have brought upon their family and/or community**. This form of violence extends beyond immediate family relations to encompass religious, ethnic, national, political, or regional affiliations. **Honor violence** encompasses various forms of **abuse**, including **physical, sexual, and psychological violence**, along with tactics of control such as **forced or coerced marriages**, particularly in cases where women are compelled to marry their rapists.

Not only are the actions themselves considered dishonorable, but also how they are perceived by the community, whether pertaining to a woman's or, in some instances, a man's conduct. **Acts such as the loss of virginity, adultery, or even rumors thereof**, are viewed as **bringing** irreparable **disgrace** upon the family or community, sometimes leading in **extreme measures** such as **"honor killings"**.

# Example of Harmful Practices

## 3. Early/ Child Marriage

Is a formal or informal union before the age of 18, constitutes a type of gender-based violence (GBV) as it deprives girls of their entitlement to a childhood, health, education, and security.

According to UNFPA “Globally, one in every five girls is formally married or in an informal union, before reaching age 18. In the least developed countries, that number almost doubles – 36 per cent of girls are married before age 18, and 10 per cent of girls are married before age 15.”

Child marriage poses a significant threat to the lives and well-being of girls, while also constraining their future opportunities. Girls forced into child marriage frequently experience pregnancy during adolescence, increasing the risk of complications in pregnancy or childbirth. These complications stand as the primary cause of mortality among older adolescent girls.

# Example of Harmful Practices

## 4. Violence against LGBTQIA+ persons

LGBTQIA+ stands for: **L**esbian, **G**ay, **B**isexual, **T**ransgender, **Q**ueer/**Q**uestioning, **I**ntersex, **A**sexual, and everyone else who does not identify with these specific identities and orientations is being represented by the +.

LGBTQIA+ communities often represent a direct contradiction to expected and assigned gender roles in society, and as a result face high levels of discrimination and GBV worldwide.

Widespread and **brutal discrimination**, alongside **hate-motivated violence**, targets LGBTQIA+ individuals, particularly **aggravated for those from racialized communities**. Moreover, they face **torture** and **ill treatment**, including **within custody, clinics, and hospitals**, often with impunity.

# Example of Harmful Practices

## 4. Violence against LGBTQIA+ persons

### Key Findings:

- UN studies reveal that in approximately 77 countries, **discriminatory laws exist that criminalize private, consensual same-sex relationships**. This puts individuals at risk of arrest, prosecution, imprisonment, and in at least five countries, even facing the death penalty.
- **43.8% of lesbian women and 61.1% of bisexual women** have faced rape, physical violence, or stalking by an intimate partner in their lifetime, a significantly higher rate compared to 35% of heterosexual women.
- **Gay men and bisexual men** have also experienced high rates of intimate partner violence, with **26%** of gay men and **37.3%** of bisexual men reporting such incidents, as opposed to 29% of heterosexual men.
- In a study focusing on **male same-sex relationships**, only **26%** of individuals sought police assistance following incidents of near-lethal violence.
- Numerous studies suggest that **more than 50% of transgender** individuals have faced sexual violence at some stage in their lives.

# Example of Harmful Practices

## 5. Human trafficking

The United Nations Office on Drugs and Crime (UNODC) defines Human Trafficking as “the **recruitment, transportation, transfer, harbouring or receipt** of people **through force, fraud or deception**, with the **aim of exploiting them for profit**. **Men, women and children** of all ages and from all backgrounds can become victims of this crime, which **occurs in every region of the world**. The traffickers often use **violence or fraudulent employment agencies and fake promises of education and job opportunities** to **trick** and **coerce their victims**.”

# Example of Harmful Practices

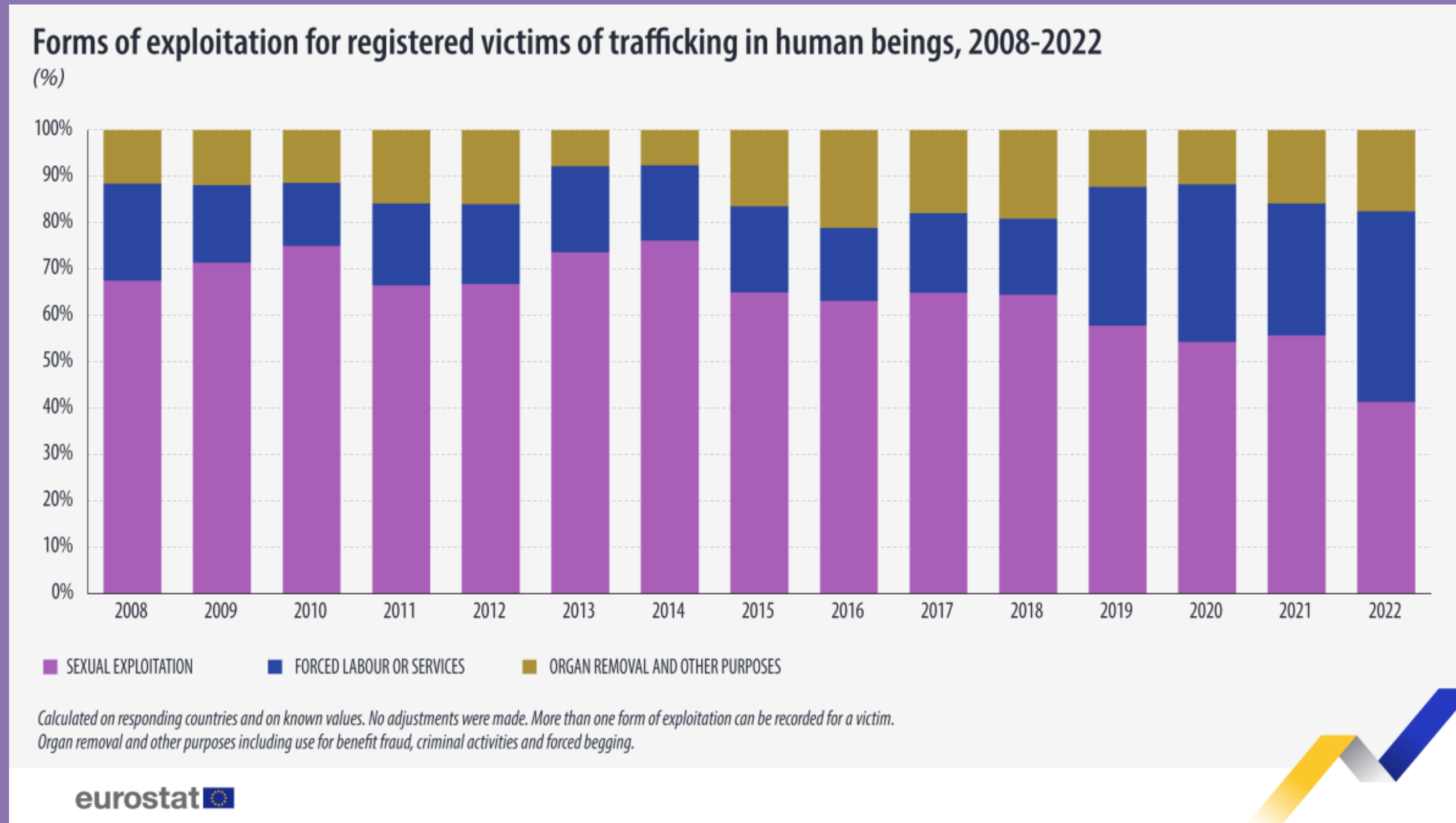
## 5. Human trafficking

EU Findings by eurostat between 2008-2022:

- In 2022, there were **10 093 registered victims** of trafficking in human beings in the **EU**
- In 2022, **63 %** of registered victims of trafficking were **female**
- In 2022, **37 %** of registered victims of trafficking in the **EU** were **citizens of Member States** and **1 of 4** of registered victims is a **citizen of the reporting country**
- Exploitation by **forced labour** and services reached the highest prevalence in 2022, at **41.1 %**
- **Organ removal** and other exploitative purposes, including **use for benefit fraud, criminal activities** and **forced begging**, stood at **17.5 %** in 2022

# Example of Harmful Practices

## 5. Human trafficking



[https://ec.europa.eu/eurostat/statistics-explained/index.php?title=Trafficking\\_in\\_human\\_beings\\_statistics](https://ec.europa.eu/eurostat/statistics-explained/index.php?title=Trafficking_in_human_beings_statistics)





# 04. GBV HEALTH RISKS



# Sexual & reproductive health

Gender-based discrimination and violence, including **forced sex**, contribute significantly to various **sexual and reproductive health issues** such as **sexually transmitted infections and unintended pregnancies**.

The **ramifications of unwanted pregnancies** can be severe, ranging from **unsafe abortion** practices to **familial rejection** resulting in **social alienation, suicide**, and tragically, even **homicide**.

# Sexual & reproductive health

Violence occurring before, during, and after pregnancy is correlated with various pregnancy-related complications, such as **miscarriage, preterm labor, or maternal mortality.**

Addressing gender-based violence (GBV) is vital in **halting the spread of HIV.** Tears or injuries resulting from violent sexual encounters heighten women's biological susceptibility to contracting the infection, particularly among young girls.

**Fear of GBV or the stigma attached to being a victim also presents a barrier to accessing information, care, and treatment for HIV/AIDS.**

# Sexual & reproductive health

Efforts to address these issues include **addressing gender-based violence (GBV)**.

The **stigma surrounding sex and sexuality** can **hinder women, girls, and LGBTQI+ individuals** from **seeking or receiving medical care**, especially adolescent girls who are often assumed not to require sexual health services due to societal expectations.

**Health service staff** are frequently **insufficiently trained and equipped** to handle health issues related to female genital mutilation (**FGM**), **rape**, and other forms of **sexual violence**, resulting in underlying **problems being left unaddressed**.



# 05. Prevention



# Strategies

GBV prevention efforts are inherently tied to addressing **gender norms** and **power imbalances**, making them integral to broader initiatives aimed at **advancing gender equality**.

Rather than treating GBV as an isolated issue, it **must be understood within the broader context of gender inequalities**.



# Strategies

Efforts must be aimed at **shifting attitudes** and **challenging gender roles** and **stereotypes** that normalize gender-based violence in society are crucial.

This can involve **organizing campaigns**, **providing training**, **facilitating peer-to-peer education**, or **integrating a gender equality** perspective into all facets of **educational policies**.

# Strategies

## 1. Changing Perspectives: A New Focus

Efforts must be aimed at **shifting attitudes** and **challenging gender roles** and **stereotypes** that normalize gender-based violence in society are crucial.

Shifting the perspective from viewing women (and other gender-based violence-affected groups) solely as victims to **recognizing them as survivors, active agents of change**, and **champions of empowerment**, with a particular emphasis on empowering women and girls.

This can involve **organizing campaigns, providing training, facilitating peer-to-peer education**, or **integrating a gender equality** perspective into all facets of **educational policies**.



# Strategies

## 2. Enhancing Women's Political Engagement and Impact

Boost **women's political engagement** and impact within **peace, conflict, and humanitarian crisis** settings.

It is crucial to ensure their **equal participation with men in political spheres** across all societal levels, including peace processes.

In many countries, women's political representation remains notably inadequate, and they are frequently sidelined from formal peace talks. Such **exclusion carries profound repercussions** for achieving sustainable development, peace, and human security.

# Strategies

## 3. Fostering Financial Independence for Women

Initiatives aimed at enhancing **women's economic autonomy**, improves their capacity to negotiate and **exit abusive situations** such as:

- Enhancing the opportunities for women in **entrepreneurship and employment**
- Ensuring **access to land and property rights**
- Advocating for the **fair distribution** of unpaid **caregiving responsibilities** between genders
- Facilitating universal **access to high-quality education**

**Fostering women's economic empowerment is vital for long-term prevention of GBV.**

Interventions that tackle gender norms, engage couples, and involve communities can mitigate these risks.

# Strategies

## 4. Enhancing Initiatives for Sexual and Reproductive Health and Rights

Enhancing sexual and reproductive health and rights is imperative in preventing gender-based violence (GBV) due to their intimate connection.

These efforts encompass **advocating for and safeguarding women's autonomy** to freely control matters concerning their sexuality, including sexual and reproductive health, family planning options, and HIV/AIDS prevention.

# Strategies

## 5. Train Professionals

It's imperative to **equip professionals** across various sectors with **comprehensive training** to effectively **identify, address, and respond** to gender-based violence.

This **holistic approach** may involve training teachers, youth workers, social workers, trainers, law enforcement, the justice system, and healthcare providers to create a supportive network capable of tackling these complex issues head-on.

Investing in such training programs, can significantly enhance the collective capacity to combat gender-based violence and ensure that survivors receive the care and support they need.

# Strategies

## 6. Survivor-centered responses

Survivor-centered responses are pivotal in the prevention of gender-based violence (GBV). These initiatives should **prioritize the voices and needs of survivors by actively involving them in the design and implementation of prevention strategies.**

By centering survivors, initiatives can better understand the complexities of GBV and **tailor interventions to address the diverse needs of those affected.** This approach not only **empowers survivors** but also **fosters a sense of agency and ownership** in the prevention process.

# Strategies



## 6. Survivor-centered responses

Survivor-centered responses promote a culture of **empathy**, **support**, and **solidarity**, creating a safer and more inclusive environment for all individuals. By **amplifying the voices of survivors** and **integrating their perspectives into prevention efforts**, we can effectively **challenge the root causes of GBV** and work towards building a society free from violence and discrimination.



# 06. CONCLUSION

# Conclusion

Addressing gender-based violence (GBV) within the context of health requires a comprehensive approach that encompasses various harmful practices and their associated health risks, it's evident that **GBV has multifaceted implications for individual well-being.**

By **integrating** the mentioned **prevention strategies** into **healthcare systems and policies**, we can **create** a more **inclusive and supportive environment for survivors** while simultaneously working towards the **prevention of GBV.**



# Conclusion

It's imperative that **we continue to prioritize the health and well-being of all individuals, irrespective of gender identity,** and actively work towards creating a world free from gender-based violence.

Through collective action and sustained efforts, we can make significant strides towards achieving this goal and promoting a healthier, safer, and more equitable society for all.

# 07. Test: Questions

1

Name 3 harmful practices associated with gender-based violence

2

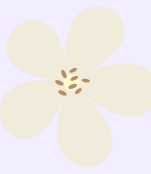
What is one prevention strategy mentioned in the presentation for addressing gender-based violence?

3

In what way can gender-based violence prevention initiatives challenge traditional gender roles and stereotypes in society?

4

True or False: Survivor-centered responses prioritize the voices and needs of survivors in the prevention of gender-based violence.



# 08. Resources:

1. <https://cdn.sida.se/publications/files/sida61848en-preventing-and-responding-to-gender-based-violence-expressions-and-strategies.pdf>
2. <https://www.un.org/womenwatch/uncoordinated/documents/proposedpolicy-genderbasedviolence.pdf>
3. <https://helpingsurvivors.org/what-is-consent/>
4. <https://teachingsexualhealth.ca/teachers/sexual-health-education/information-by-topic/consent/>
5. <https://uthsc.edu/sassi/sexual-assault.php>
6. <https://www.rainn.org/articles/what-is-consent>
7. <https://warwick.ac.uk/services/dean-of-students-office/community-values-education/educationresources/threehandshakes/>
8. <https://bishtraining.com/>
9. <https://www.bishuk.com/parents/teach-yourself-sex-ed-consent/>
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11. <https://psychcentral.com/blog/imperfect/2019/06/5-tips-for-setting-boundaries-without-feeling-guilty>
12. <https://kjcharleswriter.com/2020/05/20/yes-and-no-consent-in-sex-scenes/>
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14. <https://itsnormal.com/blogs/journal/boundaries-consent-communication>
15. <https://psychcentral.com/relationships/power-dynamics-in-relationships>
16. <https://www.endfgm.eu/editor/files/2023/-Road2EndFGM-Campaign-Toolkit.pdf>
17. [https://ec.europa.eu/commission/presscorner/detail/en/QANDA\\_21\\_402](https://ec.europa.eu/commission/presscorner/detail/en/QANDA_21_402)
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21. <https://www.youtube.com/watch?v=WJwP6C5q6Qg>
22. <https://www.youtube.com/watch?v=ODvuTAAotJ8>
23. <https://www.who.int/news-room/fact-sheets/detail/violence-against-women#:~:text=Estimates%20published%20by%20WHO%20indicate,violence%20is%20intimate%20partner%20violence.>



# Resources:

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34. [https://ec.europa.eu/eurostat/statistics-explained/index.php?title=Trafficking\\_in\\_human\\_beings\\_statistics](https://ec.europa.eu/eurostat/statistics-explained/index.php?title=Trafficking_in_human_beings_statistics)
35. <https://www.coe.int/en/web/gender-matters/prevention-of-gender-based-violence>
36. <https://www.rescue.org/article/what-gender-based-violence-and-how-do-we-prevent-it>
37. <https://www.unwomen.org/en/news-stories/explainer/2023/11/ten-ways-to-prevent-violence-against-women-and-girls>
38. <https://worlded.org/8-ways-to-prevent-gender-based-violence/>
39. <https://www.ohchr.org/sites/default/files/Documents/Publications/FactSheet23en.pdf>
40. <https://digitallibrary.un.org/record/595330?ln=en#record-files-collapse-header>
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43. <https://www.hrc.org/resources/glossary-of-terms>
44. <https://www.ywca-shr.org/wp-content/uploads/sites/50/LGBTQ-gender-based-violence-facts-extended-2.pdf>
45. <https://www.un.org/en/fight-racism/vulnerable-groups/lgbtqi-plus>
46. <https://williamsinstitute.law.ucla.edu/press/ncvs-lgbt-violence-press-release/>
47. <https://ncadv.org/blog/posts/domestic-violence-and-the-lgbtq-community>



THANK

YOU!