

WHAT IS **VIOLENCE AGAINST WOMEN?**

Violence against women (VAW) is "any act of gender-based violence that results in, or is likely to result in, physical, sexual or mental harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life" (United Nations).



MYTH: VAW is not a problem.

FACT:

Approximately 1 in 3 women worldwide have experienced some form of domestic violence.

In Sub Saharan Africa that number is even higher with 70% of women in rural Ethiopia to 35% of women in urban Namibia reporting physical or sexual violence in their lifetime.



Most acts of violence are committed by a man that the woman knows well, such as a family member or a spouse/partner.

Women are just as violent **MYTH:** as men.

In approximately 90% of FACT: domestic assaults reported, a man was the perpetrator.

While it is true that women can also be violent and that men can also suffer from violence, the dynamics and causes are different. Violence against women is a type of widespread, systemic oppression.

TYPES OF withhold

beating, slapping

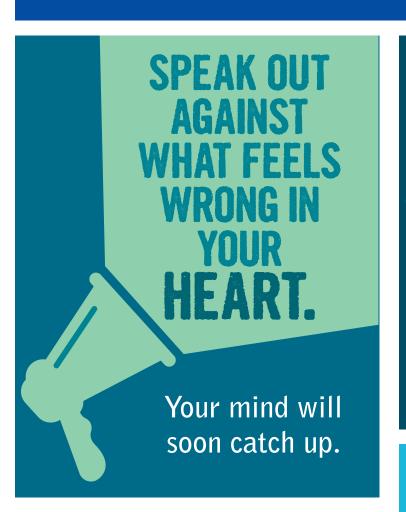
e.g., rape, coercion

insults, threats ing due funds, not allowing to work

For many women, their identities and relationships are tied to their partner or family. Furthermore, when a man is maintaining complete control over a woman, combined with unequal opportunities for women in society, it makes it difficult for a woman to leave the relationship due to financial dependence. Also, many women fear losing their children and their social status if they leave.

OLENCE AGAIN **WOMEN & WHY IT HURTS**

Violence against women hurts everyone. It's an injustice of human rights.



THE DAMAGE **GOES FURTHER HURTING**

CHILDREN can experience behavioral/emotional

PROVIDERS, and hold them accountable for cases disturbances.

reported and the consequences for perpetrators. **CHILDREN** witnessing violence can grow up to use

violence (boys) or have violence used against them (girls). **MEN** lose their partner's and children's trust and love.

COMMUNITIES lose women's ideas and labor.

DIMINISHED SELF-WORTH Unintended Pregnancies EATING/SLEEP/EMOTIONAL DISORDERS

SPFAK

HIV

FEAR

STDS

INJURY

SUICIDE

ISOLATION

HOMICIDE

LOSS OF HOPE

LOST OPPORTUNITIES

SPEAK OUT and let men using violence know that it's not okay.

SPEAK OUT when you see anyone dismissing or

accepting violence against women. **SPEAK WORDS OF SUPPORT** and non-judgment

to women experiencing violence. **SPEAK OPENLY WITH FRIENDS AND FAMILY**

about violence against women as a violation of human SPEAK WITH LOCAL LEADERS AND SERVICE





WHAT IS

Power is the ability to take charge of one's own life and influence the lives of others in a **positive** or **negative** way.



NEGATIVE POWER leads to human rights abuses, such as violence against women.

POSITIVE POWER celebrates our individual and collective strength to protect human rights.

If we tolerate **ANYONE** using **negative power** over women and girls, violence against women and girls will continue.

If we limit any **WOMEN OR GIRLS** from experiencing their positive power, violence against women and girls will continue.

The imbalance of power between women and men is the root cause of **VIOLENCE** AGAINST WOMEN.

This imbalance of power **LIMITS BOTH** WOMEN AND MEN from living their best lives.

POWER WITHIN

The strength we feel within ourselves as we realize our worth as equal human beings and our ability to improve our life and

POWER WITH

The cumulative strength when we join in solidarity with others to pursue a common, positive, transformational goal.

POWER TO

The strength we have to turn values into action and speak out against injustice.

BALANCING

Power is infinite! Balancing power takes power from no one.

LOOK AT HOW POWER IS USED

in our lives as individuals and with family, friends, and community (i.e., how we use power and our own experiences of power being used over us).

CONSIDER THE POWER DYNAMICS

we have in our own organizations (i.e., how we interact as colleagues and use power amongst us, even as we work to balance power in communities).



REFLECT ON THE POWER **DYNAMICS** between us and the communities/clients we work with.

ASSESS HOW OUR PROGRAMS reinforce or challenge power imbalances between women and men.

MAKE CHANGES in each area to balance power, starting with our individual relationships and homes.

when balancing power with a woman are the

Men who feel



loved, valued, and respected

MAKE

their own decisions

EXPRESS

themselves as they prefer

BECOME

who they want to be

CONTROL their own bodies and

SHARE

other

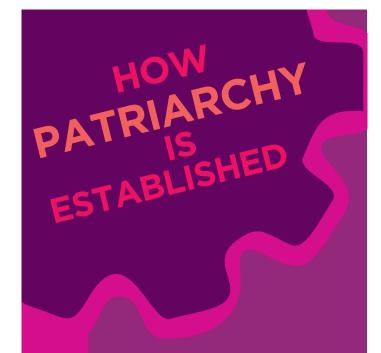
gender roles to support each

HAVE a voice!!!!





A social or political system that has chosen to treat men as superior to women.



A society decides to give men control over resources and power.

> Men feel obligated to maintain and show the power that patriarchy gives them, sometimes portraying that through violence and abuse.

The society defines women in relation to men's power—denying them civil, cultural, economic, political, and social rights intended for both women and

Patriarchy informs family life, law, policy, education, interpretations of faith, and more—influencing every aspect of life and self-identity.

Patriarchy becomes a mindset that even women begin to believe in, given the dangers of disagreeing with those in power.

Patriarchy makes violence against women seem natural.

WHAT HAPPENED?

Patriarchy is an idea from before holy books were written. It is **not faith**. It is **not fixed.** It is **not natural**. It was simply an idea, and now we seem stuck.

THE INJUSTICE OF PATRIARCI

who want to give more to their families and communities

unable to protect their bodies and basic needs ...

Living with and dying from abuse

They are surrounded by family and friends saying ...

"ENDURE IT. ACCEPT IT.

This is how it's meant to be." **But is it?**

ONE THAT VALUES ALL PEOPLE AS

EQUAL— WOMEN AND MEN, GIRLS AND BOYS.

FE WITHOUT

Dismantling patriarchy doesn't take power from men; it allows everyone to have power.

CHANGE GETS EASIER

When we rethink patriarchy, violence against women seems less normal. And something less normal is

FAR EASIER TO END!



Women and men valuing and respecting themselves and each other.

> Women and men debating ideas and co-creating solutions.

Women and men supporting each other across gender roles.

Women and men, girls and boys happier and healthier together.

COMMUNITIES PROSPERING **ECONOMICALLY AND SOCIALLY WITH** LESS TOLERANCE FOR VIOLENCE AGAINST WOMEN!

HOW TO DISMANTLE PATRIARCHY

Reflect on our collective power to change what feels unchangeable.

in your thinking/actions yourself for the effort,

Look at larger parenting. Engage in about doing things

beyond patriarchy to

Look at accepted Make the case for and its harms.

Become more politicized, challenging born from patriarchy as well as violence against

Share your perspectives with friends and family, and inspire thinking and action in others.

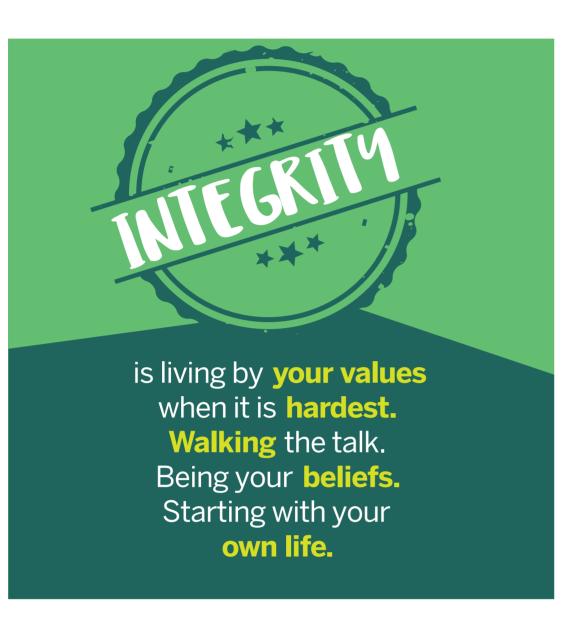
What are Values?

Values are the qualities we most deeply believe in that inspire and guide us as activists.

There are no positive values that justify violence against women.

> There are many values that call for it to end equality, respect, non-discrimination, human dignity, and more







Social norms are our assumptions about what other people do and think is right.

LISTEN to your VALUES and do think is right.

ldentity your organisational values Hónóur them in decision making on them regularly each other accountable Celebrate your strength and influence

If an organisation leads with MOYAS people will listen



VALUES-DRIVEN ORGANISATIONS Clear, concise, shared values can guide an organization while deeply influencing its culture.





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Organisations inspire by to do the right thing.

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SOCIAL JUSTICE work succeeds when we live our organisational values in the community as well as IN THE WORKPLACE. It is about how we treat

community members as well as

HOW WE TREAT

EACH OTHER.

WHAT IS ACTIVISM?

Activism is doing something about injustice with the goal of inspiring and creating social change.





















Collective Activism is organized action in public life. Activism typically begins alongside others. We find our power and courage through each other's support, while our energy combines to create Big Moments.

However, our integrity as activists is truly realized when we take action in small moments standing believe in the

Simplest Ways.

Personal Activism is individual action in private life.

Let OUTRAGE be your inspiration and

COMPASSION be your self-expression.

BEING AN ACTIVIST

When you decide to be an activist, you begin to look at the world differently, noticing the injustices you want to eliminate as well as the beauty you want to celebrate.



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