



**Ministry of Public Health
Directorate of policy and plan
Directorate of Gender**

MODULE 1: UNDERSTANDING GENDER-BASED VIOLENCE

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Introduction to Module 1

Understanding Gender-Based Violence (GBV), a complex issue.

Contents of Module

This module provides information on the nature of gender-based violence as well as its many types and causes. These understandings form the foundation for the rest of the course.

The module covers:

- Understanding what we mean by “GBV”
- Prevalence and types of GBV
- Causes, contributing factors and consequences of GBV

Module Objectives

By the end of this module, the participant will be able to:

- Define gender-based violence
- Describe basic concepts related to GBV (such as violence, harm and power)
- List common categories of GBV
- Identify the root causes of GBV
- Identify potential consequences of GBV

Context

GBV prevention and response involves a specific set of interventions that must be well planned and well-coordinated. Before you can establish those interventions, however, you must understand the problem well, and you must have reflected on your own knowledge, attitudes and beliefs about issues of gender, human rights, discrimination and gender-based violence.

This module will help build your knowledge and understanding of gender-based violence, its causes, and its consequences so that you can begin to use your knowledge to develop effective interventions for preventing and responding to GBV in emergencies.

Self-Reflection

In order to begin to effectively address this issue, we must first be aware of our own preconceived ideas about women, girls, men, and boys in the context of emergencies. Before we begin, take a minute to reflect on your own attitudes.

Read each of the statements below and tick whether you agree, disagree or are unsure about what is written.

- Men are better than women at making important decisions during times of crisis.

- Men are responsible for protecting their wives and children from harm during emergencies.
- In case of emergency, women should always defer to the decisions of their husbands or other male relatives regarding when it is safe to return home or resettle.
- Men should be the primary income earners of the family in regular situations and especially during displacement.
- A man should always know what to do and should never show his weakness, even if he has experienced traumatic events during the crisis.
- The focus of our prevention programmes with men, as the primary perpetrators of GBV, should be on attitude and behaviour reform.

Topic 1: Overview of Core Concepts

Overview

In nearly every modern day conflict and disaster, reports of gender-based violence have revealed the various ways in which emergencies can increase vulnerabilities to abuse amongst populations already deeply disadvantaged by the effects of the crisis. Every day the media reports on gender-based violence happening on a scale that seems unimaginable.

Core Concepts

In order to begin addressing this issue effectively and sustainably, we must first explore the core concepts that make up our definition of gender-based violence.

Gender-based violence is a complex issue, and even the words “gender-based violence” involve a complex set of concepts and terms. It is important to develop a basic understanding of these terms and concepts so that you can conduct assessments, design programmes, deliver services, coordinate with others, and monitor and evaluate your GBV interventions.

A thorough understanding of these core concepts will also enable you to help others understand the issues, and will help you to talk about GBV with care and respect, and without using confusing words.

We will now explore each of the core concepts listed here, which will lead us to a working definition of gender-based violence.

Gender and Sex

“Gender” refers to the social differences between males and females in any society. Although the words “sex” and “gender” are often used interchangeably, the differences between these two terms must be well understood.

- Gender - Is defined by social differences between males and females| Sex – Is defined by physical or biological differences between males and females
- Gender – Is determined by social factors—history, culture, tradition, societal norms, religion | Sex - Is determined by biology, nature

Gender

“Gender” Refers to the social differences between males and females that are learned. Though deeply rooted in every culture, social differences are changeable over time, and have wide variations both within and between cultures. “Gender” determines the roles, responsibilities, opportunities, privileges, expectations, and limitations for males and for females in any culture.

Human Rights

The concept of human rights acknowledges that every single human being is entitled to enjoy his or her human rights without distinction as to race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status. Human rights are founded on respect for the dignity and worth of each person. Human rights are universal, meaning that they are applied equally and without discrimination to all people. Human rights are inalienable, in that no one can have his or her human rights taken away other than in specific situations.

Violence

Violence, Use of Force, Abuse, Coercion

Many people associate the word “violence” with physical force and physical violence, but there are many other forms of violence. For example, consider this: Violence = the use of some type of force, coercion (When force or coercion is used, there can be no consent.), or pressure.

Violence: The use of force to control another person or other people. Violence can include physical, emotional, social or economic abuse, coercion, or pressure. Violence can be open, in the form of a physical assault or threatening someone with a weapon; it can also be more hidden, in the form of intimidation, threats or other forms of psychological or social pressure.

Force: To cause to do through pressure or necessity, by physical, moral or intellectual means.

Abuse: the misuse of power. Abuse prevents persons from making free decisions and forces them to behave against their will. Children are especially vulnerable to abuse due to their extremely limited power in any given situation. Children are also more easily confused and tricked due to their limited life experience.

Coercion: Forcing, or attempting to force, another person to engage in behaviours against her/his will by using threats, verbal insistence, manipulation, deception, cultural expectations or economic power.

Consent: Refers to approval or assent, particularly and especially after thoughtful consideration. "Informed consent" occurs when someone fully understands the consequences of a decision and consents freely and without any force. The absence of informed consent is an element in the definition of GBV. There can be no consent in situations where any kind of force (physical violence, coercion, etc.) is used. "She didn't say no" is a common defence for acts of GBV. In many cases, she might say "yes" or would not say "no" because she feels threatened and fears for her own safety, her social status, or her life. It is further assumed that children (under age 18) are unable to fully understand and make informed choices/give consent about such issues as education and marriage.

To ensure consistency in the understanding of the different forms of gender-based violence by health care professionals in Afghanistan, the following WHO definitions will also be used.

1. Sexual Violence: According to WHO; sexual violence is any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances or acts to traffic or otherwise directed against a person's sexuality using coercion, by any person regardless of their relationship to the victim, in any setting including, but not limited to home and work.

2. Sexual Assault: A sub-category of sexual violence, sexual assault usually includes the use of physical or other force to obtain or attempt sexual penetration. It includes rape.

a. Rape

According to the Rome Statute ratified by Afghanistan, rape can be defined¹:

1. The perpetrator invaded the body of a person by conduct resulting in penetration, however slight, of any part of the body of the victim or of the perpetrator with a sexual organ, or of the anal or genital opening of the victim with any object or any other part of the body.

2. The invasion was committed by force, or by threat of force or coercion, such as that caused by fear of violence, duress, detention, psychological oppression or abuse of power, against such person or another person, or by taking advantage of a coercive environment, or the invasion was committed against a person incapable of giving genuine consent.

¹ The Elements of Crimes are reproduced from the Official Records of the Assembly of States Parties to the Rome Statute of the International Criminal Court, First session, New York, 3-10 September 2002 (United Nations publication, Sales No. E.03.V.2 and corrigendum), part II.B.

3. Physical Assault

Physical assault involves² intentionally using or threatening to use physical force, strength, or a weapon to harm or injure the woman. Examples include: hitting, slapping, choking, cutting, shoving, burning, shooting or use of any weapons, acid attacks or any other act that results in pain, discomfort or injury.

4. Forced Marriage

Forced marriage is defined as the marriage of an individual against her or his will. Apart from being a form of violence, forced marriage can further increase the risks of physical, sexual and psychological abuse.

5. Denial of Vital Resources, such as Nutrition and Shelter

This category covers the acts of deliberate deprivation from nutrition and shelter as means of punishment or discipline.

6. Psychological/Emotional Abuse

Psychological or emotional abuse are defined as infliction of mental or emotional pain or injury. Examples include: threats of physical or sexual violence, intimidation, humiliation, forced isolation, stalking, verbal harassment, unwanted attention, remarks, gestures or written words of a sexual and/or menacing nature, destruction of cherished things, etc.

In Afghanistan, most healthcare workers need to be prepared to treat survivors of domestic violence, including burnings and assault and sexual assault, including rape.

CATEGORY	EXAMPLE	POSSIBLE OFFERED TREATMENT
Sexual assault	- Rape, including gang rape	Rape management – First-line support – referral mental health support
Sexual violence	- sexual assault including rape - unwanted sexual comments or advances - acts to traffic	First-line support Referral for mental health support
Physical assault	- Beating - Kicking - Biting - Hair pulling - Strangling - Causing injury - Causing disability - Burning	First-line support Wound management Burn management Referral to next level of care Referral Mental health support

² Standard Operating Procedures for Healthcare Sector response to Gender-Based Violence, MoPH, 2013

Forced marriage	<ul style="list-style-type: none"> - Selling/buying women for marriage - Giving baad - Forced marriage - Under-aged marriage 	Referral to women's organization and other services for such cases
Psychological/emotional abuse	<ul style="list-style-type: none"> - Verbal abusing/ humiliating / intimidating - Harassment / persecution - Forcing to burn - Forcing to suicide - Forcing to use poison 	First-line support Wound management Burn management Referral to next level of care Referral mental health support

Gender-Based Violence

Gender-based violence is a violation of universal human rights protected by international human rights conventions, including the right to security of person; the right to the highest attainable standard of physical and mental health; the right to freedom from torture or cruel, inhuman, or degrading treatment; and the right to life.

Globally, GBV has a greater impact on women and girls than on men and boys. The term "gender-based violence" is often used interchangeably with the term "violence against women". The term "gender-based violence" highlights the gender dimension of such acts of violence; in other words, the relationship between a female's subordinate status in society and her increased vulnerability to violence. It is important to note, however, that boys and some men may also be victims of sexual violence.

The IASC Guidelines³ on "Gender-based Violence Interventions in Humanitarian Settings" (2005) describe GBV as "an umbrella term for any harmful act that is perpetrated against a person's will, and that is based on socially ascribed (gender) differences between males and females" (p.7).

The following definitions are taken from Gender-based Violence Treatment Protocol for Healthcare Providers in Afghanistan published in 2014. They in turn have used internationally approved definitions from the Inter-Agency Standing Committee and Afghanistan's Law on the Elimination of Violence against Women (LEVAW)⁴.

According to LEVAW in Afghanistan the following acts shall be deemed as violence against women:

- Sexual assault;
- Forced prostitution;

³ Guidelines for Gender-based Violence Interventions in Humanitarian Settings: Focusing on Prevention of and Response to Sexual Violence in Emergencies, Inter-Agency Standing Committee, 2005.

⁴ Law on Elimination of Violence against Women (EVAW), MINISTRY OF JUSTICE, ISLAMIC REPUBLIC OF AFGHANISTAN, 2009.

- Recording the identity of the victim and publishing it in a way that damages her personality;
- Burning, using chemicals or other dangerous substances;
- Forcing one to burn herself or to commit suicide or using poison or other dangerous substances;
- Causing injury or disability;
- Beating;
- Selling and buying women for the purpose of or on the pretext of marriage;
- Giving baad⁵;
- Forced marriage;
- Prohibiting from the right of marriage or right to choose spouse;
- Underage marriage;
- Abusing, humiliating, intimidating;
- Harassment/persecution;
- Forced isolation;
- Forced addiction;
- Depriving from inheritance;
- Prohibiting to access personal property;
- Prohibiting from the right to education, work and access to health services;
- Forced labour;
- Marrying more than one wife without observing Article 86 of Civil Code; and
- Denial of relationship.

At present, there are no clear statutory definitions to define at law the various GBV concepts listed above.

Checking Your Knowledge - Violence

In the following lines you will be asked to apply what you have just learned about violence and its related terms. There are three questions.

(Answers are available in the Answer Key at the end of the module)

1. In situations where armed people take advantage of the chaos of conflict to rape women indiscriminately, they are usually coercing women into performing sexual acts against their will.

This is an example of (check all that apply)

- a) Violation of human rights
- b) Abuse
- c) Informed consent

2. True or False: When we refer to violence, we are referring only to physical violence.

- True
- False

⁵ The selling/trading of girls/women to settle debts.

3. Violence can be manifested in many different ways, including (check all that apply):
- a) Physical assault
 - b) Emotional or psychological abuse
 - c) Social or economic abuse.

Power

Gender-based violence involves the abuse of power.

To understand GBV risks and vulnerabilities, it is important to understand the power dynamics in the communities we serve.

To address GBV effectively, you must understand and analyse the power relations among men and women, women and women, men and men, adults and children, and among children.

Power

Power involves the ability, skill or capacity to make decisions and take action; physical force or strength. The exercise of power is an important aspect of relationships. All relationships are affected by the exercise of power. The more power a person has, the more choices are available to that person. People who have less power have fewer choices and are therefore more vulnerable to abuse.

REMEMBER: Similar to “violence”, “power” is not always physical.

Harm

Gender-based violence causes harm. Physical injuries, including sexual injuries, often occur. Other harmful consequences can include:

- Emotional and psychological trauma
- Economic hardship
- Rejection and social stigma

Any of these can lead to the most harmful of all consequences – death due to injuries, from suicide or murder.

REMEMBER: Every survivor of GBV is an individual, and will experience harm in different ways.

Stigma: Severe disapproval for behaviour that is not considered to be within cultural norms. Social stigma often causes rejection by families and/or communities.

Core Concepts and the Definition of GBV

Put together, these core concepts form the basis for our working definition of gender-based violence.

Gender – Acts of GBV are based on gender; that is, the socially defined roles, expectations, rights, and privileges of males and females in any society or community.

Violence – GBV involves the use of force – which includes threats, coercion, and abuse.

Power – Gender-based violence is the abuse of some type of power over another person.

Harm – All forms of GBV are harmful to individuals, families, and communities. Each survivor of GBV is an individual, and each will experience harm differently.

Human Rights violation– Acts of GBV are violations of basic human rights

Definition of Gender-Based Violence

“Gender-based violence is an umbrella term for any harmful act that is perpetrated against a person’s will, and that is based on socially ascribed (gender) differences between males and females. Acts of GBV violate a number of universal human rights protected by international instruments and conventions. Many — but not all — forms of GBV are illegal and criminal acts in national laws and policies.”

More About the Definition

As you saw, the definition brings together the key concepts. Acts of GBV are based on gender, are harmful, violate human rights, and involve the abuse of power and the use of force.

An International Perspective

GBV Definition

The definition we used is the official and agreed-upon definition of gender-based violence in the context of humanitarian emergency situations. The definition was developed by a team of GBV experts in 2005 when the Inter-Agency Standing Committee Guidelines on GBV Interventions in Emergencies were developed. Because it is an IASC-endorsed definition, this is the agreed definition for use by UN agencies, most international NGOs, the Red Cross/Red Crescent movement, and most other international organizations involved in emergency response.

Men and Boys and GBV

Around the world, GBV has a greater impact on women and girls than on men and boys. It is important to note, however, that men and boys may also be victims of gender-based violence, especially sexual violence. While there is some evidence that sexual violence against boys occurs more often than previously known, we do not yet know enough about sexual violence against men and boys in any setting, including in emergencies.

Although men and boys can often be seen as either perpetrators or victims of GBV, men and boys are often also critical change agents in GBV prevention efforts.

Checking Your Knowledge – GBV Concepts and Terms

Review what you know about GBV concepts and terms by answering the following questions.

A displaced woman fleeing with three children from armed conflict approaches an armed person at a checkpoint. The woman has been separated from the rest of her family and community; she is seeking refuge at a town on the other side of the checkpoint. The armed person asks the woman to give him some money to go through the checkpoint (there is no fee - he is asking for a bribe). The woman explains she has no money and nothing of value to offer. The armed person tells the woman that he will let her through if she has sex with him. The woman agrees. The man is very rough and the woman feels pain while he is inside of her. She tries not to cry in front of her children.

1. Did the woman consent to sex?
 - Yes
 - No
2. Is this an incident of gender-based violence?
 - Yes
 - No
3. Why is this an incident of gender-based violence? Check all that apply:
 - a) It was based on an unequal balance of power between the armed person and the woman
 - b) It was harmful to the woman
 - c) It violated the woman's human rights
 - d) She gave her consent to have sex
 - e) It involved the use of force

Topic 2: Prevalence and Types of GBV

Now that we have looked at the core concepts that make up our definition of gender-based violence, let's look at the many types of GBV and their prevalence throughout the world, whether in a stable setting or in an emergency.

It is important to note that we usually only know the number of individuals who report GBV, not all of the individuals who have experienced GBV. Prevalence of gender-based violence is extremely difficult to obtain due to its hidden nature and do to the fact that it is under reported.

Prevalence: The prevalence of an event or act is defined as the total number of cases (of GBV) in the population at a given time.

NOT JUST A LOCAL ISSUE

Prevalence of GBV Worldwide

It is well documented that GBV is a widespread international human rights and public health issue, and that appropriate, good quality, and effective prevention and response are inadequate in most countries worldwide.

Although in most countries little research has been conducted on the problem, available data provide a rough estimate of the prevalence of GBV worldwide.

GBV Across the World

Note: Given the ethical and safety difficulties in collecting data on this sensitive topic, these facts and figures are accepted estimates that demonstrate the widespread nature of the problem and highlight specific trends in crisis/post-crisis settings. This information may be useful in efforts to bring GBV to the attention of stakeholders in the absence of reliable data from any one specific setting.

GBV in All Settings

Around the world at least one woman in every three has been beaten, coerced into sex, or otherwise abused in her lifetime. Most often the abuser is a member of her own family.

- 48% of girls surveyed in the Caribbean reported their first sexual intercourse experience was forced.
- More than 90 million African women and girls are victims of female circumcision or other forms of genital mutilation.
- In South Africa, it is estimated that a woman is raped every 83 seconds, and only one in 20 of these cases are ever reported to the police.
- In the Midlands Province in Zimbabwe, 25% of women reported attempted or completed rape by an intimate partner.
- More than 70 million girls/women have suffered FGM/C worldwide. Every year more than 2 million girls suffer this practice.

Populations Affected by Armed Conflict

Multinational peacekeepers and humanitarian aid workers have been found to sexually abuse and exploit refugee and internally displaced women and children in Guinea, Sierra Leone, Liberia, the Democratic Republic of Congo, Nepal, and other countries.

Cambodia: 75% of women who participated in a study conducted in the mid-1990s were domestic violence survivors, often at the hands of partners who kept small arms that they used in the war.

Liberia: Overall, the proportion of women who reported violence, perpetrated by non-family members, was over 10 times greater during the conflict period (1999-2003), compared with violence reported during the post conflict years.

Following Natural Disasters

Sexual Violence

Indian Ocean tsunami, 2004: Sexual assaults were widely reported to increase in the aftermath of the tsunami.

Intimate partner violence/ Domestic violence

Indian Ocean tsunami, 2004: Domestic violence was widely reported to increase in the aftermath. One NGO reported a three-fold increase in cases brought to them.

Trafficking

Women, girls, and boys “disappear” from populations affected by natural disaster. The extreme circumstances of disaster, poverty, dependence, and hopelessness provide an opportunity for traffickers to trick and exploit women and children.

Death Due to GBV

Some victims of GBV die in the aftermath of the incident as a result of illness, murder or suicide, although statistics on deaths due to GBV are rarely kept.

Many survivors of rape during the Rwandan genocide are now HIV+ or already dead due to complications of AIDS.

More than 5 million women die each year as victims of honour killings

Some women, suffering from unrelenting emotional, psychological, and social distress, commit suicide. In Thailand, UNHCR monitors the numbers of suicides, among other protection incidents in the Burmese refugee population. According to UNHCR, “2 in 3 suicide victims are women, compared to a national ratio in Thailand of 3 males to every 1 female. Most suicides involve victims of rape or domestic violence.”

Prevalence of GBV in Afghanistan

According to the 2013 annual report of the United Nations Assistance Mission in Afghanistan (UNAMA) and the United Nations High Commissioner for Human Rights, an estimated total of 1,669 incidents of violence against women were registered with

the Department of Women's Affairs, police and prosecutors in the 16 concerned provinces. The report also highlighted that of those 1,669 registered incidents of violence against women, only 109 cases (seven percent) were processed by the formal justice system through the implementation of the Law on the Elimination of Violence Against Women (LEVAW). The crime of battery and laceration was the most prevalent form of violence against women among the registered cases documented in the said period.

The Global Rights' 2008 "National Report on Domestic Abuse in Afghanistan" reported that 87% of the women interviewed in 4,700 households in 16 provinces experienced at least one form of domestic violence and 62% experienced multiple forms of violence. Seventeen% reported sexual violence (11% experienced rape), 52% were victims of physical violence, 59% were forced to marry and 74% were victims of psychological violence.

The Afghan Independent Human Rights Commission (AIHRC) reported that 4,154 cases of violence against women were registered by 1179 complainants at several AIHRC offices during the first six months of 2013. The majority of cases (1249 cases, 30%) were related to physical violence, 976 cases (24%) were related to verbal and psychological violence, 862 (21%) were forms of economic violence, 262 (6%) of cases were related to various forms of sexual violence and 805 cases (19.4%) were forms of other types of violence against women.

GBV and Healthcare

In mid-2013, a Knowledge, Attitudes and Practices (KAP) study relating to health personnel working in GBV case management was carried out by UN Women and WHO in six provinces for the purpose of acquiring a better understanding of healthcare provider capacity to identify, treat, document and refer GBV survivors. According to the results of the study, an average of 22 GVB survivors had visited the health facility during the month prior to investigation (77 percent were victims of physical violence, 83 percent of emotional violence and 29 percent of sexual violence). Half of the healthcare personnel interviewed were well-informed about the health consequences of GBV. Slightly more than half of the respondents said they have asked patients on the possibility of being a survivor of GBV, but highlighted that several barriers to a proper consultation existed, including time limitations, lack of space in the clinic to ensure privacy, little or no service facility for GBV victims in the facility, greater emphasis on other health issues, fear of police proceedings, lack of training to handle such issues, and a lack of referral facility in the province for GBV victims.

The results of the KAP study showed that there is an urgent need to include GBV into health sector policies, develop guidelines to handle GBV cases and strengthen the capacity of health professionals on managing GBV cases. There results also pointed to a need to strengthen coordination and linkages with other non-health service providers, properly equip and organize health facilities and addressing cultural and social barriers to GBV.

Humanitarian Emergencies and fragile environments

Sexual and other forms of gender-based violence can escalate in many humanitarian emergencies. Humanitarian emergencies are a complex mix of occurrences that may be the result of natural forces (extreme weather or geological activity) or human activity (conflict, social upheaval and environmental degradation). During emergencies, women and adolescents especially can be separated from their families and communities, increasing their vulnerability to attack. Breakdowns in law and order and in protective societal norms also contribute to this abuse.

Phases of Emergency Response

Emergencies can have a wide range of impacts and effects on both the human and physical environments.

One way to organize our response to emergencies is by phases.

Phase 1: Prevention and Mitigation

This phase may be characterized by deteriorating economic and social circumstances, civil disturbance, and growing instability. Activities in this phase contribute to outright avoidance of a crisis and/or minimize its adverse impacts. Prevention and mitigation can include:

- Monitoring and information gathering to support early detection of coming crises
- Engagement and consultation with those at risk
- Information campaigns to help communities respond when a crisis hits
- Contingency or preparedness planning
- Developing the response capacity of all key actors, including the communities that may be affected
- Stockpiling supplies

Phase 2: Acute Response

This phase is often chaotic, with people fleeing for safety and families and communities separating. Interventions during this phase focus on saving lives and meeting the basic needs of affected communities.

Phase 3: Protracted Relief

In this phase, the initial crisis has passed or subsided. People have reorganized themselves into families and communities. There is less chaos, and basic needs are met. Interventions at this phase may focus on capacity development of civil society and the affected populations, (re)establishment of systems for healthcare, rule of law, protection, etc., and conflict resolution and/or reconstruction.

Phase 4: Recovery and Rehabilitation

During this phase, those communities that have been displaced by the crisis may be returning to their country or area of origin or seeking asylum in a new country, either spontaneously or as part of a planned settlement. This phase may be characterized by wide scale community reconstruction and reintegration of returnees into communities. Interventions at this phase might support the transition of actions away from international actors to government and civil society.

GBV in Emergencies and fragile environments

The following information demonstrates the types of GBV that often occur during the various stages of an emergency, whether due to armed conflict or natural disaster.

Types of GBV present during crisis, prior to flight

- Abuse by persons in power
- Sexual bartering
- Sexual assault, coercion by combatants

Types of GBV present during flight

- Sexual attack, coercion by bandits, border guards, pirates
- Capture for trafficking
- Capture by armed person for sexual assault, slavery

Types of GBV present in displacement setting

- Sexual attack, exploitation, abuse by persons in authority
- Child sexual abuse
- Domestic violence
- Sexual assault when collecting wood, water, etc.
- Sex for survival
- Harmful traditional practices may resume in displacement settings

Types of GBV present in repatriation

- Sexual abuse, separated children
- Sexual abuse by persons in power
- Sexual attack

Types of GBV present in reintegration

- Abuse by persons in power
- Sexual bartering
- Sexual assault, coercion by combatants

GBV across Life Stages

Even without any type of humanitarian emergency in their community, women and girls are at high risk for many forms of GBV at all stages of their lives. The following

shows a sampling of the types of gender-based violence that commonly occur at the various life stages of women and girls.

It is important to note that younger girls will not be able to understand and communicate on the situation they may be facing and that the elderly may also not have all their capacities maintained.

Types of violence present in pre-birth

- Sex-selective abortion
- Battering during pregnancy, which can result in negative emotional and physical effects on the woman and effects on birth outcome
- Coerced pregnancy (for example, in the context of genocide)

Types of violence present in infancy

- Female infanticide
- Emotional abuse
- Physical abuse
- Differential access to food and medical care

Types of violence present in girlhood

- Forced marriage
- Sexual abuse by family members and strangers
- Unequal access to food and medical care
- Forced prostitution
- Rape
- Trafficking

Types of violence present in adolescence

- Forced marriage
- Dating and courtship violence
- Sex in exchange for goods and services (example: "sugar daddies")
- Sexual abuse by family members, strangers, acquaintances
- Rape
- Sexual harassment
- Unequal access to food and medical care
- Forced prostitution
- Trafficking

Types of violence present in reproductive age

- Intimate partner abuse
- Marital rape
- Dowry abuse and murders
- Sexual abuse in the workplace
- Sexual harassment
- Rape
- Abuse of women with disabilities

Type of violence among the elderly

- Abuse of widows
- Elder abuse

Discussion: Which of them may have broader MHPSS impact? With which other areas do they interact? On MHPSS which level of specialization will be required in the different cases? Should we ask for additional support? When?

Topic 3: Causes and Contributing Factors of GBV

Now that we have explored the meaning of gender-based violence as well as types and prevalence of GBV across settings and across the lifespan, we will look at the root causes and factors that contribute to GBV.

The GBV Tree

One way of demonstrating - and understanding - gender-based violence is to illustrate the issues using a drawing of a tree. This method is useful with communities in the field, and is a simple way to understand GBV.

The entire tree represents gender-based violence. The roots are the root causes. Weather and temperature are the contributing factors - they make the tree grow bigger and the roots grow stronger. The branches stand for the different categories of GBV that can occur. The leaves are the consequences of GBV for survivors, their families, and communities.

Roots

The roots are the root causes.

The root causes of gender-based violence are a society's attitudes towards and practices of gender discrimination. Typically, these place women and men in rigid roles and positions of power, with women in a subordinate position in relation to men. The accepted gender roles and lack of social and economic value for women and women's work strengthen the assumption that men have decision-making power and control over women. Through acts of gender-based violence perpetrators seek to maintain privileges, power, and control over others. This disregard for or lack of awareness about human rights, gender equality, democracy and non-violent means of resolving problems help continue the inequality that leads to GBV.

Weather / Temperature

Weather and temperature are the contributing factors - they make the tree grow bigger and the roots grow stronger.

While gender inequality and discrimination are the root causes of all forms of gender-based violence, various other factors will influence the type and extent of GBV in each setting. During crises and in fragile environments, there are many such factors that can increase risk and vulnerability to GBV. Examples include:

- Community and family support systems have broken down
- Families are often separated
- Institutions such as health facilities and police are under-staffed or non-existent
- There is a prevailing climate of human rights violations, lawlessness, and impunity
- Displaced populations are dependent on aid and vulnerable to abuse and exploitation
- Temporary communities and shelters may not be safe, may be overcrowded, may be in isolated areas, or could lack sufficient services and facilities

Branches

The branches stand for the different categories of GBV that can occur.

Acts of gender-based violence can be grouped into four general categories:

- Sexual abuse
- Physical abuse
- Emotional and psychological abuse
- Economic abuse

Leaves

The leaves are the consequences of GBV for survivors, their families, and communities.

The consequences of GBV for individuals and communities are far reaching. Keep in mind the physical consequences like sexually transmitted diseases and unwanted pregnancy, emotional and psychological consequences like guilt and shame, and social consequences like isolation and rejection, to name but a few. Each of these types of consequences of GBV will be discussed at greater length in Module 4: Responding to Gender-based Violence in Emergencies, and additional resources will be dedicated to the psychosocial support and mental health components.

Module 1 Case Study

Let's apply some of the concepts from this module by examining a case study. It is tempting to immediately move to thinking of ways to address the GBV. But as you read the case study and complete the activities, first try to understand the dynamics of the situation for Azadah and her family in light of what you have just learned.

Azadah and Family

Azadah is 17 years old. Until recently, Azadah was living with her parents and younger siblings in an unsafe environment. Azadah's family is a patriarchal family with traditional gender roles – her mother is responsible for the house, cooking, and child care, and her father is the decision-maker and primary income earner. Although the family is poor, Azadah used to attend the local school along with other IDP children. Three weeks ago Azadah's father told her that he could not afford to take care of her anymore and that he had arranged for her to go live with his cousin's family in a relatively stable area of the country.

The 42-year-old father of the family had recently lost his wife, and they needed someone who could help take care of the children and the home, and be a comfort to the father. Azadah was quickly married to the man and he brought her to his home, three hours away from her own family members. The first night, the man raped Azadah. He raped her again the next morning, again that night and again every day after that. After two weeks of suffering, Azadah wrote to her father and pleaded with him to let her come back to the camp. Azadah has just received a response from her father:

My dear Azadah. I was greatly distressed to receive your letter. Please do not write such things to me again – you know how the mail can go missing here and end up in others' homes. The matter that you shared with me is between you and your husband; you are a wife now, Azadah, with responsibilities that only a wife can meet. He is a good man and can provide a home for you and some money for us so we can survive. You have helped your family by marrying this man, Azadah. Please do not dishonour your family by reacting in this way.

Azadah is sad and scared. She feels trapped in the man's home and does not know what to do. She does not feel that she has any options left.

Module 1 Quiz - Analysing the Case Study

1. Let's begin analysing Azadah's case study considering the concepts we reviewed at the start of this module. In this case study, which of the following GBV concepts were evident? Check all that apply:

- a) Respect for Azadah's human rights
- b) Social pressure
- c) Abuse of power
- d) Harm

2. Next, consider the categories of GBV that have been discussed in this scenario. Please select all of the categories of GBV that apply to Azadah's story:

- a) Sexual abuse
- b) Physical abuse
- c) Emotional and psychological abuse
- d) Economic abuse

3. What do you think are the principal root causes of Azadah's abuse?

- a) Azadah 's religious background and lack of appropriate health education
- b) Gender inequality and lack of respect for Azadah's human rights
- c) Displacement and poor schools

4. The leaves on the GBV tree symbolize the consequences of GBV. Identify all possible consequences of Azadah's abuse in this case:

- a) Negative health outcomes
- b) Economic dependence on her husband
- c) Early pregnancy
- d) Depression

5. In the case study, there were contributing factors (symbolized in the GBV Tree by weather, temperature, etc.). Refer to the case study and select all that apply to Azadah's situation:

- a) Azadah's attractive appearance
- b) The family's dependence on aid from organizations
- c) The family's unsafe environment
- d) The man's alcoholism
- e) Azadah's lack of knowledge about her human rights (and her lack of skills in advocating on behalf of her rights)

Congratulations!

You have now completed this module.

You should now be able to...

- Define gender-based violence
- Describe basic concepts related to GBV (such as violence, harm, power)
- List common categories of GBV and the ones most affecting Afghanistan
- Identify root causes of GBV
- Identify potential consequences of GBV

You may now proceed to Module 2.

MODULE 1 ANSWER KEY

Checking Your Knowledge - Violence

1. In situations where armed people take advantage of the chaos of conflict to rape women indiscriminately, they are usually coercing women into performing sexual acts against their will. This is an example of (check all that apply):
 - a) Violation of human rights
 - b) Abuse
 - c) Informed consent

Answer: a – This is an example of a violation of human rights and abuse.

2. True or False: When we refer to violence, we are referring only to physical violence.

Answer: False – Violence can include physical, emotional, social or economic abuse, coercion, or pressure. Violence can be open, in the form of a physical assault or threatening someone with a weapon; it can also be more hidden, in the form of intimidation, threats or other forms of psychological or social pressure.

3. Violence can be manifested in many different ways, including (check all that apply):
 - a) Physical assault
 - b) Emotional or psychological abuse
 - c) Social or economic abuse

Answer: a, b, c — All of these are examples of way that violence can be manifested.

Checking Your Knowledge – GBV Concepts and Terms

Review what you know about GBV concepts and terms. Read the following scenario and answer the questions below.

*A displaced woman fleeing with three children from armed conflict approaches an armed person at a checkpoint. The woman has been separated from the rest of her family and community; she is seeking refuge at a town on the other side of the checkpoint. The armed person asks the woman to give him some money to go through the checkpoint (there is no fee - he is asking for a bribe). The woman explains she has no money and nothing of value to offer. The armed person tells the woman that he will let her through if she has sex with him. The woman agrees. **The man is very rough and the woman feels pain while he is inside of her. She tries not to cry in front of her children.***

1. Did the woman consent to sex?

Answer: No – The woman did not consent. There can be no consent in situations where any kind of force (physical violence, coercion, etc.) is used.

2. Is this an incident of gender-based violence?

Answer: Yes – This is an example of gender-based violence. The man abused his power to force the woman to have sex so she could get through the checkpoint.

3. Why is this an incident of gender-based violence? Check all that apply:
- a) It was based on an unequal balance of power between the armed person and the woman
 - b) It was harmful to the woman
 - c) It violated the woman's human rights
 - d) She gave her consent to have sex
 - e) It involved the use of force

Answer: a, b, c, e – This incident is based on an unequal balance of power between the armed person and the woman, causes harm to the woman, violated the woman's human rights, and involved the use of force. The woman did not consent to have sex.

Module 1 Quiz - Analysing the Case Study

1. Let's begin analysing Azadah's case study considering the concepts we reviewed at the start of this module. In this case study, which of the following GBV concepts were evident? Check all that apply:
- a) Respect for Azadah's human rights
 - b) Social pressure
 - c) Abuse of power
 - d) Harm

Answer: b, c, d – Azadah's human rights are not being respected in this scenario. Azadah is experiencing social pressure to marry the older man. Azadah is also facing an abuse of power by her father and her new husband. Finally, Azadah is experiencing physical, emotional and psychosocial harm due to the rapes.

2. Next, consider the categories of GBV that have been discussed in this scenario. Please select all of the categories of GBV that apply to Azadah's story:
- a) Sexual abuse
 - b) Physical abuse
 - c) Emotional and psychological abuse
 - d) Economic abuse

Answer: a, c – Rape is a form of sexual abuse. Azadah is being raped every day by her new husband. Azadah is also experiencing emotional and psychological abuse: she did not want to marry the man, is sad and scared, and now feels trapped in the man's home. Although we might assume that Azadah was also experiencing physical abuse, this type of GBV was not described in the case study. Although Azadah was sent to the man to help fix her family's financial problems, there is no indication from the case study that she is experiencing economic abuse herself.

3. What do you think are the principal root causes of Azadah's abuse?

- a) Azadah 's religious background and lack of appropriate health education
- b) Gender inequality and lack of respect for Azadah's human rights
- c) Unsafe environment and poor schools

Answer: b – Gender inequality and lack of respect for Azadah's human rights are the principal root causes of Azadah's abuse.

4. The leaves on the GBV tree symbolize the consequences of GBV. Identify all possible consequences of Azadah's abuse in this case:

- a) Negative health outcomes
- b) Economic dependence on her husband
- c) Early pregnancy
- d) Depression

Answer: all – All of these are possible negative consequences of Azadah's abuse.

5. In the case study, there were contributing factors (symbolized in the GBV Tree by weather, temperature, etc.). Refer to the case study and select all that apply to Azadah's situation:

- a) Azadah's attractive appearance
- b) The family's dependence on aid from organizations
- c) The family's unsafe environment
- d) The man's alcoholism
- e) Azadah's lack of knowledge about her human rights (and her lack of skills in advocating on behalf of her rights)

Answer: b, c, e – Contributing factors that were mentioned in this case study include: the family's dependence on external support; the family's unsafe environment; and Azadah's lack of knowledge about her human rights (and her lack of skills in advocating on behalf of her rights).