

2024-1-ES02-KA210-YOU-000253858, Erasmus+

# Gender based Violence

# Theory and Definition

## What is Gender-Based Violence (GBV)?

Gender-Based Violence (GBV) refers to any situation where someone experiences harm or abuse because of their gender identity, gender expression, or how others perceive their gender. It can happen to anyone, but girls, women, gender minorities, and people whose gender expression doesn't fit societal norms are especially vulnerable. Gender-Based Violence is a serious violation of human rights and can harm both the body and the mind.

Gender-Based Violence encompasses a wide range of violence, occurring in many different contexts and environments and taking various forms. It can be:

- **Sexual:** sexual exploitation, sexual abuse, rape, etc.
- **Physical:** hitting, biting, blows, etc.
- **Psychological:** humiliation, verbal violence, hate speech, sexual harassment, threats, stalking, manipulation, social exclusion, etc.
- **Administrative:** confiscation or destruction of administrative documents (residence permit or

passport, health insurance card, family record book, etc.), preventing the person from carrying out daily procedures or applying for their rights, in order to keep them from being autonomous.

- **Economic:** involving controlling or restricting access to financial resources, making the person financially dependent, etc.

It can be inflicted in public (on the street, at the workplace, at school, etc.) or in the private sphere. It can be caused by anyone, from a stranger to a friend of the victim, a colleague, a relative, or a partner.

## The complexity of gender-based violence

Some forms of gender-based violence are easy to spot, like physical abuse, but others are harder to recognize because they don't leave visible marks, such as emotional or verbal abuse. Moreover, the status of victim is often not accepted, considered, or named as such, which further complicates addressing it. A person who has experienced gender-based violence may be referred to as a victim or a survivor.

The term *victim* has been subject to criticism and often replaced by the word *survivor* which emphasizes the agency of people. People affected by gender-based violence may identify with one or the other term based on their own experience and feelings.

Gender-based violence is a complex phenomenon. As well as the way violence is different for everyone. Thus there is no universal definition of what gender-based violence is and what can be considered as an act of violence. It all depends on the victim's feelings because not everyone experiences violence to the same extent. Nevertheless it is absolutely crucial to not minimize violence and how violent an experience can be for someone. Gender-based violence can happen directly through blows and assaults but it can also be more insidious, through harmless-looking words.

### **The Root Causes of GBV**

Gender-based violence is not just about individual acts of harm – it's deeply connected to broader social and cultural systems. It comes from gender-based discrimination and power imbalances.

Those who use violence often feel a sense of superiority over others based on gender, and their goal is to humiliate or assert control over someone else. GBV is rooted in patriarchy – the belief that men are superior to women and gender minorities, which can normalize and justify violence. It is founded on relations of power, led by a feeling or a desire of superiority related to gender expression, and an intention to assert or to prove that superiority.

Sadly, this violence is often underreported and ignored, allowed and normalized by a culture of denial and silence. Many victims feel ashamed or blamed for the violence they experience, which further complicates the issue. The issue of gender-based violence raises different questions. Why do some people feel the desire to harm as a way to show their superiority ? How do they get the right and the legitimacy to do so ? Why isn't there any society or country where gender minorities and women can be safe and preserved from violence ? How can violence happen so often while being so little addressed, halted or condemned by policies and authorities ?

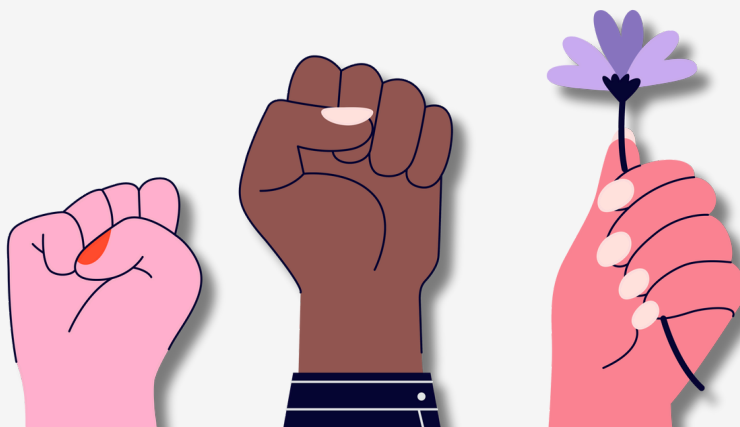
## Intersectionality and GBV

To truly understand gender-based violence, we need to look at it through an intersectional lens. This means recognizing that people's experiences of violence are shaped by many aspects of their identity, like their race, ethnicity, sexual orientation, disability, or age. For example, someone who is a woman and also part of a marginalized community (like a migrant, someone with a disability, or a person of color) may face a higher risk of GBV.

Data about gender-based violence mostly focuses on women and girls' experience. However, it is important to note that non-binary and trans people experience extraordinary and specific violence. Importantly, men experience violence too in their life, on different levels, and patriarchal ideologies impact them too insofar as they prevent them from talking about the violence they experience. However, it is important to note that non-binary and trans people experience extraordinary and specific violence. Importantly, men experience violence too in their life, on different levels, and patriarchal ideologies impact them too insofar as they prevent them from talking about the violence they experience

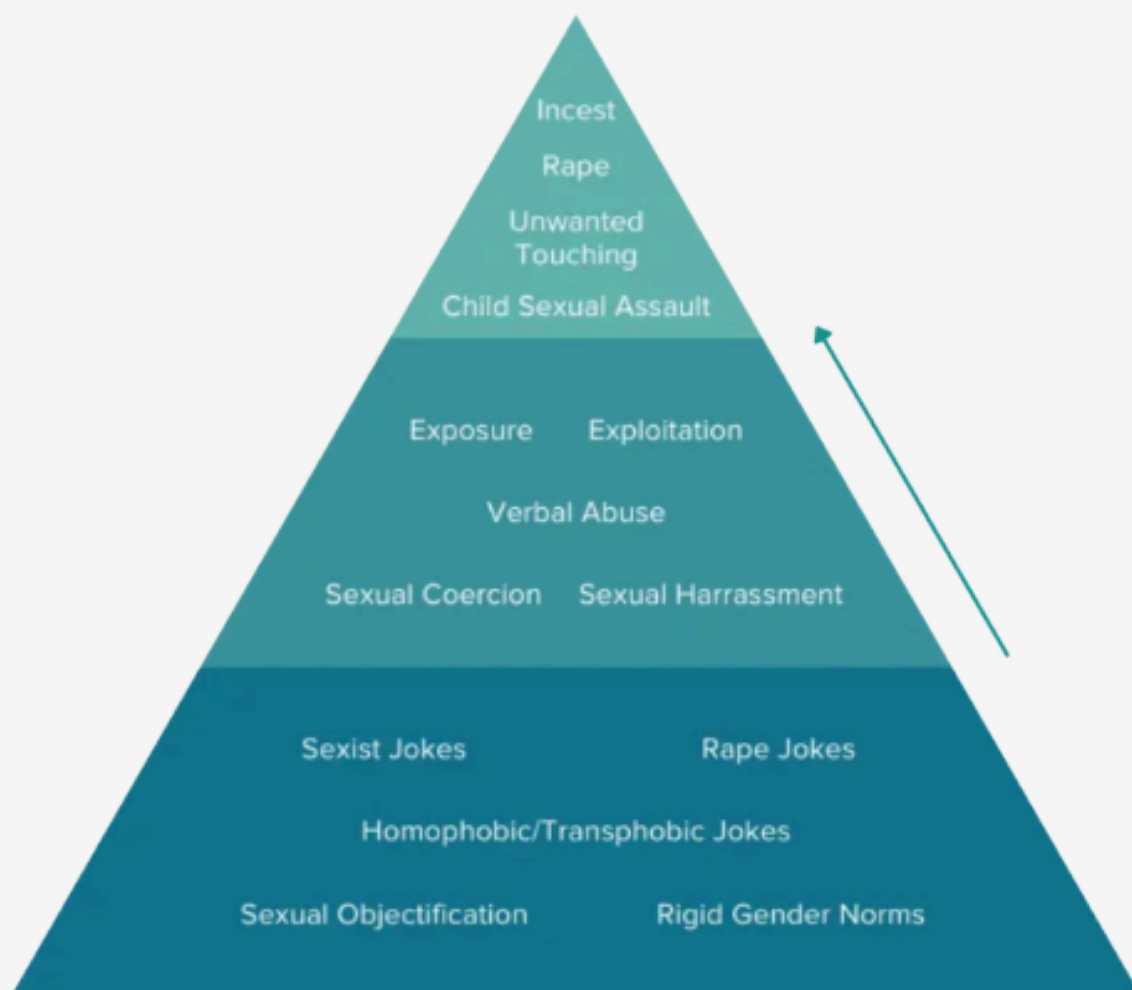
## Statistics and the Reality of GBV

According to the statistics of the European Union Agency for Fundamental Rights, one in three women in the EU has experienced physical violence or threats and/or sexual violence over her lifetime. 13.5 % of women in the EU have experienced physical violence and/or have been threatened with physical violence (but not sexual), and 17.2 % have experienced sexual violence (including rape and other unwanted sexual acts). Among the women who have experienced physical violence or threats and/or sexual violence in their lifetime, 20.5 % have contacted a healthcare service or a social service provider after the incident, and 13.9% have reported the incident to the police. Moreover, a report on hate crime published in 2018 showed that 85% of trans people interviewed for the study experienced verbal abuse and 29% of them experienced physical violence.



# Sexual Violence Pyramid

Acts and Behaviors



Attitudes, beliefs and ideas

## Gender based violence continuum

In order to address the issue of gender-based violence, we think it is essential to talk about the concept of violence continuum. It was developed in 1987 by the British sociologist Liz Kelly in her article « The Continuum of Sexual Violence ». Her research is based on women's life experiences of violence. The main point of this concept is to consider all kinds of gender-based violence without categorizing them or establishing a hierarchy between them. According to her, all forms of sexual violence are serious and have effects: the polarization of the continuum refers only to their frequency. She argues that the most common forms of sexual violence are also the most likely to be commonly defined as “acceptable” behaviours, and less likely to be legally defined as punishable offences. For example, sexual harassment at work is often treated as harmless jokes.

The concept was studied, revised and adjusted by many researchers especially in an intersectional and more inclusive perspective than it first was in the 80s.

This concept makes it possible to explain how acts of gender-based violence are the result of the accumulation of various forms of violence, including structural violence, and systemic inequalities. It also allows us to understand how this violence is shaped by different systems of oppression and by gender minorities and women's life trajectories. Thus gender-based violence exists within a continuum allowing so-called “little” common forms of violence such as sexist jokes to let more invasive or intrusive forms of violence to happen and be tolerated such as rape or murder. Acts of gender-based violence are not isolated from one another. They are all part of a system of violence, where allowing small jokes makes it possible to hurt and harm people in many different ways.

## Rape Culture

In the continuity of the concept of the continuum of violence, we believe it is important and relevant to talk about rape culture. This concept describes how sociocultural contexts and norms allow, encourage and legitimise violent, degrading and oppressive behaviours



towards gender minorities and women leading to a direct or indirect normalization of rape.

Rape culture takes multiple forms and permeates all strata of society. It is based on the idea that sexuality exists through gendered roles and is inextricably linked to violence and domination.

The confusion between sexuality and violence is maintained by the use of degrading vocabulary and discourse referring to sexuality: the majority of insults have a sexual connotation, sexist jokes and “salacious” remarks abound, while the lexical field of sexuality is often characterized by the idea of possession or domination. This deliberately built confusion between sexuality and violence conveys a degraded image of women, reduced and fragmented as sexual objects. This representation is omnipresent in the media, the advertising industry, cinema, music and literature. It also creates a predatory and impulsive vision of male sexuality, supporting the idea of caricatured roles assigned to men and women. Cultural industries keep nurturing rape culture while being influenced by it because it maintains systems of oppression in which some social categories are kept in privileged positions of power.

Rape culture is made of social norms which means that most people support it through their lifestyle and habits without even being aware of it. It influences the way we perceive sexuality and all kinds of relationships, as well as what we consider normal and acceptable regarding social behaviours.

### **Domestic violence**

Domestic violence is a specific kind of gender-based violence that takes place between romantic and/or sexual partners or ex-partners or between household or family members. It thus includes specific acts of violence among the household such as marriage rape, genital mutilation or forced abortion and sterilization. Men can of course be victims of domestic violence, even though it is a lot rarer than it is for women. Most of the research on this topic focuses on violence towards women within heterosexual relationships. Domestic violence also occurs in homosexual relationships of course, but is more likely to be made unseen and undocumented. The European Union Agency for Fundamental Rights published a wide-ranging survey in 2014 about domestic

violence, showing that one in five women have suffered physical or sexual violence from a former or current partner, while 43% of women have been victims of psychological abuse or domineering behavior in the context of a romantic relationship. Moreover, more than half of femicide victims are killed by a sexual partner or family member. In France in 2021, among the 112 femicide victims, 104 were killed by a partner or ex-partner, which represents 93% of them.

Domestic violence is a complex social phenomenon. However, according to the feminist theories it clearly occurs as a result of patriarchal structures in society. Beyond the fact that gender structures relations of power and oppression, the household, as an intimate and private environment, appears to be a privileged place for non-visible violence. Moreover, romantic relationships and marriages are considered as places of social success and ruled by many patriarchal norms leading to relationships of emotional, administrative and economic dependence that makes even harder the recognition of violence in such conditions. Domestic violence thus raises the question of how romantic relationships are socially constructed and expressed.

As for any kind of oppression, the intersection of discrimination is to be considered in the analysis that we make of domestic violence. Different factors and identity features can amplify women's vulnerability in a romantic relationship. So a woman experiencing racism, ableism or economic dependence will thus be more likely to suffer domestic violence or to get out of it.

### Prevention strategies

Addressing gender-based violence requires more than reacting to violence when it happens; it mandates proactive solutions to prevent such violence from happening.

A key to these prevention strategies lies in investing in and empowering women and gender minorities communities and organizations as they possess more than anyone the knowledge and the tools to reshape societies to be safer, more inclusive, and fair. The first step is then to listen and to trust people facing gender-based violence as a life reality in order to better address it as a societal and global issue. Mobilizing those concerned by gender-based violence as change agents is vital to address such violence.



We have to better recognise women and gender minorities as community facilitators and safe spaces creators. Indeed they can better reach particularly marginalized communities and make prevention initiatives more effective, but also design tailored solutions to people's needs.

Organizations tackling gender-based violence frequently face resistance, legal gaps, denial and inaction. So funding and supporting such organizations is absolutely crucial to prevent violence.

Furthermore, there is no doubt that an inclusive education adapted to society's realities from a young age is crucial in addressing gender-based violence. Empowering youth as well as breaking the silence circle by learning how to recognize, analyze and name gender-based violence in different socio-cultural contexts while condemning any kind of discrimination is essential.

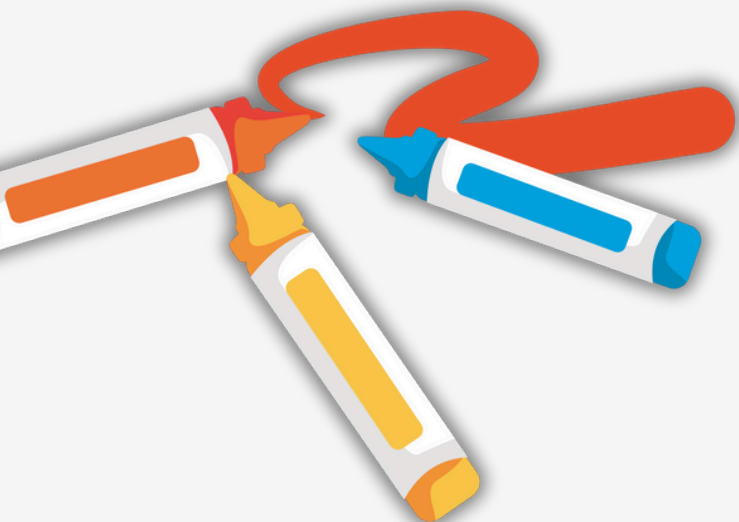
To conclude, gender-based violence must be institutionalized by state authorities and institutions as a public health and equality priority to be efficiently addressed by competent organizations and communities.



A large, abstract shape on the left side of the page, composed of a yellow area and a blue area separated by a wavy line.

# NON-FORMAL EDUCATION (NFE) ACTIVITIES

Here are several non-formal education activities designed for youth workers to explore concepts of gender-based violence with young people in a participatory, empathetic, and reflective way.



## The pyramid of gender-based violence

**Duration: 30 min**

**ACTIVITY 1**



### Objectives:

Increase awareness of the continuum of violence, enabling participants to identify and categorize various forms of gender-based violence, from subtle to severe.

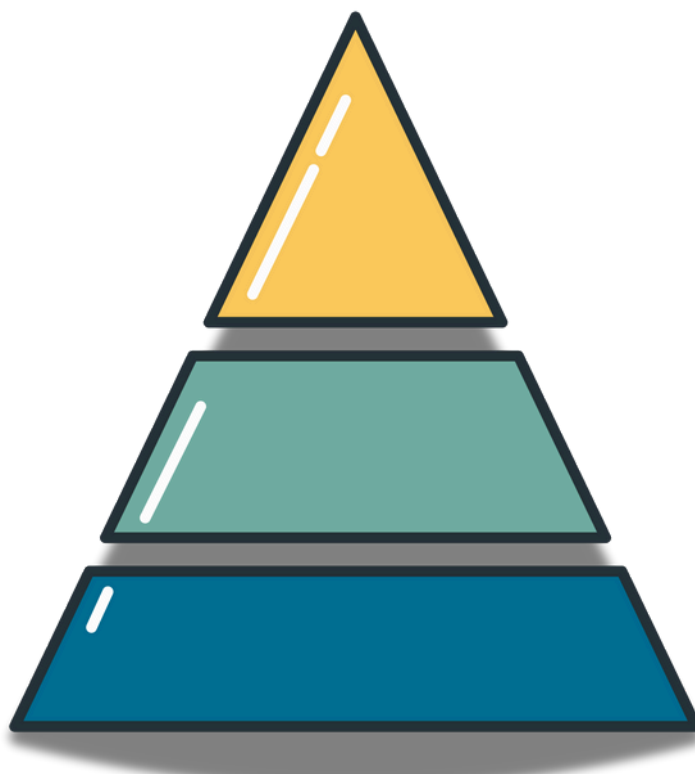
Develop a collective understanding of how different forms of violence are interconnected, illustrating how seemingly "minor" acts normalize and perpetuate more serious violence.

Empower participants to develop concrete, everyday actions to prevent and counter violence at the foundational levels of the pyramid, strengthening their ability to act in their immediate environment.

**Number of participants: 10-15 participants**

### Materials and resources:

- "The Pyramid of Gender Based Violence" diagram (see Appendix)
- Whiteboard or flipchart
- Whiteboard markers



1

Ask participants to share forms of gender-based violence they are familiar with.

2

Note their suggestions on the board, organizing them according to the levels of the pyramid (refer to the Appendix).

3

Draw the pyramid around these forms of violence, explaining that the purpose is not to create a hierarchy but to illustrate that violence is exponential and that each form builds upon others.

4

Explain the continuum of violence: each form of violence feeds off another. Emphasize that all levels of the pyramid must be recognized as violence because eliminating violence at the top requires addressing violence at the bottom.

5

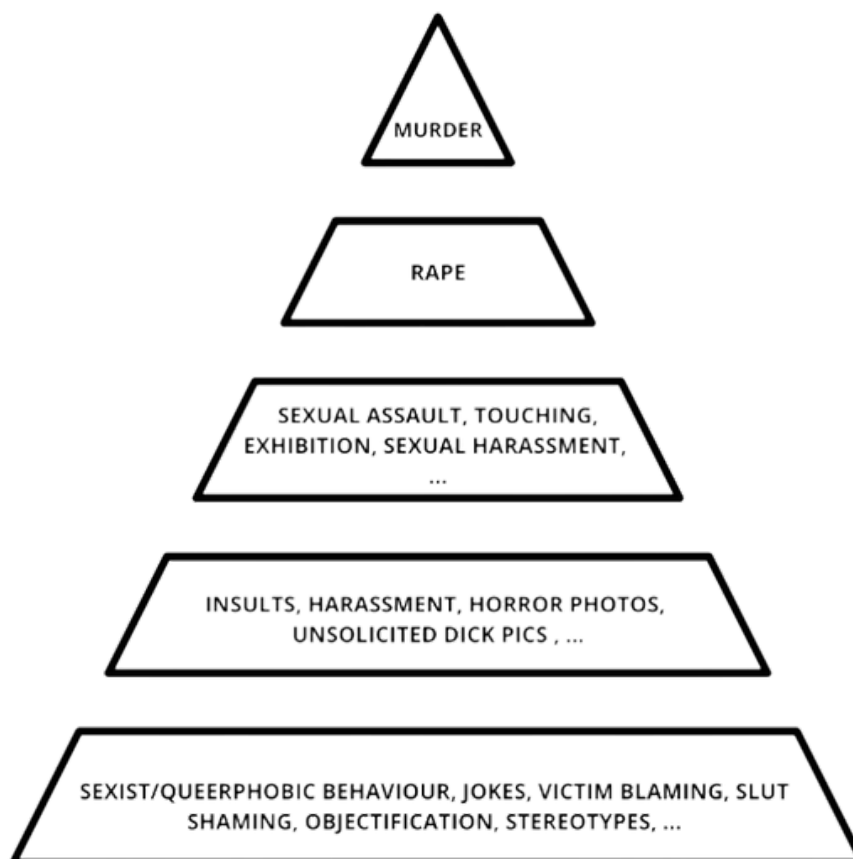
Ask participants for concrete individual actions to combat lower forms of violence (e.g., jokes, objectification, inappropriate comments).

6

Write these actions on the board and display them as an "action plan".

## Appendix

**Continuum of Violence Liz Kelly** (British sociologist) theorized the continuum of violence in 1987, highlighting that all forms of violence against women and gender/sexual minorities are mutually supportive, and none can be fought in isolation. For example, ending femicide requires fighting stereotypes, jokes, and rape culture.



## Pleasure First

Duration: 30 minutes

## ACTIVITY 2

### \* Objectives:

Reconnect the notion of consent with pleasure, separating it from the sole context of violence.

Enable participants to identify activities that bring them pleasure, the sensations associated with it, and responses indicating consent.

Broaden the concept of pleasure beyond intimate activities.



### Materials and resources:

- Sticky notes in 3 different colors
- Whiteboard or flipchart
- Whiteboard markers
- Pen for each participant

### Number of participants:

10-15 participants





1

Distribute one sticky note and a pen to each participant. Instruct them to "Write down an activity that gives you pleasure," encouraging precision. Emphasize anonymity, as sticky notes will be read by the facilitator.

2

Collect the sticky notes, read them aloud in plenary, and categorize them on the whiteboard (e.g., physical pleasure, psychological pleasure, shared pleasure, solitary pleasure, guilty pleasure).

3

Give each participant a new sticky note of a different color. Ask them to write down a sensation, feeling, or emotion they experience when someone asks them to do the activity they noted on the first sticky note.

4

Collect and read these sticky notes aloud, placing them on the whiteboard.

5

Repeat the process with a new color sticky note, asking participants to write what their answer would be if someone asked them to do the activity from the first sticky note.

6

Collect and read these sticky notes aloud, placing them on the whiteboard.

7

Debriefing: Explain that what they've created together is a picture of consent. Ask: "When we talk about consent, generally speaking, what are we talking about?". The aim is to elicit answers like "sexuality," "sexual violence," "intimacy". Once they've given this answer, explain: "Consent should work in sexuality as it does elsewhere".

8

Emphasize that the activities noted were not all sexual or intimate, but still brought pleasure. The sensations noted are the same ones one should feel if an intimate/sexual activity is proposed. The responses given in a sexual/intimate context should be as enthusiastic as those noted for non-intimate activities.

- Note: If any feelings or responses noted are not associated with consent (e.g., anxiety, fear, "no thanks"), discuss them and ask participants if they represent consent or non-consent.

## Sexy or Cringe

**Duration: 1 hour**

## ACTIVITY 3

### \* Objectives:

Identify healthy and toxic behaviors in relationships, particularly male-female dynamics.

Encourage critical thinking about content seen and heard on social media.

Learn to deconstruct harmful discourse.



### Materials and resources:

1. One green flag, one orange flag, and one red flag per group
2. Phrases from TikTok dating coaches or commonly heard phrases (individually printed)
3. Inspired by the activity book of the Crips IDF

### Number of participants:

15-20 participants



1

Divide participants into groups of 3 or 4.

2

Explain the concepts of green, orange, and red flags:

- **Red Flag:** A behavior identified as likely to lead to physical, psychological, or economic violence. *Example: Someone who makes fun of your appearance may not respect you generally. Someone violent with others may be violent with you.*
- **Orange Flag:** Unpleasant behavior that doesn't necessarily lead to violence but raises questions. *Example: Someone protective can be good, but can also become possessive.*
- **Green Flag:** A normal behavior identified as positive, indicating care and respect. *Example: Someone who celebrates the successes of others is not jealous or envious.*

3

Give each group 10 phrases and ask them to read and categorize them as green, orange, or red flags, discussing their reasoning (30 min).

4

Once all groups have finished, ask each group to share one green flag and one red flag phrase, explaining their classification (20 min).

# 5

Inform participants that most phrases are taken from TikTok videos and encourage them to question content on such platforms.

## Appendix

### Phrases and their explanations:

- "There's nothing wrong with lying and exaggerating details of your life to impress her. HVD, High Value Demonstration"
  - Flag: RED
  - Explanation: Lying to seduce is manipulation. The person's impression of you will be false, and if she starts to like you, she'll appreciate a version that isn't real.
- "Be enterprising, but not too demonstrative. You have to be able to let them believe that they're the ones who took the initiative, otherwise their ego will take a hit."
  - Flag: RED / ORANGE
  - Explanation: Here again, it's manipulation. Insinuating an idea and making the person think it's coming from them isn't honest. *Follow-up questions: is it important to take care of men's egos? Do women have the right to be enterprising?*
- "Small gestures like bringing a surprise or cooking for her are always appreciated"
  - Flag: GREEN
  - Explanation: Surprising the other, giving gifts, or doing favors can be a pleasure as long as it's not calculated (you do it to please and not expecting something in return). It's part of the language of love: act of service.
- "Before you go to pick up a chick, take five breaths and tell yourself that you're a winner, that you're the boss."
  - Flag: ORANGE
  - Explanation: It's good to give yourself confidence, but you have to remember that you're not here to win anything!
- "One trick that always works is to make the person laugh. Humor lifts the mood and creates nice memories."
  - Flag: GREEN
  - Explanation: Being funny is a great quality that many people appreciate, laughing is also about having a good time!



## Appendix

- "Tip to avoid the 'LAST minute resistance' before hooking up: on the night of the date, it has to be her who comes to you, so she can't say she didn't want to."
  - Flag: RED
  - Explanation: In addition to being dangerous behavior, it's pointless to make clever calculations to get your date to sleep with you. Thinking you can manipulate this kind of behavior is overriding the other person's consent, and is part of rape culture. You NEVER owe someone sex: no matter what that person has offered or paid you, no matter how much you've got that person waiting for you, if you don't feel like it, it's a no.
- "Look after your appearance, put your assets forward, but without being vulgar."
  - Flag: ORANGE
  - Explanation: Feeling beautiful is important. But "vulgar" doesn't really mean anything. Some people think a skirt is vulgar, while others don't think it's vulgar at all! Dress as you like, that's the most important thing. *Follow-up questions: what's vulgar clothing? Is it only for girls? Who decides what's vulgar and what isn't?*
- "Knowing how to take your time is a real skill. Don't rush, let things happen."
  - Flag: GREEN
  - Explanation: There's no point in rushing into things - it doesn't guarantee better results. Take your time - it's better for everyone!
- "Try to make her feel special. Don't just compliment her looks, but her personality too. It's more individualized and makes all the difference."
  - Flag: GREEN
  - Explanation: When you're looking to start a relationship with someone, it's important that it's based on more than just looks. *Follow up questions: what's important when looking for a partner? And in a relationship?*

## Appendix

- "When you hit on a chick, it makes her feel superior. The NEG is the weapon you need to bring her down and get back on top as a guy! It's a gentle, snappy remark: 'That's cute, you're cross-eyed when you're laughing!'"
  - Flag: RED
  - Explanation: Devaluing the person in front of you won't get you anywhere. Girls aren't fooled. And you don't want to base your relationship on this kind of unhealthy relationship. Someone who puts you down is someone who doesn't trust themselves. You deserve someone who values you. It's manipulative to look for ways to lower someone's self-esteem without coming across as the bad guy or gal.
- "It's your first date with the chick. Roll one, wait until she's smoked a bit to start warming her up. She'll be more receptive."
  - Flag: RED
  - Explanation: Drugging someone (with alcohol or otherwise) to force them into intimate or sexual relations (touching, kissing, sleeping, etc.) is chemical submission and is punishable by law. *Add legal information on chemical submission in your country.*
- "It's the Kino technique: you have to touch your target with your hands, be tactile. Touching the girl makes you sexy in her eyes and makes her want to go further. It's neuro-linguistic programming"
  - Flag: RED
  - Explanation: Touching someone without their consent can be considered sexual assault. Furthermore, you can't program someone to be attracted to someone else, or to find them sexy.
- "Change your big wallet for a tiny, super discreet one that will prevent girls from fantasizing about your money. We have to show them that we're the reward, not our money!"
  - Flag: ORANGE
  - Explanation: Women are no more attracted to money than men. If you have the impression that your partner only likes your money, it's probably because he or she isn't a good partner.

## Appendix

- "You have to be superior to her. It's in their nature to look for the best part."
  - Flag: ORANGE
  - Explanation: There's no such thing as female "nature," just as there's no such thing as male "nature." Not every woman is looking for the same thing in a man, and not every woman is looking for a man.
- "Taking care of yourself, putting on cream, brushing your eyebrows, etc, doesn't make you a gay or effeminate guy."
  - Flag: GREEN
  - Explanation: Taking care of oneself is important, and has nothing to do with one's sexual orientation. *Follow up questions: can men dress themselves? wear perfume? apply make-up?*
- "Wear chic perfume to make your crush think you're seeing another girl to make her jealous."
  - Flag: RED
  - Explanation: Once again, this is manipulation. Jealousy is not a pleasant feeling, and in many situations it's not a healthy one. Why would you want to generate an unpleasant feeling in someone you like?
- "The thing you gotta stop doing to get chicks is watching ball movies. If in 2024 you're still watching ball films, you're gay, I don't want to know anything about it."
  - Flag: ORANGE
  - Explanation: There is no correlation between consuming pornography and having or not having partners. Associating behavior with homosexuality is homophobic. *Follow up questions; At what age can you watch porn? Does it teach you anything?*

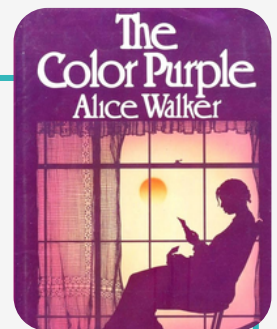
## Resources

To complement the work of preventing and responding to gender-based violence, it is crucial for youth workers to have a variety of reliable and accessible resources.

## Books

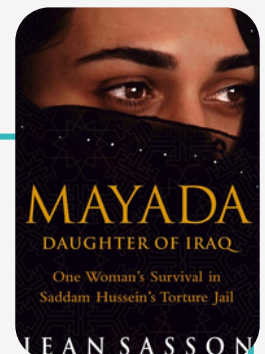
### **“The Color Purple” – Alice Walker.**

The Color Purple depicts life for African-American women in early twentieth-century rural Georgia, America. It tells the story of two sisters separated as children through a series of letters spanning twenty years. This is a powerful book that breaks the silence around domestic and sexual abuse, sharing the lives of women through the good and the bad – their pain, companionship, growth, resilience and bravery.



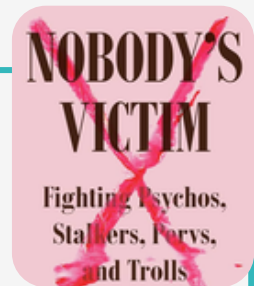
### **“Mayada: Daughter of Iraq” – Jean Sasson.**

A member of one of the most distinguished and honored families in Iraq, Mayada grew up among royalty. But when Saddam Hussein's regime took power, she was thrown into the infamous Baladiyat prison with seventeen other nameless, faceless women – each with their own story to tell. These "shadow women" spent their days passing the time by sharing their stories and experiences with each other. Now, through writer Jean Sasson, Mayada is able to tell her story, and the stories of these other women too.



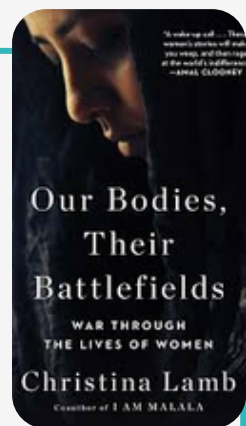
**“Nobody's Victim: Fighting Psychos, Stalkers, Pervs and Trolls” – Carrie Goldberg.**

Carrie Goldberg invites her readers to the courtroom, on the front lines of the war against sexual violence and privacy violations as she sues tech companies, schools and sexual predators. This book details her client's experiences from victimhood to fighter and survivor. Goldberg also shares her own story that inspired her career in law, becoming the advocate and fighter she herself needed.



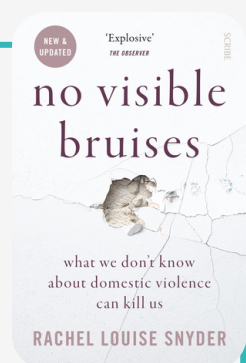
**“Our Bodies, Their Battlefield: What War Does to Women” – Christina Lamb**

Christina Lamb has worked in war and combat zones for over 30 years. In Our Bodies, Their Battlefield she elevates the voices of women experiencing conflicts, exposing how rape is used by armies, terrorists and militias as a weapon to humiliate, oppress and carry out ethnic cleansing. Speaking to survivors first-hand, Lamb encounters the suffering and bravery of women in war and meets those fighting for justice. From women who survived the Rwandan Genocide, World War II, the invasion of Iraqi communities by ISIS and more, Lamb shares powerful stories of heroism and resistance.



**“No Visible Bruises: What We Don't Know About Domestic Violence Can Kill Us” – Rachel Louise Snyder**

Award-winning journalist Rachel Louise Snyder once believed all the common misconceptions about domestic violence, but her perception changed when she began talking to the victims and perpetrators whose stories she tells in this book. Reporting from the front lines of what the WHO has deemed a 'global epidemic', Snyder interviews men who have murdered their families, women who have nearly been murdered, and a range of professionals in advocacy and law enforcement, painting a vivid and nuanced picture of what happens when relationships go badly wrong.



## Articles

### **"Gender-based violence: definition, facts and EU actions to stop it" from the European Parliament:**

This article provides a clear definition of gender-based violence, presents relevant statistics, and details the actions the European Union is taking to combat it. It's a good source for understanding the general overview and policy responses.

<https://www.europarl.europa.eu/topics/en/article/20210923STO13419/gender-based-violence-definition-facts-and-eu-actions-to-stop-it>

### **"Violence against women" from the World Health Organization (WHO):**

This WHO article offers global estimates on the prevalence of violence against women, including intimate partner violence and non-partner sexual violence. It also discusses health consequences, as well as risk and protective factors.

<https://www.who.int/news-room/fact-sheets/detail/violence-against-women>

### **"Gender-based violence" from UNICEF:**

This UNICEF article focuses on how gender-based violence affects children, highlighting its prevalence, the ways it manifests (including in humanitarian emergencies), and the devastating consequences for survivors.

<https://www.unicef.org/protection/gender-based-violence-in-emergencies>

## Films

### **"You are not alone: the fight against the wolf pack" (2024, Netflix):**

It addresses a real-life group sexual violence case that had a major social impact and generated a crucial debate about consent and secondary victimization. It is very current, and its documentary format allows for exploration of the complexities of the judicial system and victim support, which is fundamental for both youth and youth workers.



**"Promising young woman" (2020, Emerald Fennell):**

This film offers a raw and provocative look at rape culture, revenge, and the consequences of sexual harassment. Its unique style and challenging narrative can spark important conversations about implicit consent, audience responsibility, and societal complicity in gender-based violence. It is visually engaging, and its message is very powerful for a young audience.

**"Mustang" (2015, Deniz Gamze Ergüven):**

While not explicitly about sexual violence, this film is highly relevant because it explores gender oppression, restriction of freedom, and control over young women within a conservative cultural context. It demonstrates how gender-based violence manifests in more subtle and structural forms, such as forced marriage and limited opportunities, which is vital for understanding the continuum of violence and its cultural roots.

## Documentaries

**"Namrata" (2009, Shazia Javed)**

This short documentary tells the intensely personal story of Namrata Gill – one of the many real-life inspirations for Deepa Mehta's *Heaven on Earth* – in her own words. After six years, Gill courageously leaves an abusive relationship and launches a surprising new career.

**"UNSILENCED: Stories of Survival, Hope and Activism" (2023, UN Women)**

This series highlights the experiences of women and girls facing violence worldwide, while showcasing grassroots activism and solutions.

## Series

### **“Adolescence”** (Netflix, 2025)

The series follows Jamie Miller, a 13-year-old boy arrested for the murder of a classmate. Through his interactions with the police, a psychologist, and his family, the show explores possible motivations, including bullying, social media influences, “incel” ideology, and toxic masculinity. The series is even being used as an educational resource in schools in the UK, France, the Netherlands, and Belgium.

### **“I May Destroy You”** (HBO, BBC)

Created, written, and starring Michaela Coel, this drama series follows Arabella, a young London writer who becomes a victim of sexual assault and suffers memory loss. The series intelligently explores themes of consent, trauma, power, social media, and personal reconstruction without resorting to simplification.

## Key Organizations



**UN Women:** United Nations entity dedicated to gender equality and the empowerment of women. Leads global campaigns to end gender-based violence.

Website: <https://www.unwomen.org/en>



**Amnesty International:** Works to defend human rights, including the fight against gender-based violence, through research, campaigns, and mobilization.

Website: <https://www.amnesty.org/en/what-we-do/violence-against-women/>

**Local/National GBV Victim Support Organizations:** It is essential to identify and collaborate with shelters, helplines, rape crisis centers, and associations offering legal and psychological support locally in your country or region. (For example, in Spain: 016, Ana Bella Foundations, etc.; in Latin America: networks of shelters and feminist organizations).

**Council of Europe - Istanbul Convention:** A key international treaty to prevent and combat violence against women and domestic violence. Provides a comprehensive legal framework.

**Information:** <https://www.coe.int/en/web/istanbul-convention>



**European Women's Lobby (EWL):** The largest platform of women's organizations in the European Union, working for women's rights and gender equality, including the eradication of violence.

## Glossary of key terms:

For clear understanding and common language, the essential terms for this module are presented:

**Slut shaming:** Slut-shaming consists in blaming and stigmatizing a victim of sexist or sexual violence, because of their behavior, physical appearance or lifestyle, whether real or supposed. This is like labelling them a “slut” and making them take responsibility for the aggression they have suffered.

For example, when confronted with a victim of harassment, you might hear remarks like: “You shouldn't have been out so late” or “Did you see how you were dressed? This type of discourse transfers the blame from the aggressor to the victim, creating a second form of psychological violence.

Slut-shaming helps to make perpetrators' responsibilities invisible, while reinforcing victims' guilt and isolation. It has also been used to discredit the #MeToo movement, insinuating that those who testify do so for attention or personal gain.

**Gray Area in consent:** Consent, above all, means accepting and agreeing to carry out an action together. However, there is a so-called gray area in the consent process: sexual relations with a person who expresses neither an explicit yes nor no, silence or a passive attitude, or when power dynamics or proximity ties influence the decision.

It is therefore essential to remember that silence is not an answer, and consent must be explicit and enthusiastic. Even when a yes is expressed, it's important to take into account the socio-cultural context and any power relationships present in the relationship. For example, a person may not have the choice to say no, because of pressure from a superior, partner or emotional blackmail.

### Cyberviolence/cyberharassment:

Gender-based violence also manifests itself in cyberspace. It can take many forms, from cyberstalking (the intrusive monitoring of a person's online activities) to the sending of unsolicited sexual messages or comments.

A particularly alarming phenomenon is revenge porn: the diffusion of images or videos of a sexual nature, taken with or without the consent of the person concerned. Whether disseminated publicly or in a restricted circle, this is a crime punishable by law. It is also important to remember that the simple act of re-sharing and relaying photos, videos or



or insulting messages is considered an accomplice, and exposes the person concerned to the same legal proceedings as the original perpetrator of the cyber-harassment.

**Femicide:** In 2021, the World Health Organization (WHO) defined feminicide as the murder of women because they are women or girls. In the majority of cases, these crimes are perpetrated by people close to the victim: partners, ex-partners, family members, neighbors, etc.

Why is it important to distinguish femicide from homicide? This distinction highlights the systemic dimension of violence against women. Most of the time, victims of feminicide have suffered repeated violence in an intimate sphere: psychological, physical, sexual violence, threats, etc., all part of a cycle of patriarchal domination.

Moreover, some victims outside the conjugal sphere are not always taken into account in femicide statistics. This is particularly the case for sex workers and/or trans women, who, because of their marginalization, are exposed to extreme violence, stigmatization, constant insecurity and precariousness. These conditions can lead to their murder or forced suicide.

**Feminist self defense:** Today, feminist associations and collectives offer feminist self-defense sessions to equip women and queer people to deal with sexist and sexual violence. The aim is not only to learn physical defense techniques inspired by martial arts, but also to develop a verbal defense strategy, recognize one's own limits and identify potentially dangerous situations.

no  
gender  
gap

**THANK  
YOU!**

This document was drafted with the participation of :

