

CCDU GENDER-BASED VIOLENCE SERIES 2020



BREAK THE SILENCE



NO MEANS NO!



**LOVE SHOULDN'T
HURT**

INTIMATE-PARTNER VIOLENCE

Week 2: Article 2 of 6

A PSYCHOEDUCATIONAL AND EMPOWERMENT INITIATIVE

- Intimate partner violence (IPV) is abuse or aggression that occurs in a close or intimate relationship.
- “Intimate partner” may include a girlfriend, boyfriend, husband or wife; current or former; and is not restricted to violence against women only, but also includes same-sex intimate relationships such as gay men.
- Intimate partner violence can take on the form of sexual, physical or psychological aggression and may include stalking and controlling behaviors from a former or current intimate partner.
- Even though IPV is one of the most common forms of violence against women, various research shows that men and women are both victims and perpetrators IPV.

“In situations of captivity the perpetrator becomes the most powerful person in the life of the victim, and the psychology of the victim is shaped by the actions and beliefs of the perpetrator.”

— **Judith Lewis Herman,**

WHAT CAN I DO:

Changing social views and perceptions take time – don't give up in trying to make society a better place for all.

Don't be a perpetrator of violence – use better and more effective ways of dealing with conflict.

If you have experienced violence, get to know your rights, speak to someone who understands, who supports and who is able to direct you to the resources to break from the cycle of violence.

Don't turn a blind eye – if you see an act of violence, alert the necessary authorities to respond or intervene.

Champion change, support local rallies, events and social advocacy for change, if it is within your power, initiate this.

RESOURCES AT WITS: WWW.WITS.AC.ZA

Transformation Office: email: Cecilia.smith@wits.ac.za

Gender equity office: email: info.geo@wits.ac.za or 011 717 9790

CCDU: email: info.ccd@wits.ac.za

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Forms of Intimate Partner Violence (IPV)

IPV can vary in severity as well as in how often it occurs. It may range from a single episode to chronic and severe episodes over multiple years, which may have lasting impact. Four types of behaviours are described. These behaviours may happen in various combinations.

PHYSICAL VIOLENCE

Physical violence may include actions such as beating, slapping, shaking, kicking and hitting. A person may hurt or try to hurt a partner by using physical force.

SEXUAL VIOLENCE:

Sexual violence may include various forms of sexual intimidation, including involuntary sexual intercourse. A person may force or attempt to force a partner to take part in a sex act, sexual touching or a non-physical sexual event such as 'sexting' without consent.

EMOTIONAL VIOLENCE:

Emotional violence may also be referred to as psychological violence as it may include various actions such as belittling, insulting, continuous humiliation, threatening to harm, intimidation and threatening a partner that one will take their children away. This includes the use of verbal and non-verbal communication with an intent to harm another person mentally or emotionally.

CONTROLLING BEHAVIORS:

Controlling behaviors may also be referred to as stalking, a pattern or repeated unwanted and contact by partner that causes fear or concern for one's safety. This may include actions such as monitoring a partner's movements, isolating them from their friends and family and restricting them from resources such as medical care, employment and/or education.

CONTEXTUALISING IPV

"About 1 in 4 women and nearly 1 in 10 men have experienced contact sexual violence, physical violence and/or stalking by an intimate partner during their lifetime" (CDC, 2019).

- Whilst it is a global problem it is pervasive in South Africa and is without doubt of major concern in various communities.
- There are no regular official statistics provided in South Africa but research shows that about 1 in 11 women (8.8%) have been raped by a current or former intimate partner,
- Not to say that women do not have the potential to perpetrate violence, research shows both men and women to be victims; however women in South Africa experience excessive levels of IPV.
- Emotional violence against men is common as it is seen in 40% of cases that involve violence.
- IPV affects physical and mental health through direct pathways, such as injury, and indirect pathways, such as chronic health problems that arise from prolonged stress.
- A history of experiencing violence is therefore a risk factor for many diseases and conditions.
- IPV is also connected to other forms of violence and may result in serious health and economic consequences.

References: Devries et al., 2013; WHO, 2017; Abrahams, Mathews, Martin, Lombard & Jewkes, 2013; Mathews, 2010; Nduna & Nene, 2014; Vetten, 2005; Breiding et al., 2015; Coker et al., 2012; Bair-Merritt et al., 2010

EXAMPLES OF NORMS AND BELIEFS THAT SUPPORT IPV

Sexual intercourse in a relationship is a right!

Sexual activity (including rape) is a marker of masculinity!

Being beaten is a sign of love!

Girls are responsible for controlling a man's sexual urges!

A woman should tolerate violence in order to keep her family together!

HOW WE CAN STOP IPV

- Address norms and beliefs that support IPV
- Any experience of GBV at Wits can be reported to the Gender Equity Office, Transformation and CCDU.
- We can support the development of healthy, respectful and non-violent relationships.
- We can break the silence, look for support and stop the violence.
- We can support survivors, increase safety and create protective environments.
- We can learn more and teach others about healthy relationships skills

EXTERNAL RESOURCES: GBV SERVICES OPEN DURING NATIONAL LOCKDOWN

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| • WESTERN CAPE: | National shelter movement | Bernadine 082 903 8739 or Joy 071 906 3949 |
| • GAUTENG: | National Shelter Movement | Rudo 083 684 7737 or Zubeda 083 289 9818 |
| • MPUMALANGA: | National Shelter Movement | Fisani 079 310 9633 |
| • KWAZULU- NATAL: | National Shelter Movement | Sabera 072 446 3337 |
| • FREE STATE: | National Shelter Movement | Sarah Lekale 072 144 7171 |
| • EASTERN CAPE: | National Shelter Movement | 081 247 6956 |
| • NORTH WEST: | National Shelter Movement | Rina 072 348 6526 |
| • NORTHERN CAPE: | National Shelter Movement | Rose Clair 080 021 2321 or Rosaline 073 888 8738 |
| • NATIONAL: | Women Abuse Helpline | Toll-Free Helpline 0800 150 150 |

Reporting remains a major challenge in South Africa. Break the silence. Stop the violence!

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