

16 DAYS OF ACTIVISM TO PREVENT VIOLENCE AGAINST WOMEN INTRODUCTORY TRAINING MODULE FOR HEALTH CARE PROVIDERS

VIOLENCE
AGAINST
WOMEN

**THE SILENT
EPIDEMIC**
IS YOUR VOICE BEING HEARD?

UNDERSTANDING THE LINKS BETWEEN VIOLENCE AND HEALTH

Violence against Women (VAW) is a costly and pervasive problem that not only affects the survivor, but also their community and family. VAW has severe, negative health consequences; it can result in death, and can also leave lasting injuries and problems that may stay with the survivor for the rest of her life. Due to VAW, women suffer physically and mentally, have a heightened rate of acquiring HIV, need medical attention for their injuries, may lose their economic potential. The entire family's health status can decrease when women experience violence.

Health care providers can play a significant role in responding to and preventing VAW. They can and should provide ethical rights-based health services that recognize women experiencing VAW, and refer them to other effective services. To do this they need to receive information and training on VAW. If VAW is integrated into undergraduate and in-service training for health care providers we will have a much more positive impact on women and girls' lives. You too can build basic skills among healthcare providers that you work with. Use this Health Care Provider Training Module to help strengthen provider's knowledge and attitudes about VAW, so they can make their voices heard in response to VAW as a silent epidemic.

HOW TO USE THE MODULE

1. This module can be used by organizations that engage with health practitioners. The ideal participants for the training are health workers in the community.
2. The training module is divided into 3 parts and lasts approximately 2 hours and 30 minutes (more details in the table below).
3. In order to be effective you may need to prepare for a half day training (or full day if possible) set aside to train health care providers you interact with.
4. Each of the 3 parts to the training has their own objectives for the facilitator to check if the session is on track.
5. The module also has recommendations for preparation and suggestions for spoken words in italics.
6. You could choose to have 2 – 3 separate facilitators for the whole module (if this is possible). It helps break the monotony of one facilitator.
7. Please read through the module at least twice to prepare adequately for facilitating the sessions.
8. You can also read other background materials on violence against women.

HEALTH CARE PROVIDER TRAINING MODULE CONTENTS

Violence against Women: The Basics for Health Workers (2 hours30 minutes)	
A. Understanding Violence against Women	60 minutes group work & discussion Four groups come up with examples of the four types of violence against women and girls. A discussion follows about the definition of violence against women and the link between power and control.
B. Effects of Violence	45 minutes mime & discussion Seven volunteers are asked to mime a scene of violence against women. The whole group then brainstorms the effects of violence against women for women, men, children, families and communities.
C. Health Workers Roles in VAW Prevention and Response	45 minutes discussion Participants brainstorm the roles of health workers, health centers/ hospitals and the National health system in preventing and responding to VAW.

VIOLENCE AGAINST WOMEN: THE BASICS (2 HOURS 30 MINUTES)

A. Understanding Violence against Women (60 minutes)¹

OBJECTIVES

- Guide health workers in understanding the types of violence against women.
- Demonstrate the relationship between violence against women and power and control.

PREPARATIONS

- Write the following definition on a flipchart, and hang it on the wall:

Violence against women is any act (physical, emotional, sexual, economic) directed at a girl or woman that causes harm and is meant to keep a girl or woman under the control of others.

- Hang one blank flipchart on the wall.
- Prepare four flipcharts, each with one of the following titles, and set them aside:

physical violence

emotional violence

sexual violence

economic violence

- Photocopy the “Violence against Women: Know the Basics” Info Sheet for all participants, found at the end of these instructions. Do not distribute until the end of the session.

¹ Adapted from Michau, L. (2009). *SASA! An Activist Kit for Preventing Violence against Women and HIV*. Kampala: Raising Voices.

STEPS

1. Introduce “Session 1.3 — Violence against Women: The Basics”:

“Welcome! This session is designed to help health workers understand violence against women and girls. The four types of violence and the effect violence has on all members of a community, and in particular the community’s health. The World Health Organization, UNAIDS, and leading health professionals throughout Africa and the world are recognizing these serious effects and starting to speak out on this silent epidemic.”

2. Ask one participant to read the statement on the flipchart: *“Violence against women is any act (physical, emotional, sexual, economic) directed at a girl or woman that causes harm and is meant to keep a girl or woman under the control of others.”*
3. Explain: *“There are many forms of violence against women. They are usually categorized into four types: physical, emotional, sexual and economic.”*
4. Hang the four prepared flipcharts on the wall, not too close to each other.
5. Explain the exercise:
 - a. *“Each group will work on the type of violence named on their flipchart.”*
 - b. *“Each group has **5 minutes** to come up with as many examples of that type of violence as possible.”*
6. Ask the participants to divide into four groups of about 4 to 8 people, by choosing a flipchart and standing in front of it until the groups are fairly even.
7. Ensure there are no questions, and then ask the participants to begin.
8. Alert the participants when only **1 minute** remains.
9. Call *“stop!”* when **5 minutes** have passed.
10. Ask participants to come back to the larger circle.
11. Ask one participant of the “physical violence” group to present their work.
12. Ask the group:
 - a. *“What are some other examples you could put under this type of violence?”*
 - b. *“Does anyone have a question or something to share about this type of violence?”*
13. One by one, ask for a volunteer from each of the other groups to present their examples. After each group ask again:
 - a. *“What are some other examples you could put under this type of violence?”*
 - b. *“Does anyone have a question or something to share about this type of violence?”*
14. Go back to the definition of violence against women. Read the last phrase: *“is meant to keep a woman or girl under the control of others.”* Ask participants to turn to their neighbor and discuss what this means. Give participants **5 minutes** for this discussion.

15. When **5 minutes** have passed, facilitate a group discussion about this last phrase by asking the following questions:

- a. *“Why do you think violence against women is linked to control?”*
 - i. Because as a society we expect men to demonstrate that they are in control of their partners or daughters.
 - ii. As a community, it is seen by many as normal for men to control women. Without this external control, women are considered unable to manage themselves.
- b. *“Is violence against women ever not an abuse of power for controlling a girl or woman?”(Response: All violence is abuse of power.)*
- c. *“Even if men experience some of the same acts as women, how is the violence men experience different than that experienced by women?”*
 - i. Men may experience acts of violence but generally, violence is not used as a way of controlling men as it is for women. For example, if a man experiences violence from his partner it is usually an event—it happens and is over. Violence or the threat of violence is not used as a way of controlling him through fear.
 - ii. Men as a group do not live in fear of violence from women as a group. The majority of women live in fear of violence from other men (partners or strangers). Women have this fear because society accepts men’s power over them and violence against them.
 - iii. In most cases, men are physically stronger than women. Therefore the harm or threat of harm from violence for men is not as great.
 - iv. Most often, when a man experiences violence from his partner, the woman is defending herself from the violence he has used against her.

16. Distribute the “Violence against Women: Know the Basics” Info Sheet to all participants.

B. Effects of Violence (45 minutes)²

OBJECTIVE

- Identify and examine the effects of violence, with particular focus on health effects.

PREPARATIONS

- Hang six flipcharts on the wall, each with one of the following titles:

women

men

children

families

health centers / health systems

communities

STEPS

1. Explain to participants: *"In this exercise, we will explore the effects that violence against women has on women themselves, men, children, families, health centers/health systems and the broader community."*
2. Draw participants' attention the flipcharts on the walls showing the six categories.
3. Explain: "Please turn to your neighbor and take **5 minutes** to discuss the effects of violence on each of these groups"
4. Alert the participants when only **1 minute** remains.
5. Call "*stop!*" when **5 minutes** have passed.
6. Ask participants: *"Based on your discussions, walk around the room and write single words or phrases on the posted flipcharts to describe the effects of violence for women, men, children, families and communities."*
 - Consequences for women could be hopelessness, stress, injury, HIV infection, isolation, faster onset of AIDS, death, unwanted pregnancy, post-traumatic stress, increased maternal health problems, etc.³
 - Consequences for men could be sadness, poor relationships with children, unhappiness, imprisonment, lack of intimacy, ill health, etc.
 - Consequences for children could be depression, poor performance in school, fear, distrust of adults, etc. Children who witness domestic violence have also been found to experience increased risk of emotional and behavioral problems, decreased child survival rates, low birth weight⁴, and increased vulnerability to being either victims or perpetrators of violence as adults.

² Adapted from Michau, L. (2009).SASA! An Activist Kit for Preventing Violence against Women and HIV. Kampala: Raising Voices.

³ Garcia-Moreno C., Jansen H., Ellsberg M., Heise L., & Watts C. (2005). WHO multi-country study on women's health and domestic violence against women: Initial results on prevalence, health outcomes and women's responses. Geneva: World Health Organization. And Ellsberg, M. (n.d.) *The epidemiology of gender-based violence*. Washington D.C.: PATH.

- Consequences for the family could include: resources spent on health care for injuries, lack of harmony and happiness, tension, family break ups, etc.
- Consequences for health centers and systems could include: strain on systems and services, overwork of employees, and decreased progress toward Millennium Development Goals.
- Consequences for the community could be lack of development, lack of peace, increased number of street children, overburden on social services (police, health care providers, local leaders), economic cost due to lack of women's productivity, etc.

7. Review the six flipcharts with the whole group.

8. After every flipchart, ask: *“Are there any comments or questions? Does anyone want to add something to this list of effects?”*

Note: After reviewing the effects for women, if HIV or another health outcome has not been mentioned, ask: *“Do you think [HIV or other health outcome] is also a consequence of violence against women? How? How can the experience of violence increase women's risk for poor health? How?”* Add these to the list of effects on women if not already noted.

9. Ask: If approximately 1 in every 3 women worldwide experienced a disease, wouldn't we call it an epidemic?

10. Summarize:

- “There are many negative effects of violence against women—for women, men, children, families, health centers and systems, and the whole community.”*
- “There are many severe negative health impacts of violence against women. Because of the silence that surrounds the epidemic of violence against women, we call it the silent epidemic.”*
- It is time that health workers use their leadership to speak out and make our voices heard in response to this silent epidemic.”*

C. Health Workers Roles in VAW prevention and response (45 minutes)

OBJECTIVE

- Participants explore the various roles health workers can play in preventing and responding to VAW.

PREPARATION

- Write: “health workers,” “health centers/hospitals”, and “the national health system” on the tops of 3 separate flip chart papers.

STEPS

1. Explain: *“In the previous session, we saw the importance of making our voices heard as health workers in the silent epidemic of violence against women. In this session, we will discuss more deeply the various roles health workers and health systems can play in preventing and responding to VAW.”*
2. Ask: We are going to break up into 3 groups and brainstorm what roles health workers, health centers or hospitals, and the national health system have in making their voices heard in the silent epidemic of violence against women.
3. Break participants into 3 groups, and give each one of the 3 groups flip chart papers and a marker.
4. Explain: Each group will brainstorm ways the group listed on the top of their flip chart could use their voices to take leadership on the issue of violence against women. You have **10 minutes** to do this.
5. Circulate among groups to ensure they understand and are coming up with creative ideas.
6. After **10 minutes**, call “stop!”
7. Invite each group to present their ideas. For each group add the following responses if they have not been mentioned:
 - **Health workers:**
 - Educate themselves on VAW and offer training to coworkers
 - Ask women about violence, learn how to talk with patients experiencing VAW and make referrals
 - Do patient education on VAW, work with families at risk of FGM/C
 - Get involved in advocacy for health centers and health system to take action, etc.
 - **Health centers/hospitals:**
 - Create clear protocol on responding to survivors of violence
 - Train all personnel on asking women about violence
 - How to work with patients experiencing or at risk of VAW, making referrals, doing patient education, etc.

- **National health system:**
 - Include budget provisions for preventing and responding to VAW, invest in women's health programs.
 - Create recommended health protocol following WHO Clinical and Policy guidelines
 - Integrate curriculum on VAW in medical and nursing schools
 - Conduct public education Health protocols on responding to domestic and sexual violence; get involved in post-MDG advocacy on preventing VAW, etc.
8. After all groups have presented, ask "*Are there any comments or questions? Does anyone want to add something to any of these lists?*"
 9. Ask: "*What might be the biggest difficulties these groups face in making their voices heard on VAW?*" (Contributions could include: (1) Many women don't want to discuss the violence at home with a health care provider, because it is seen as a private issue; (2) Health providers have limited time; (3) Providers don't know how to ask about violence; etc. Note: Limit this discussion to **5 minutes**, and move on to the next part of the exercise.)
 10. Ask: "*Despite difficulties, why is it important for health workers and the entire health system in which we work, to make our voices heard on violence against women?*" (Contributions could include health consequences, women who experience violence come frequently to the health clinic so stopping violence could reduce workload, etc.)
 11. Summarize:
 - *There are many things individual health workers, health centers, hospitals and the entire health system can do to prevent and respond to violence against women.*
 - *Health workers and health systems worldwide are waking up to the tremendous health consequences of the silent epidemic of VAW, and speaking out.*
 - *Despite challenges, it is important to engage and make our own voices heard so that our communities can enjoy the many advantages and positive health outcomes that are possible when VAW is prevented.*
 12. Thank participants for their participation.



VIOLENCE AGAINST WOMEN HANDOUT

KNOW THE BASICS.

What is Violence Against Women?

Violence against women is any threat or act (physical, economical, sexual, economic) directed at a girl or woman that causes harm and is meant to keep a girl or woman under the control of others.

Violence against women happens to women all over the world. Women of all races, cultures, nationalities, religions, ages, and class experience violence. It's a human rights issue that hurts us all.

Types of violence against women

People often think that violence against women is strictly physical violence-Like beating, slapping or pushing. While physical violence is one type of violence that is used against women, it's not the only type of violence against women. In fact, there are four different types of violence against women. They are: Physical violence, emotional violence and economic violence.

Physical violence is any act that harms the body of a girl or woman. Physical violence includes:

Beating, burning, slapping, kicking, assault with a women, hitting, shoving, punching, choking, killing a girl or a woman.

Physical violence is the most visible, but many women try to hide their injuries because of shame or fear of stigma from others.

Sexual violence is any act that limits women's power over her body, her sexuality or her reproductive health.

Sexual violence includes;

Forced sex- Being physically forced into having sex, by a partner, acquaintance, or stranger; also known as "rape"

Coerced Sex - Being pressured into having sex- Emotionally, socially or economically, e.g., being pressured to have sex without protection or with the knowledge or fear of exposure to HIV.

Sexual assault - Unwanted sexual contact or attention.

Transactional sex -Being pressured into having sex outside an intimate relationship in exchange for money or material assistance.

Sexual violence is very common yet often hidden a problem in our communities. Many women and men do not identify their experiences or acts as sexual violence.

Emotional violence is any act that involves psychological or verbal abuse and /or controlling behavior.

Emotional violence includes:

Shouting, infidelity, humiliation, insults, controlling, isolation, intimidation, threats,

Emotional violence can be just as hurtful as the other forms of violence. Women experiencing physical, sexual or economic violence also experience emotional violence.



Economic violence is any act that harms a girl or woman's financial well-being, or that uses money to control her.

Economic violence includes:

Withholding money or food as punishment., Taking away money or goods that a woman has earned, preventing a woman from earning an income, abandonment, refusing her participation in financial decision-making

In our communities, women are often dependent on their husbands, fathers, or brothers for their basic needs. This dependence often traps women into violent relationships.

All for categories of violence against women are serious problems in our communities. All violence is harmful to women. All violence impacts their lives negatively. Not only does violence against women harm girls and women in our community, it also harms the boys and men, our families, friends and neighbors; and the larger community.

Why does violence against women happen?

Violence against women happens as a result of the imbalance of power between women and men. In most communities we grow up being taught that men are more important and more powerful than women- and that they have a right and even responsibility to discipline and control women.

However, one adult controlling the life and decisions of another adult is unjust; it's not fair. In a relationship, when one person uses her/his power over the other person to take control, its violence. Throughout the world, men are given more power as individuals and as a group than women. Men's use of power over women and the community's silence about this is the root cause of violence against women.

Facts about Violence against women

- Women who experience violence are more at risk for infection- Studies show that women who have experienced violence are up to three times more likely to contract HIV than those who have not experienced violence.
- Women who are HIV positive are more at risk for violence-Women who are diagnosed HIV positive are at risk of violence from their partners, families and the community. They face the possibility of being beaten, abandoned or having their children and home taken away. This violence may limit their access to information and treatment and cab further damage their physical and emotional health, speeding the onset of AIDS.
- Violence against women is a serious global problem.

The connection between Violence against women and poor health

When girls and women lack power in their relationships, families and communities, they are more vulnerable to violence and more vulnerable to poor health. For many women, the violence they experience leads to HIV infection. For others, their HIV positive status brings violence, which can speed the onset of AIDS. Women also suffer physically and mentally, need medical attention for their injuries, may lose their economic potential. The entire family's health status can decrease when women experience violence.



Violence against women is both a cause and a consequence of poor health .

Consequences of Violence against women

Violence against women harms all of us. One of the major consequences of Violence against women is HIV infection. But there are many other consequences, for everyone in the community.

Women and girls who experience violence may:

- Lack self confidence
- Avoid participating in activities
- Stop visiting friends and family
- Have visible physical injuries
- Experience sadness and low self esteem Have increased health problems, including being infected with STIs by their partners
- Experience anxiety and fear
- Be unable or afraid to make decisions about their health
- Be unhappy at home
- Be fearful of their partners
- Be at increased risk for HIV infection

Men who are violent toward women may:

- Feel tense and angry
- Have tension in their homes
- Have children who fear and distrust them
- Lack intimacy and enjoyable sexually with their parent
- Have partners who lack affection and trust for them
- Be rejected by their families and community
- Feel disrespected by others
- Feel pressure to maintain their power in the home
- Have to spend money on treating injuries caused by their violence

KNOW THE BASICS

Photocopy



Children who witness violence may:

- Be fearful of and distrust their fathers
- Feel afraid for their mothers
- Feel sad and depressed
- Perform poorly in school
- Run away from home
- Have nightmares
- Behave violently toward other children
- Withdraw from activities and friends
- Grow up believing that violence is normal

Communities that remain silent about violence may:

- Lose out on women's participation
- Spend resources responding to violence against women
- Have increased crime
- Have increased crime
- Have overburdened social services (health care, police, social welfare)
- Experience less or slower development
- Have greater prevalence of HIV/AIDS
- Lack solidarity and harmony