

# Gender-Based Violence: A Lived Experience

A black and white photograph showing the back of a person with their hair tied up. The person's back is the central focus, and the words "Love Shouldn't Hurt" are written in a thick, black, hand-painted marker across the upper and middle back. The lighting is dramatic, with the back of the person and the text being brightly lit against a dark background.

Love  
Shouldn't  
Hurt

# Agenda



- **Unpacking the definition**
- **Forms of GBV**
- **Reasons for not seeking help**
- **Advice for professionals**

# Unpacking the definition



**“Gender-based violence refers to harmful acts directed at an individual based on their gender. It is rooted in inequality, the abuse of power and harmful norms.”**

**UNHCR**

# Forms of GBV



- **Physical violence**
- **Sexual violence**
- **Verbal violence**
- **Economic violence**
- **Emotional violence**

# Reasons for not seeking help

- **Spider web**
- **Lack of understanding**
- **Lack of evidence**
- **Fear of not being believed**
- **Fear of being labelled an abusive person**



## Hyper-arousal

High energy    Anxiety    Anger    Overwhelm  
Hypervigilance    Flight/Fight    Chaotic

## Window of Tolerance

Grounded    Flexible    Open/Curious    Present  
Able to Emotionally Self-Regulate

## Hypo-arousal

Shut Down    Numb    Depression    Passive  
Withdrawn    Freeze    Shame

Hormonal activity

# Advice for professionals



- **Get them alone**
- **Build a rapport**
- **Single POC**
- **Elicit to avoid re-traumatizing**
- **Keep asking**
- **Make life easy**
- **Claire's Law**



**Thank you**

**I look forward to receiving your questions**