

# GENDER BASED VIOLENCE: EVERYTHING YOU NEED TO KNOW FACT SHEET

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This fact sheet shall allow you to identify gender-based violence as it happens to you or around you, understand its causes in the society we live in and explain its consequences for both individually and collectively.

## TYPES OF GENDER BASED VIOLENCE

There are six basic forms of gender-based violence:

- **Sexual:** any form of sexual assault and/or coercion.
- **Emotional:** psychological abuse such as stalking, insulting, threatening etc.
- **Physical:** bodily harm, damage to personal property, refusing medical care etc.
- **Harmful cultural practices:** such as FGM, child marriage, infanticide.
- **Financial:** withholding of finances, ruining chances of employment.
- **Technological:** tracking and monitoring online activity and correspondence. These causes are not exhaustive and neither mutually exclusive. Two or more different types of violence can be present at the same time.

## CAUSES OF GENDER BASED VIOLENCE

The main causes of gender-based violence are:

- **Cultural factors** such as patriarchal and sexist views, gender stereotypes, normative expectations of femininity and masculinity, understanding of the private sphere as under male authority and general acceptance of violence as part of the public sphere all contribute to gender-based violence in one way or the other. Women's sexuality is often tied to the concept of "family honor" and several practices such as honor killings, child marriages female genital mutilation etc. are carried out to protect this honor. Similar norms around sexuality also account for the high number of LGBTQ+ people subjected to gender-based violence.
- **Legal factors** such as lack of access to justice institutions and mechanisms, resulting in culture of impunity for violence and abuse, lack of adequate and affordable legal advice and representation, inadequate legal framework, including national, traditional, customary, and religious law, that discriminate against women and girls, fails to guarantee their rights, or exposes them to further harm and abuse etc. all can lead to a culture of gender-based violence.
- **Financial factors** such as instability can cause rifts in the social fabric of the community, which can lead to manifestation of violence. For example, unemployment and poverty when faced by men can lead to them asserting their masculinity through violent means due to gender stereotypes. The same gender inequality also traps girls, women and LGBTQ+ people in vicious cycles of poverty and this lack of resources makes it difficult for them to extricate themselves from abusive relationships and situations. At last but not the least, insufficient resources allocated to GBV prevention and response by the state and civil society leads to the issue being put on the back burner, increasing chances of violence in the community.
- **Political factors** such as under-representation of women and LGBTQ+ people in power and politics means that they have fewer opportunities to shape the discussion and to affect changes in policy, or to adopt measures to combat gender-based violence and support equality. Failure to address or prioritize GBV and lack of gender sensitive training in assessments, strategy development, planning and programming leads to lack of awareness around GBV and a culture of violence.

One fact we need to understand is that whatever the cause of the gender-based violence, the perpetrator is to blame for the act: a person who is affected by it is never responsible for the perpetrator's actions.

## WARNING SIGNS OF GENDER BASED VIOLENCE

Given below are a few non-exhaustive key warning signs to look for when looking for gender-based violence:

Extreme jealousy	Verbal abuse
Unpredictability	Controlling behavior in all aspects of life
Cruelty to animals	Monitoring of communications

## CONSEQUENCES OF GENDER BASED VIOLENCE

Effects of gender-based violence are varied and can be classified under the following categories:

- **Fatal:** murder or suicide of victim or infant mortality.
- **Acute physical:** injury such as but not limited to chock, disease, infection etc.
- **Chronic physical:** long lasting disability, chronic pain or eating and sleeping disorders.
- **Reproductive:** unwanted pregnancy, miscarriage, unsafe abortion etc.
- **Emotional and psychological:** invisible effects on mental health such as self-hate and blame, PTSD, suicidal thoughts etc.
- **Economic and social:** social stigma, rejection, isolation, feminization of poverty etc.

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CCID is committed to advancing the rights of communities, women, girls, and young people in Cameroon while strengthening community leaders and community-based organizations to respond to the needs of indigenous people. Through a generous support from the German Embassy in Yaoundé, we are implementing a project titled ‘**Strengthening Community Resilience to combat GBV**’ which seeks to **improve protection of women and girls by addressing all forms of violence at district level with an intersectional and joint methodological approach by the end of 2021.**