

# Types of Gender-Based Violence

There are five categories of GBV including: Physical Violence, Sexual Violence, Emotional and Psychological Violence, Social-Economic Violence, and Harmful Traditional Practices.

## Sexual Violence

Any completed or attempted sexual act against a person's will or against a person unable to give consent. Forms of sexual violence include:

### Rape

The non-consensual penetration of any part of the body (vagina, anus or mouth) of the survivor with a sexual organ, or with any object or any other part of the body by force, threat of force, environment, or against a person incapable of giving genuine consent.

Rape can be perpetrated by any person in a position of power, authority and control, including a husband, intimate partner or caregiver.

Rape can result in pregnancy, HIV/AIDS, injuries and emotional trauma.

*Special considerations:* It is important to maintain confidentiality and support the survivor's decisions. Support can be provided so survivors do not get pregnant (emergency contraception pills within 120 hours or 5 days of the rape); and do not contract HIV (HIV prophylaxis within 72 hours or three days). Mapping of injuries on the body and medical certificates can support legal processes. Explain any policies related to the health system and justice system such as any mandatory reporting laws, if applicable in your context. Obtain survivor consent before any referrals. Jointly develop a safety plan if the survivor remains in danger from the perpetrator or others. Identify coping plans and social support as well. Key message for the survivor: rape is never the fault of the survivor.

### Sexual Assault

Any unwanted, non-consensual sexual contact that does not include penetration. Examples include forced or unwanted kissing, fondling, unwanted touching of a person's body, touching genital areas with body parts or other objects without penetration, attempted rape, and female genital mutilation/cutting.



Sexual assault can be perpetrated by any person in a position of power, authority and control, including husband, intimate partner or caregiver.

### **Child Sexual Abuse (defilement, incest)**

Any act where a child is used for sexual gratification including any sexual relations/interactions with a child.

Child sexual abuse can be perpetrated by someone the child trusts, including a parent, sibling, extended family member, friend or stranger, teacher, elder, leader or any other caregiver, anyone in a position of power, authority, and control over a child.

*Special considerations:* Maintain discretion over the survivor's information to mitigate stigma against the child. Support the child to identify a safe adult to ensure there is no risk of further abuse. Report to your supervisor to follow child protection procedures in country. Support with health and other referrals as necessary. Use age appropriate Caring for Child Survivors (see resources) case management interventions to support the child and the chosen caregiver.

### **Forced Sodomy / Anal Rape**

This is the forced or coerced anal penetration or intercourse, usually male to male or male to female.

Forced sodomy/anal rape can be perpetrated by any person in a position of power, authority, and control.

*Special considerations:* Maintain confidentiality and support the survivor decisions. Male and female survivors are entitled to equal support. Support can be provided to prevent HIV (HIV prophylaxis within 72 hours). Mapping of injuries on the body and medical certificates can support legal processes. Explain any policies related to the health system and justice system such as any mandatory reporting laws, if applicable in your context. Jointly develop a safety plan if the survivor remains in danger from the perpetrator or others. Key message: rape is never the fault of the survivor.

### **Sexual Exploitation**

Any actual or attempted abuse of a position of vulnerability, differential power or trust for sexual purposes. This includes profiting monetarily, socially or politically from the sexual exploitation of another.

Sexual exploitation can be perpetrated by anyone in a position of power, authority, influence, or control, including humanitarian aid workers, soldiers/officials at checkpoints, teachers, smugglers, or trafficking networks.

*Special considerations:* All humanitarian aid workers are mandatory reporters for sexual exploitation and abuse cases involving UN and NGO workers. Report to your supervisor after telling the survivor. A report may trigger a

confidential investigation. Jointly develop a safety plan with the survivor and assist her through any process.

### **Forced Prostitution**

This is forced or coerced sex in exchange for material resources, services and assistance, usually targeting highly vulnerable women or girls unable to meet basic human needs for themselves and/or their children.

Forced prostitution can be perpetrated by any person in a privileged position, in possession of money or control of material resources and services, perceived as powerful, including humanitarian aid workers.

*Special considerations:* Maintain confidentiality and support survivor decisions, support with safety plan. If abuse by humanitarian workers, report to supervisor with survivor knowledge.

### **Sexual Harassment**

This includes any unwanted, unwelcomed sexual comments, advances, or requests for sexual favors that humiliate, threaten, or embarrass a person. It usually involves a continuous pattern of harassment ranging from uninvited touching, sexist remarks and or/jokes and verbal, visual, or physical conduct of a sexual nature.

Sexual harassment can be perpetrated by anyone, employers, supervisors or colleagues, any person in a position of power, authority, or control.

*Special considerations:* Maintain confidentiality and support survivor decisions. Jointly develop a safety plan with the survivor.

### **Physical Violence**

An act of physical violence that is not sexual in nature.

This form of violence usually occurs in intimate partner relationships. It can include forms of violence or neglectful acts that cause physical pain or injury. Examples include: hitting, slapping, choking, shoving, grabbing, pinching, biting, hair pulling, burning, strangulation, cutting, shooting or use of any weapons. This type of abuse also includes forced pregnancy, forced abortion, knowingly transferring sexually transmitted infections, and denial of medical care.

Physical violence can be perpetrated by a spouse, intimate partner.

*Special considerations:* Maintain confidentiality and support survivor decisions. Support the survivor by jointly developing an intimate partner safety plan and facilitating needed health referrals. Security should stop ACTIVE conflict. If the fighting is not occurring now, do not approach the survivor or perpetrator without the consent of the survivor. Do not get

involved in mediation. Key message: the use of violence in a relationship is not acceptable under any circumstances. The survivor is not at fault.

### Emotional and Psychological Violence

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This is the infliction of mental or emotional pain or injury. This includes violence perpetrated in a non-physical manner usually by an intimate partner or person in a position of authority that is intended to frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure or wound. Forms of emotional or psychological violence include:

#### **Verbal Abuse or Humiliation**

This is non-sexual verbal abuse that is insulting, degrading, demeaning; compelling the survivor to engage in humiliating acts, whether in public or private; denying basic expenses for family survival; or undermining self-worth and self-esteem.

Verbal abuse or humiliation can be perpetrated by anyone in a position of power and control; often perpetrated by intimate partners or family members in a position of authority.

*Special considerations:* Support the survivor emotionally and jointly develop a safety plan. Go through the power and control wheel with survivors of intimate partner violence.

#### **Psychological Abuse**

Elements of psychological abuse include, but are not limited to, causing fear by intimidation; threatening physical harm to self, survivor, children, or her family or friends; destruction of pets, property or cherished items; or forcing isolation from her family, friends, or school and/or work.

Psychological abuse can be perpetrated by an intimate partner or relative.

*Special considerations:* Support emotionally and safety plan; go through the power and control wheel with survivors of Intimate partner violence.

#### **Confinement**

This includes isolating a person from friends/family, restricting movement, deprivation of liberty or restriction of the right to free movement.

Confinement can be perpetrated by anyone in a position of power and control; often perpetrated by spouses, intimate partners or family members in a position of authority.

*Special considerations:* Support emotionally and safety plan; go through the power and control wheel with survivors of Intimate partner violence.

## Social or Economic Violence

This includes violence perpetrated in a non-physical manner (usually by an intimate partner) or embedded in laws and policies that deny women and girls access to income/earnings and social opportunities for advancement. Other examples include: discrimination and/or denial of opportunities, services or resources; exclusion; denial of access to education, health assistance or remunerated employment; or denial of property rights.

Discrimination and/or denial of services can be perpetrated by family members, society, institutions and organizations, government actors.

*Special considerations:* Support the survivor emotionally and advocate with survivor consent.

Forms of emotional or social or economic violence include:

### **Economic Abuse**

This form of violence includes making or attempting to make the survivor financially dependent by maintaining control over financial resources, withholding access to money, or forbidding participation in school or employment opportunities.

Economic abuse can be perpetrated by intimate partners, spouses

*Special considerations:* Support emotionally and safety plan; go through the power and control wheel with survivors of Intimate partner violence.

## Harmful Traditional Practices

These are acts that can also be included in the other categories of GBV, however they are specific to particular cultures in which girls and women are severely undervalued, considered second-class citizens and have fewer rights. The practices are often carried out in the name of upholding and maintaining culture. Forms of harmful traditional practices can include:

### **Female Genital Mutilation (FGM)**

This is the cutting of female genital organs for non-medical reasons, usually done at a young age. It ranges from partial to total cutting, removal of genitals, stitching (whether for cultural or other non-therapeutic reasons), often undergone several times during their lifetime.

FGM can be perpetrated by traditional practitioners, supported, condoned, and assisted by families, religious groups, entire communities, and some states.

*Special considerations:* Prior to FGM, if support is requested, support the survivor with health knowledge of FGM consequences, identify support persons (family members, religious leaders, etc.), and discuss with decision-

makers with consent. If support is requested following FGM, support the survivor with health information.

### **Early Marriage**

This includes arranged marriage under the age of legal consent. Sexual intercourse in such relationships constitutes statutory rape, as girls are not legally competent to agree to such unions.

Early marriage can be perpetrated by parents, communities, and states.

*Special considerations:* If pre-marriage, discuss with decision makers about waiting until child is older. If there are laws in the country, discuss legal considerations. Pre and post marriage discuss health consequences of early pregnancy (fistula, death) and support the survivor with reproductive health; work on opportunities for the survivor to access education and other activities to not be isolated. Jointly develop a safety plan with the survivor.

### **Forced Marriage**

This is an arranged marriage against the survivor's wishes. Often a dowry is paid to the family. When refused, there can be violent and/or abusive consequences.

Forced marriage can be perpetrated by parents and family members.

*Special considerations:* Support the decisions of the survivor. Jointly develop a safety plan with survivor, and identify social supports.

### **Honor Killing**

This is the maiming or murdering a woman or girl as punishment for acts considered inappropriate for her gender that are believed to bring shame on the family or community (e.g., pouring acid on a young woman's face as punishment for bringing shame to the family for attempting to marry someone not chosen by the family) or to preserve the honor of the family (e.g. as a redemption for an offence committed by a male member of the family).

Honor killing can be perpetrated by a parent, husband, other family members or members of the community.

*Special considerations:* Support the decisions of the survivor. Find a confidential safe shelter if the survivor is at risk, and identify security support.

### **Female Infanticide and/or Neglect**

This includes killing, withholding food, and/or neglecting female children because they are considered to be of less value in society than male children.

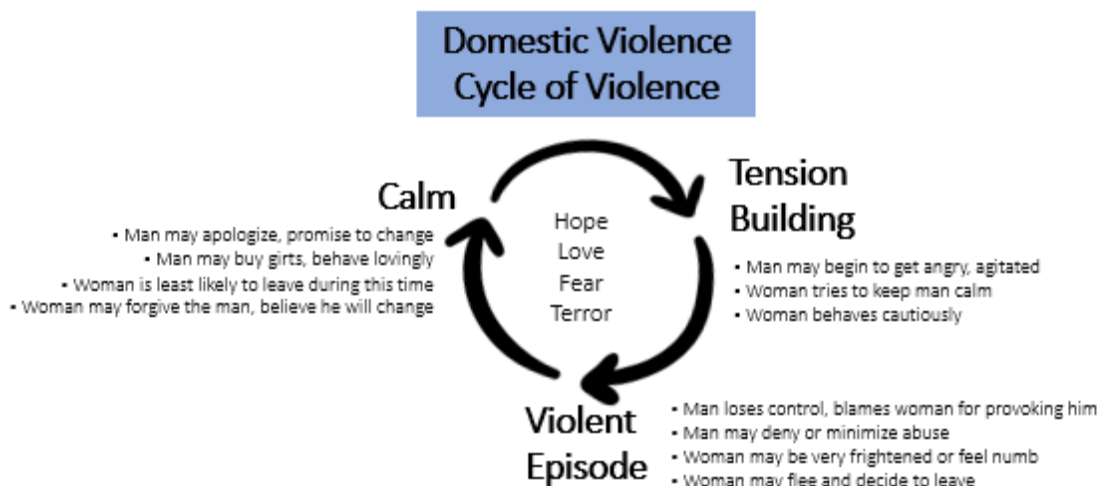
Female infanticide and/or neglect can be perpetrated by a parent and other family members.

*Special considerations:* If child is neglected, work with child protection on best interest determination. Identify adult social supports.

### Intimate Partner Violence

This is also called domestic violence or spousal abuse and may involve several different types of violence.

This is a pattern of abusive behavior in an intimate relationship that is used by one person (who is usually a man) to gain or maintain power and control over the other person (who is usually a woman). It can be in the form of physical, sexual, emotional, economic, reproductive, spiritual or psychological actions or threats or stalking/monitoring. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure or wound. Intimate partner violence is characterized by a cycle of violence as the violence happens repeatedly over time and by behaviors used to establish power and control.



*Special considerations for case management:* Support the survivor with an IPV safety plan to reduce the risk of injury and plan for the next violence incident. Identify patterns of violence and resources with the survivor. Review power and control behaviors and the cycle of violence. Support the survivor to know that she is not at fault and the perpetrator's use of violence is a choice. Authorities should make clear that no use of violence is acceptable in relationships and mediation is not recommended because neither a survivor's behavior nor a perpetrator's anger should never be an excuse for violence.

