GENDER BASED VIOLENCE

How to stop gender-based violence?

It starts with you!

• Gender-based violence and discrimination is everyone’s problem, and men can also take a stand on violence against women and children.

• If more people reported cases of gender-based violence, we might be able to bring an end to it. It’s really important to report something that has happened to you or someone else. It might be hard, but we need to speak out so that we can end gender-based violence and women abuse.

Where to get help?

If you feel like you’ve been a victim of gender-based violence you can contact:

POWA – People Opposing Woman Abuse
tel: 011 642 4345/6 or email: info@powa.co.za.
Website: www.powa.co.za

Lifeline
0800 055 555 FREE (Toll Free)
Website: www.lifeline.org.za.

Choma Magazine
www.choma.co.za
Simply send a question via Ask Choma.

Stop Gender Abuse
0800 150 150 FREE (Toll free)

For more information visit:

www.hivsa.com
www.choma.co.za
Choma Magazine on Facebook
Follow @Choma on Twitter

www.hi4life.co.za
HI4LIFE on Facebook
Follow @hi4LIFE on Twitter

You have not consented to a sex-act if you are:

• Intimidated, forced or threatened in any way, through violence or threats of violence against you or someone you love, or damage to your property

• Compelled by someone who abuses their power or authority, for instance, if someone tells you that you will lose your job if you do not have sex with them

• Lied to by a doctor or other health-worker who tells you that a sex act is part of a physical examination, or is necessary for your mental or physical health

• In a昏迷

• Under the influence of drugs or alcohol

A child under the age of 12

A person with a mental disability
Types of gender-based violence

Gender-based violence occurs when someone uses or threatens to use physical violence to hurt another person, eg, attacking with a weapon, choking, strangling, striking with an object or weapon.

Emotional Abuse may involve intimidating, insulting, devaluing or belittling actions. It is all about power and includes physical, emotional, sexual and spiritual abuse.

Gender-based violence can affect anyone. It occurs between two people in a relationship. It may include physical, sexual and/or emotional abuse. Sadly, a young girl is more likely to be molested sexually in her own home than anywhere else, and an adult female is more likely to be physically assaulted and even killed in her own home by her partner than by any other perpetrator.

Gender-based violence often has a lot to do with how someone identifies as being male or female.

Gender identity is how someone identifies themselves. Eg: A man or woman or boy or girl.

Gender-based violence often takes place in the home and involves witholding money, denying medical aid, or destroying property in the home and takes a long time to heal.

Gender-based violence is unwanted sexual activity, including rape, unwanted touching, or being forced into unwanted sexual behaviors. Unwanted sexual activities can cause shock, fear or disbelief. Long-term symptoms include anxiety, fear or post-traumatic stress disorder.

Consent in a relationship

Consent is giving someone permission to do something. In other words - saying yes. You should all respect other people's consent and be aware too, of their lack of consent. This means that the things being said to them are true. Emotional abuse is often the most painful aspect of an abusive relationship. It can take a long time to heal.

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