

Community-Wide Empowerment



When a teenage girl has the power, means and information to make her own decisions, she is more likely to realize her full potential.

Communities need happy, healthy daughters, sisters, mothers, and wives. To reduce the level of GBV in Namibia we must start in the home, with ourselves, our partners, our children, friends, and work colleagues.

- share the message that we need equal respect and balance in power between women and men. No one should have power over another, even when roles are different.
- give women choices
- be cautious of stigma
- raise boys and girls to respect each other
- look for signs of GBV in those around you:

ADULT

- unusual behaviors and habits
- depressed
- easily upset or angry over small issues
- signs of physical injury in odd places (faces, eyes, upper arms, thighs)
- withdrawn around abuser

TEENAGER

- unusual behaviors, such as bullying, aggression, being a loner
- vindictive, signs of abuse to younger children or peers
- may have similar emotional and physical signs as adults

CHILD

- loss of appetite
- no longer interested in playing with friends; withdrawn, quiet, or hostile
- poor school performance, difficulty concentrating
- a child who is sexually abused may have nightmares and become unusually interested in certain sexual acts

If you suspect GBV, what can you do?

ADAD

1. Ask the person, neighbors or children about your suspicion.

- a. what other environments should you consider when asking, and what other questions can be asked for an adult, young person, or child

ADULT	YOUNG PERSON	CHILD
Assure them of the possible options of safety and help if they are abuse	Take the young person to a private place where they feel safe Use music, art or story telling to help them talk	-Take the child where it is safe -Have someone that they can trust -Talk to them -Ask them to draw pictures about what happened to them

2. Decide if help is needed and what kind.

Analyze the information collected at the asking stage.

Adult: _____

Youth: _____

Child: _____

3. Act by reporting to the headman, chief, or political; take the person to the police or hospital

1. Think about your own safety too	2. Go to the headman or leader you can trust	3. Talk to them in confidence
4. Ask for their help to take the abused person to the police or hospital.	5. Take your notebook or notes with you.	

4. Document and write down the name, what you saw or heard, and what you did. Most cases end up in court, so it's important to have your facts correct. Sample:

Date	Name of the person. (You can use a code)	What made you suspect violence?	What did you see or hear?	What did you do?
4. 5. 2010	Jerina	She had a blue eye after her husband gone back to town	I saw scars on her back. The neighbour confirmed that he beat her all the time. Children confirmed the story.	Told the headmen. Went to the Chief Took her/ referred her to hospital



BREAK THE SILENCE.

END GENDER-BASED VIOLENCE!

Men and women must work together to achieve real and sustainable change.

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What is Gender-Based Violence (GBV)?

Gender-based violence is violence that is related to the way men and women are expected to behave. Both men and women can be victims of GBV. However, research has shown that women are more likely than men to be victims of GBV.

5 Types of Gender-Based Violence

Domestic Violence is violence towards a family member or someone who is in a relationship with the abuser. It is commonly violence by a husband, brother, or uncle against a woman or girls in the family

Sexual Abuse is when someone is forced to have sex or sexual contact, such as having their genitals touched, when they do not want to, even when they are in a relationship or married. Sex without consent is rape.

Physical Abuse is when someone does something to hurt another's body, such as beating, kicking, or burning.

Emotional and Verbal Abuse is a pattern of behavior that makes a person feel seriously upset or embarrassed, such as calling someone "stupid" or swearing at them. This is never an acceptable part of conversation, even when fighting.

Economic Abuse is when someone controls how much money, property, and other resources another person can get, or what they can do with it; when someone stops giving another person resources as punishment



The link between gender/culture and GBV

Gender refers to the way men and women behave and are expected to behave in a **culture**. GBV is tied to these gender expectations, such as when a woman is beaten for failing to cook dinner (expectation for a woman serve the man) or when a boy-child is beaten if he cries (expectation for boys not to show emotion).

The link between gender and culture make some people think GBV is part of their culture. Instead, GBV is about the need for one person to dominate another. It is an imbalance in power. Culture should not be used as an excuse for violence. **Violence is violence.** A man can still be the head of a household without beating his wife or children.

Women and men are partners in society, whatever roles they choose.

SPECIAL NOTE FOR YOUTH AND GBV

Youth are particularly vulnerable to GBV as they may not have the resources or knowledge to seek help. GBV can lead to physical, emotional, and psychological harm, with long-lasting effects on their development. Children exposed to violence may experience similar problems and come to believe violence is acceptable. This perpetuates an **inter-generational cycle of violence and abuse.**



Consequences of GBV

HIV

Young women and married women are especially vulnerable to HIV. This does not mean women are to blame. It tells us that relationships are important for the spread of HIV.

GBV issues related to HIV

- When a woman lacks power in a relationship:
 - she is unable to refuse sex
 - A male partner may react violently when a condom is introduced; he interprets it as a lack of trust or assumes she has been unfaithful
 - must accept if husband has other sexual partners
- If her partner has HIV, she is vulnerable to transmission.
- When rape takes place, HIV transmission can occur.
- Women and girl children may be forced into sex work for survival.

Further Consequences

- psychological trauma, including fear, self-blame, anxiety, depression, and suicidal thoughts
 - lead to high-risk behaviors and practices
- substance abuse
- social stigma and isolation
- serious bodily harm or death
- STIs

