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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
- Asleep
- Unconscious
- Under the Influence of drugs or alcohol
- A child under the age of 12
- A person with a mental disability

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)



HURTING IS NOT LOVING

Get help

GENDER BASED VIOLENCE



When someone we love becomes violent towards us, physically or emotionally, it can be very confusing. It could be our love partner or our parents, sometimes even our children.

What is gender-based violence

• **Gender-based violence** is violence which occurs between men and women in relationships, in the home, at school, the workplace and in the community. It is all about power and control and includes physical, emotional, sexual, economic and spiritual abuse, towards someone based on his or her gender (being male or female).

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

Gender-based violence often has a lot to do with how someone believes another person of a particular gender needs to behave or needs to be treated. **Eg: A man becoming angry at a woman because she hasn't done chores in the home he believes she should do. Or, a man forcing a woman to have sex. Or, a family forcing someone into a marriage arrangement they don't want. Or, a woman forcing a man to fix household appliances because she believes he should do so.**

Gender-based violence can affect anyone. It occurs in all racial, religious, ethnic and political groups. Generally, we talk about the abuse of women by men. However, violence by women against men does occur, and within same sex relationships. However, violence against women is the most common and usually more severe.

Types of gender-based violence

Physical Abuse occurs when someone uses or threatens to use physical violence to hurt another person. eg: kicking, slapping, punching, pinching, choking, striking with an object or weapon.

Emotional Abuse may involve intimidating, insulting, isolation, or other expressions of extreme jealousy. People who do this see their partner as an object they own rather than a human being with basic human rights. It is often difficult to recognise **emotional abuse** because the injuries are not visible. Someone who suffers from verbal abuse may start to believe that the things being said to them are true. Emotional abuse is often the most painful aspect of an abusive relationship and takes a long time to heal.

Sexual Abuse is unwanted sexual activity, including rape, unwanted touching, or being forced into unwanted sexual behaviour. Immediate reactions to sexual abuse include shock, fear or disbelief. Long-term symptoms include anxiety, fear or post-traumatic stress disorder.

Domestic violence usually takes place in the home 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 anyone else.

Economic abuse involves withholding money, denying medical aid, or destroying property in the home

Spiritual abuse is when a person's religion is used against them. eg: passages of the bible may be used out of context to dominate or control a woman.

Gender 'correction' is when others mistakenly believe they can 'correct' the behaviour of someone who identifies as being gay, lesbian, bisexual or transgendered. The perpetrator may use violence and rape. Nobody can correct the gender of someone else. Violence against anyone else is a crime.

Neglect is when someone such as a child is not taken care of, nor given the right healthcare or education rights because of their gender. E.g: A girl in a family is not sent to school, but a boy is.

Harmful traditional practices such as forcing someone into marriage, genital mutilation, and some forms of traditional circumcision.

Consent in a relationship

Consent is giving someone permission to do something. In other words - saying yes. We should all respect other people's consent and be aware too, of their lack of consent. **This means when someone says no - we should respect their decision.** It means they have not consented, or they have changed their mind.

Changing your mind You have the right to say no to something even if you have previously said yes. Just because you give consent to be touched once does not mean that your consent is indefinite (forever). Your consent (saying yes to something) can be removed at any point during any interaction and that is your right.

Just because you have consented (said yes) before to sex acts with a person, does not mean that you can't report being abused by them. **Remember, you have the right to change your mind at anytime.**

no means no!

Can a partner rape you?

People often think that if their partner has raped them that it is not "rape" – but this is not true. If you do not consent to having sex with your partner and they continue to have sex with you then that is also rape.

Rape is when someone is forced to have sex whether or not they are in a relationship. Forcing a body part or object into someone's vagina, anus or mouth is also considered rape. When your consent has been violated but someone has abused you anyway - **This is Rape.**

Perpetrators may use force, make threats or take advantage of a victim who has not given consent or able to give consent. Most victims and perpetrators know each other. Although sometimes the perpetrator is a stranger.