
EVERYTHING YOU
NEED TO KNOW
ABOUT GENDER-BASED VIOLENCE



The Salvation Army
Women's Ministries
New Zealand, Fiji, Tonga & Samoa

THE STATS

Gender-based violence is one of the greatest human rights violations in the world. Worldwide it's estimated 1 in 3 women experience some form of violence. It's easy to think that it's happening 'somewhere else', but in New Zealand that figure is even worse: Studies show 55 percent of women have experienced physical or psychological violence.[1] That's over half of women.

In New Zealand last year, there were over 176,000 domestic violence call-outs to Police - and that's just a fraction of the real number. It's estimated 85 percent of victims never contact Police.

Gender-based violence is a justice issue, and it is a faith issue. That's why at The Salvation Army, we believe it's important to make a stand for equity and hope.

FIND OUT MORE :

- ➔ WHAT IS GENDER-BASED VIOLENCE?
- ➔ HOW CAN I GET HELP?
- ➔ HOW CAN I HELP SOMEONE ELSE?



WHAT IS GENDER-BASED VIOLENCE?

This is the broad term used for violence based on gender: it is either directed at them because of their gender, or it disproportionately affects their gender.

Gender-based violence includes family and intimate-partner violence. It can also include violence towards men or boys. Humans are capable of violence regardless of gender. However, women and girls overwhelmingly experience the greatest harm.

In a review of deaths from of intimate-partner violence in New Zealand, 98 percent were women, and 84 percent of protection orders are for women, against unsafe men.[2]

GENDER-BASED VIOLENCE CAN BE:

- PHYSICAL
- SEXUAL
- PSYCHOLOGICAL
- ECONOMIC



Although women and girls are the main victims of GBV, it also causes severe harm to families and communities.[3]

One of the most common forms of gender-based violence is domestic abuse or intimate partner violence. This does not always look like how we expect – it is not only physical, but is a pattern of behaviour that is used to gain or maintain power and control over their partner.[2]

It can include economic control, where the abuser limits their partner’s access to money or employment. The abuser may isolate their partner by taking her phone, or not allowing her to see friends and family. Abusers might even spread lies to friends, family and the authorities, to undermine her story if she tries to get help.

Violence can also include psychological and emotional abuse, such as intimidation, threats, harming pets or property, constant criticism, belittling, and verbal abuse.

Where there is physical violence, the abuser may deny the partner medical care. They may force the partner into using drugs or alcohol, or they may also force their partner to engage in sexual activity without their consent.[5]



WHY DO WOMEN STAY?

Often women don't have a choice about staying in a violent relationship[6]. The abuser will go to extreme lengths to prevent her from leaving, including total control over her finances, phone, car use, employment, friends and family.

Domestic violence also has a huge impact on the children, and many women feel it is safer to stay, than risk shared custody.

Even if a woman leaves a violent relationship, the most dangerous time for her is when she leaves.[7] Domestic violence has a lifelong impact on her ability to earn money, find employment and live independently, as well as serious long-term impacts on the mental and physical wellbeing of her and her children.[8]

FREE HELPLINES:

- WOMEN'S REFUGE: 800 733 843
- SHINE DOMESTIC ABUSE SERVICES: 0508 744 633 (24/7, *LIVE WEBCHAT IS ALSO AVAILABLE*)
- HEY BRO HELPLINE - SUPPORTING MEN TO BE FREE FROM VIOLENCE:
- 0800 HEYBRO (439 276)



WHAT IF I AM EXPERIENCING VIOLENCE?

Please seek help. You may have to be creative, but share your concerns with a trusted friend, or family member. If you come to The Salvation Army, tell a social worker or corps officer. Work with them to develop a plan – this could include creating a secret code so you can get help without your partner knowing.

- **Develop an escape strategy**, such as saying you need to go to the supermarket or chemist. When you are there, ask to use the phone to call for help. Think through several reasons why you might need to leave home at different times of the day or night in case you need to escape.
- **If possible, keep a phone charged** and nearby, and know which numbers to call for help: a friend, a family member, or the police.
- **Try to identify patterns** in your partner's use and level of violence. This can help you to predict when abuse may get worse.[9]

HOW CAN I HELP?



- **Stay in touch:** If you are worried about a friend's safety, stay in touch and be creative. Avoid making the abuser suspicious. Create secret code words to use in conversations that can help you communicate more safely.
- **Ask your friend how they prefer to connect.** It is important to establish safe communication, since the abuser may be nearby. Ask them if they prefer a text over a call, and if there is an app they prefer to use.
- **Be supportive and believe them.** Reassure them that they are not alone and that help and support are available. Recognise that it may be difficult for them to talk about the abuse. If they want to talk, listen carefully and be empathetic.
- **Take their lead.** Unless you strongly believe that your friend's life is in danger, avoid taking actions without their consent. They know the safety risks best, and should be driving any decisions.
- **Respect their privacy.** Because of safety issues, stigma, feelings of shame, and victim-blaming that survivors often face, it is critical that their experiences and identity remain confidential, unless they give explicit consent to reveal them.
- **Offer practical assistance and share resources.** Let your friend know that you want to help. If you are able, offer them a safe place to stay, transport, or other forms of support that may increase their safety.[10]



YOU ARE SAFE HERE

TELL US IF YOU ARE:

- **BEING BEATEN**
- **SEXUALLY ASSAULTED**
- **HAVE NO CONTROL OVER THINGS LIKE MONEY, YOUR PHONE & FRIENDS.**

REFERENCES

- [1] 'Frequently Asked Questions', Family Violence Clearinghouse NZ: www.nzfvc.org.nz
- [2] 'Aren't women just as violent as men?' Family Violence Clearinghouse NZ: www.nzfvc.org.nz
- [3] 'Ending Violence Against Women,' UN Women: www.unwomen.org
- [4] 'What is domestic violence?', United Nations: www.un.org
- [5] 'What is Domestic Abuse?', United Nations, www.un.org
- [6] 'The Disturbance Podcast', Dr Natalie Thorburn, www.women.salvationarmy/disturbance
- [7] 'Why do Victims Stay?' National Coalition Against Domestic Violence, www.ncadv.org
- [8] 'Types of violence against women and Girls', UN Women, www.unwomen.org
- [9] 'Signs of Domestic Abuse', UN Women, www.unwomen.org
- [10] 'How to help a friend who is experiencing abuse', UN Women, www.unwomen.org



**The Salvation Army
Women's Ministries**
New Zealand, Fiji, Tonga & Samoa