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Youth4Youth

**Violence in
relationships**
*Myths &
Realities*



COORDINATED BY:

The Mediterranean Institute of Gender Studies (MIGS) – www.medinstgenderstudies.org

PARTNER ORGANIZATIONS:

- ▶ European Anti-Violence Network (EAVN), Greece – www.antiviolence-net.eu
- ▶ Casa delle Donne per non Subire Violenza, Italy – www.casadonne.it/cms
- ▶ Women's Issues Information Centre (WIIC), Lithuania – www.lygus.lt/mic
- ▶ Centre of Research in Theories and Practices that Overcome Inequalities (CREA), University of Barcelona, Spain – www.creaub.info

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BOOK DESIGNER:

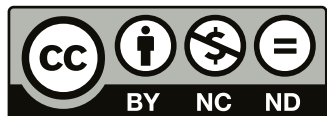
Mario Pavlou — www.mariopavlou.com

Entypo pictograms by Daniel Bruce — www.entypo.com

For more information please contact:

Email: info@medinstgenderstudies.org

Website: www.medinstgenderstudies.org



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Boys must be tough, Girls just need to be pretty. Says who?

*Did you know...the words 'sex' and 'gender' do not mean the same thing? When a baby is born, it is (usually) clear from its genitals whether it is a girl or a boy. That is a **sex difference**. Dressing a girl in pink and a boy in blue is a choice. That is a **gender difference**.*



'Sex' refers to biological characteristics that men and women are born with e.g. men have more facial hair, women can breastfeed. These characteristics have not changed much in 200,000 years since the time of the first humans!

'Gender' is not biological - girls and boys are not born knowing how they should look, dress, speak, behave, think or act. We are influenced by our families and friends as well as by our education and our culture, including the music we listen to, the films we watch and all the advertising we see on a daily basis. Society as a whole sends out messages about the characteristics and roles of girls and boys. Basically, society puts us all in 'gender boxes'.

See next page

Many people think that gender roles are just 'the way things are', but the reality is that they are choices and can change over time and from place to place. Up until recently, for example, it would have been almost unthinkable for a man to choose to give up work and look after his kids so his partner could have a career. Women's boxing was first introduced to the Olympics in 2012. In fact, up until the 1990s, women's boxing was banned in most countries! Gender roles have become more equal in recent decades so that there are fewer differences between girls' roles and boys' roles, but traditional gender roles still have a lot of influence. Even if we don't always realize it, there is a great deal of pressure on us to conform to them.



FOOD FOR THOUGHT:

BOYS : If you woke up tomorrow and were a girl how would you feel? What aspects of your life would change?

Girls : If you woke up tomorrow and were a boy how would you feel? What aspects of your life would change?



Gender signs are everywhere indicating how women and men should look and behave at any given time in history..these roles/appearances change over time..they are never static!

BASICALLY, SOCIETY PUTS US ALL IN 'GENDER BOXES': -

Try and spot the opposite characteristics within each box. Do these roles seem realistic to you?!! Is there any possibility for anybody in the planet, girl or boy, to be able to fulfill the expectations that are suggested in these roles?



Girls are expected to be:

Beautiful, well-groomed

Thin

Caring

Good mothers

Submissive

Well-behaved

Emotional

Career-oriented

Sexy

Modest, don't sleep around



Boys are expected to be:

Good at hiding their emotions

Strong

Tough

Rebellious

Good at sports

Career-oriented

Leaders

Good fathers

Sexually active

Financially successful

Pressure to conform

We all have the right to our own identity, to be who we want to be and have the same freedoms as other people. Traditional gender roles can stop us enjoying this right because they create inequality between girls and boys. The worst thing you can call a boy is a 'girl'. Why is it so insulting for a boy to be called a girl?

The reason is because society says that traditional 'masculine' gender roles such as toughness, strength and leadership have more value than traditional 'feminine' gender roles such as caring behaviour, showing emotions and being beautiful. Of course men can be caring and women can be strong leaders but because society still associates certain gender roles with men and other, less valuable, gender roles with women, women and girls have a lower status in society.

This also means that boys who do not conform to what society believes to be 'masculine' roles, such as boys who do ballet, or girls who do not conform to 'feminine' roles, such as girls who are into football or date more than one guy at the same time, run the risk of experiencing ridicule, bullying, discrimination or violence because they differ from the norm. This type of abuse is called gender-based violence (GBV) because it targets people based on their gender or their sexual orientation. People who use GBV may also be trying to control those who they think have less status than them in society.

What types of gender-based violence exist?

Difference is a good thing. We are all different and unique individuals. Difference makes life more interesting and it is not a reason to judge people or hurt them. Everyone has the right to expect respect in their relationships with their peers, their boyfriends or girlfriends, their families and in their communities. What happens when there is no respect?

IN RELATIONSHIPS WITH PEERS:

In all countries, bullying is identified by young people as one of the biggest problems they face. Many bullying behaviors are gender-based including verbal bullying (especially by spreading negative rumours e.g. calling a boy a 'sissy'), sexual harassment in the form of sexist remarks or actions of a sexual nature (e.g. unwanted touching, showing someone pornography), physical abuse (e.g. slapping, punching or pushing someone) and social exclusion (isolation, peer rejection). Bullying can also happen through text messaging, emails and social networking sites such as facebook.

IN RELATIONSHIPS WITH A BOYFRIEND/ GIRLFRIEND:

In all relationships there will be ups and downs and occasional arguments. However, GBV in a relationship is not about the occasional argument. It is about one person using threats and violence to control what their partner says or does. It is sometimes called 'dating abuse' or 'domestic violence'. It can include psychological violence (such as constant humiliation, isolation from family or friends, dictating what a person can wear or do or threatening to hurt or break up with someone), physical violence (such as beating, punching or kicking), sexual violence (such as rape or sexual assault) and economic abuse (such as withholding earnings from someone). You don't have to be in a stable relationship to experience GBV from a partner. GBV can happen on a single date or in short-term relationships.

IN FAMILIES:

Domestic violence can happen between adults who care for you or who are members of your household. A lot of adults think that children and young people don't see the abuse or that it does not affect them, but this is not true. Children and young people know what is going on and it can be equally as frightening and hurtful as when it happens in your own relationships.

IN THE COMMUNITY:

Other family members, co-workers and people in the wider community can all be perpetrators of GBV. Rape, sexual harassment, discrimination in the workplace (e.g. women not being paid as much as men for the same job) are some examples.

Sound familiar?**Is it or is it not gender-based violence?****What do you think? ¹**

Anna is a new girl at school. She likes to wear clothes that better outline her figure and is quite flirtatious with boys. Soon a group of girls in her school start calling her a 'slut' and telling everyone to avoid her company because they might be getting the 'slut syndrome'.

Recently, some of the boys in class have been cutting out photos of naked women from magazines and bringing them regularly into school. They discuss them loudly in front of everyone and compare them to girls within the school. Some girls started to become annoyed and felt uneasy with this sort of behaviour.

Paul asked Eric, one of the top students in class, to play in the students' football team but Eric wasn't interested. Since then, Paul and his friends laugh at him every time he walks past them. They ask him loudly whether he 'prefers boys to girls' so that everyone can hear them. Recently, Paul and

his friends left information leaflets about gay rights and support organizations on Eric's desk.

John has been dating Maria for a couple of weeks now. They are both 15. One night after flirting in a bar downtown, he asked Maria to have sex with him but she refused. During the next few days John insisted intensely that they have sex and started to tell her that he would leave her otherwise.

Katerina used to love spending time with her friends but all that changed when she started going out with Mark. At first, her friends thought that she was just enjoying time with her new boyfriend. After six weeks, though, Katerina still ignored all their phone-calls and invitations. She even deleted her Facebook account. When her friends confronted Katerina at school she said that Mark doesn't like her talking to people he doesn't know.

**FOOD FOR THOUGHT:**

All these scenarios describe ways that gender-based violence can affect young people's lives. Bullying, sexual harassment, and dating abuse are never okay and are never the fault of the victims. What could you do to help the people who are experiencing gender-based violence in these scenarios?

¹ Some scenarios were adjusted from the Youth4Youth Training Manual.



Test your knowledge about GBV!

FACT OR MYTH²

Below is a list of statements relating to gender-based violence. Please think about whether these statements are myths or facts and circle your answer! Then check out the validity of your response in the 'Answers' section on the next page!

1	Victims of violence are usually weak characters.	F	M
2	Verbal abuse can be as serious as physical abuse.	F	M
3	Violent people are people who can't control their anger – it is a momentary loss of self-control.	F	M
4	People who don't report ongoing abuse by others must want it to continue.	F	M
5	Women and girls are most likely to be sexually abused by someone they know than by a stranger.	F	M
6	Pushing a girl into having sex even if the couple has been dating for a long time is a form of abuse	F	M
7	The seriousness of sexual harassment is exaggerated - most harassment is minor and involves harmless flirting.	F	M
8	Alcohol abuse many times leads to violence	F	M
9	Violence in romantic relationships mostly takes place amongst adults and rarely amongst young people.	F	M
10	Jealousy is a sign that someone loves you.	F	M

Answers

- 1) **MYTH** There is no particular 'type' of person who is more likely to be the victim of abuse or violence – it can happen to anyone. Very strong individuals might get bullied because they are new to school and do not have a friendship network. Ultimately, there is nothing in a victim's character that has caused the violence to happen. Violence is always the choice of the person who is abusive.
- 2) **FACT** Verbal abuse can be just as harmful and frightening as physical abuse. Constantly being put down or picked on can cause long-term mental and emotional trauma which may be as damaging as experiencing physical abuse.
- 3) **MYTH** Most people who get angry don't use violence to deal with it. Violent or abusive people are not 'out of control' - they make the choice to be violent and they choose their victim.
- 4) **MYTH** There are many reasons why people don't report abuse. They may be frightened of the abuser, they might be worried that they won't be believed or that telling someone will make the situation worse. They might also feel ashamed for being the victim of abuse or that they have caused it to take place.
- 5) **FACT** Most girls and women who are victims of sexual violence are assaulted by someone that they know like a boyfriend, an acquaintance, a colleague or a family member.
- 6) **FACT** Nobody should be pushed or coerced into having sex regardless of whether they are in a relationship. Being forced to engage in sexual activities is a form of abuse and has nothing to do with love. To have sex with someone you must ensure their full consent! Otherwise it can be considered sexual assault or rape.
- 7) **MYTH** Sexual harassment has nothing to do with flirtation on the part of the perpetrators but is largely about control, domination, and/or punishment. Examples of sexual harassment include direct or indirect threats or bribes for sexual activity, sexual innuendos, sexually suggestive jokes, unwelcome touching, pervasive displays of materials with sexually graphic content, and attempted or actual sexual assault. It is a form of violence because if it is done on a regular basis it can make the victim truly uncomfortable, fearful and not being able to perform at work or school to their full-potential.
- 8) **MYTH** Alcohol is often used as an excuse to justify acts of violence. Many people drink but do not become violent towards their partners or towards other people in general. Many people are violent towards their partners or others when they are sober.
- 9) **MYTH** Violence among young people in intimate relationships is quite common despite the fact that we rarely hear about it. It might take different forms, such as emotional abuse like controlling who your partner sees or what your partner wears, humiliating your partner, calling them names and threatening to 'break up with them' if they don't behave in a certain way. It also includes physical and sexual violence.
- 10) **MYTH** It is ok to feel jealousy on occasion, but when jealousy is used as an excuse to control what a partner does, what they wear and who they see it is a form of emotional abuse. Therefore, a line must be drawn between jealousy as a legitimate feeling and jealousy as a means of control. Jealousy most often has nothing to do with love; it's rather a sign of possessiveness, lack of trust and insecurity.

What is the extent of GBV?

Gender-based violence is present in every country and poses a serious obstacle to equality between women and men and it is recognized as a human rights violation. Acts of gender-based violence are generally committed by individuals close to the victims:

- ▶ A UK survey of 1,353 young people aged 13+, found that though similar proportions of girls and boys report experiencing emotional and physical violence in their romantic relationships, girls were more likely to report that they suffered severe forms of abuse and also that the violence was repeated and that it stayed at the same level or worsened over time.³
- ▶ Gender-based bullying is the most common form of school violence in the USA. National surveys indicate that 80% of adolescents in the US will experience some type of gender-based bullying before graduating from high school.⁴
- ▶ A cross-national survey of 1,850 girls aged 18-24 in Greece, Cyprus, Malta, Lithuania and Latvia found that between 10-16% of all respondents reported being subject to some form of unwanted sexual experience during a date including rape or attempted rape (MIGS, 2008).⁵
- ▶ In a research involving 486 Greek female adolescents (15-21 years old) almost 1 in 2 girls reported that they have experienced some form of intimate partner violence (physical, psychological or sexual) whether in a current or a previous relationship.⁶
- ▶ According to the United Nations (2003), at least 1 in 3 women in the world has been abused physically or sexually by a man at some point in her life (usually from someone familiar to the victim).⁷
- ▶ According to World Bank data (1994), women aged 15-44 are more at risk from rape and domestic violence than from cancer, car accidents, war and malaria combined.
- ▶ In Europe, it is estimated that one-fifth to one-quarter of all women have experienced physical violence at least once during their adult lives, and more than one-tenth have suffered sexual violence involving the use of force.⁸
- ▶ In Italy, it is estimated that 32% of women aged between 16-70 have experienced physical or sexual male violence during their lifetime. Younger women, i.e. those aged 16-24, are most likely to be victims of violence.⁹

3 Barter, C.A., McCarry, M., Berridge, D., & Evans, K.M. (2009). *Partner exploitation and violence in teenage intimate relationships*. London: NSPCC.

4 Anagnostopoulos, D., Buchanan, N.T., Pereira, C., & Lichty, L.F. (2009). School staff responses to gender-based bullying as moral interpretation: An exploratory study. *Educational Policy*, 23, 519-553.

5 Mediterranean Institute for Gender Studies, MIGS. (2008). *Date Rape Cases among Young Women: Strategies for Support and Intervention*. Nicosia: University of Nicosia Press. Downloaded from: <http://goo.gl/v4cel>.

6 Research conducted by Pentaraki M (2003), Magnitude, forms and consequences of violence that adolescent female high school students suffer in their intimate relationships. Unpublished Doctoral thesis, Department of Sociology, Panteion University Athens., mentioned in Perspective project Workstream 2 report by the European Anti-Violence Network.

7 United Nations Women's Development Fund (UNIFEM). (2003). *Not a Minute More: Ending Violence against Women*. New York: UNIFEM.

8 Council of Europe, Committee of Ministers. (2011). *Council of Europe Convention on preventing and combating violence against women and domestic violence: Explanatory Report*. Downloaded from: <http://goo.gl/C961D>.

9 Istituto Nazionale di Statistica. (2006). *Violence and abuse against women inside and outside the family*. Downloaded from: <http://goo.gl/pt2PH>.

Who are the victims of GBV?

Gender-based violence is a world-wide phenomenon which takes place among all age, religious, ethnic groups, and victims can be found across all social classes and independently of level of educational attainment. There is no evidence to support the idea that uneducated or poor people are more prone to violent behaviours.



It is a myth that victims of GBV are most often women from low-income, uneducated families and/or belonging to specific ethnic groups because GBV does not have to do with material, cultural or educational attainment. GBV is intrinsically linked to inequality between women and men and widespread social norms which undervalue the role and contribution of women in relation to men in society, thus making them less valuable and more vulnerable to abuse and exploitation.

Just think of the characteristics below that are attributed by society to women and men:

- ▶ Men are socialized into certain behaviours that make them believe that it's natural or normal for them to behave in more aggressive and violent ways. For example, 'manhood' is often associated with aggressiveness, courage, physical power, control over one's emotions and over different circumstances, leadership, etc.
- ▶ Traditional 'male' characteristics and roles are considered **more valuable** than those most often attributed to, or associated with women such as housewife, carer, timid, obedient, well-behaved, polite, and selfless.

We often tend to blame the victim for the violence she/he has suffered because we don't want to question the safeness of our world/society. We assume that if the victim had avoided certain behaviours, (and many other things: certain streets, neighbourhoods, clothes, people, etc) then they would have been safe from abuse. This explanation takes away the responsibility for the violent act from the perpetrator and places it on the victim.¹⁰

The usual phrase 'she was asking for it' depicts exactly that. The truth is, however, that no one asks to be abused. No woman ever 'asks' to be sexually assaulted- whatever she wears, wherever she goes, whomever she talks to. The idea that women 'ask for it' is often used by perpetrators to justify their behaviour. Every woman and girl has the right to wear what she wants, and to choose her sexual partner.

If we truly aim to **STOP VIOLENCE** then we should consider the value judgments we make about the victims of violence. We need to **STOP BLAMING VICTIMS** and begin holding perpetrators **ACCOUNTABLE** for their actions!

¹⁰ Argument adjusted from Gender Matters manual, p. 45 'What is Violence', Council of Europe, Directorate of Youth and Sport. (2007). Gender matters: A manual on addressing gender-based violence affecting young people. Budapest: CoE.

DOES THIS MEAN YOU THINK THAT MEN ARE BAD?



We do not think that men are naturally violent and we don't think that men are bad, however we do think all men have roles and responsibilities in ending violence against women. The majority of men are not violent.

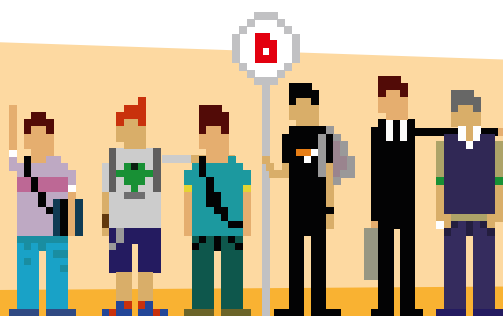
At the same time, we do think that some men have learned to express their anger or insecurity through violence. Far too many men have come to believe that violence against a woman, child or another man is an acceptable way to control another person, especially an intimate partner.

The good news is that more and more men and boys want to make a difference. Caring men are tired of the sexism that hurts the women around them. Caring men are also concerned with the impact of this violence on the lives of men and boys.

Source:

Adjusted excerpt from the webpage of the White Ribbon Campaign

http://www.whiteribbon.ca/about_us/



Boys and men as allies to stop GBV

Although the majority of victims of gender based violence are women and girls, and the perpetrators are predominantly men, most men are not violent or abusive!

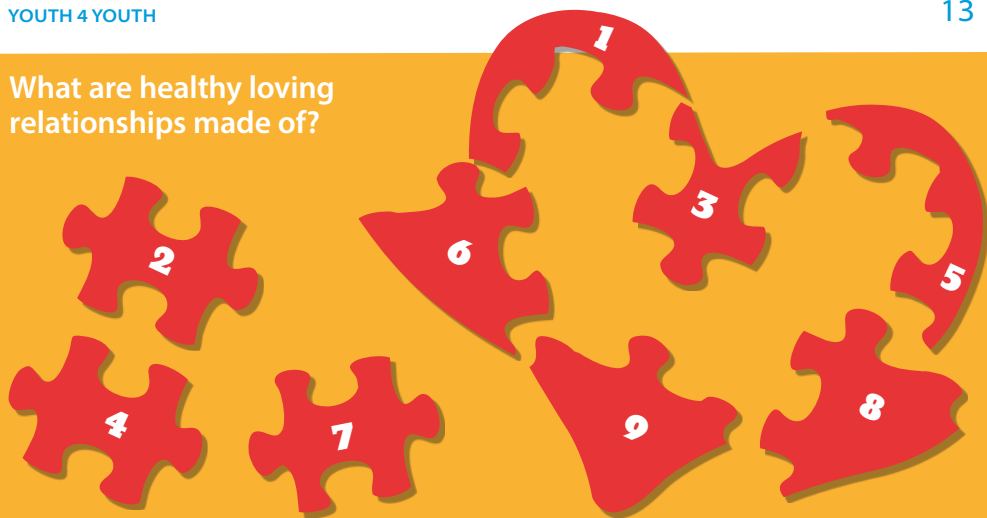
In fact, across the world men have taken a strong stand to stop gender based violence.

The **White Ribbon Campaign** constitutes one of the widest worldwide efforts that is organized and supported by men with the aim to end male violence against women:



My power is found in respect and when she says NO, I say OK.

What are healthy loving relationships made of?



Loving relationships involve respect and communication and do not involve violence of any kind. Even if you don't have a boyfriend or girlfriend, it's a good idea to learn what a healthy relationship is so you'll know what you have the right to expect and how to build a healthy relationship yourself. In a healthy, equal relationship:

- 1) You both have respect for each other.
- 2) There is trust. There is honesty. The only way to build trust is to be honest and open with each other.
- 3) You support each other in good times and bad, like cheering for your girlfriend at her basketball game or listening to your boyfriend talk about his parents' divorce.
- 4) It's important to make decisions together, like what movie to see or whose friends to hang out with. If one person is bossing the other around, it's not fair or equal.
- 5) There is no fear in the relationship.
- 6) You feel comfortable being yourself. You don't have to change who you are.
- 7) You feel free to do things that you enjoy, dress in the way you want, go wherever you want to go, and generally feel free to be and act yourself.
- 8) You can keep hanging out with your friends and doing the things you like to do, like playing in a band or being on the swim team. You feel alright doing some things separately.
- 9) You solve problems together calmly without yelling. When you disagree, you know that it's ok to talk about it and that your partner will listen to your views calmly and with interest in what you have to say.

Sources :

- Daphne Project: Improving the Response to Intimate Partner Violence (IPV) in Military Settings
JAI/DAP/2004-1/101/WY
http://www.euroipn.org/daphne_new/daphne2/DAPHNE_ANNEXES/APPENDIX%201.%20IPV%20MATERIAL/1.4.%20IPV%20Leaflets/ENGLISH.pdf
- Ontario Women's Directorate -
http://www.women.gov.on.ca/english/resources/publications/equal/teens_best.shtml

Watch Out For Unhealthy Relationships - Violence is not only PHYSICAL!

Being in an unhealthy relationship can make you feel confused, ashamed, hurt or afraid. However you may not recognize that you are suffering from an abusive relationship until physical violence takes place. Gender-based violence can also consist of the following behaviours:

- ▶ Trying to control what another person does, like telling them what to wear or who they can be friends with;
 - ▶ Yelling, screaming, or breaking things instead of talking things over;
 - ▶ Hurting someone's feelings and making them feel unimportant by insulting them, putting them down and calling them names;
 - ▶ Any kind of violence, like pushing, grabbing or kicking;
 - ▶ Pressuring someone to stop spending time with their friends and family, or to stop doing the things they like to do, like playing sports or being in the school play;
 - ▶ Pressuring someone to do anything they don't want to do, like drinking alcohol, smoking, doing drugs or having sex.
- Source:**
Ontario Women's Directorate -
www.women.gov.on.ca/english/resources/pub-

Source:

Ontario Women's Directorate -

www.women.gov.on.ca/english/resources/publications/equal/teens_best.shtml



KNOW YOUR RIGHTS! CLAIM YOUR RIGHTS!

- ▶ A right to a life free from physical, psychological, sexual, verbal or any other form of violence and abuse;
- ▶ A right to express your gender and sexual identity free from any kind of discrimination and bullying based on sexuality, sex or gender;
- ▶ A right to your own body, a right to say NO to any behaviour that makes you feel uncomfortable;
- ▶ A right to be listened to and express your opinion and concerns - A right to freedom of expression and active participation in all matters that affect you and to the development of a favourable environment for effective youth participation;
- ▶ A right to information on appropriate ways of safe contraception, on healthy sexual living and on services in relation to advice on intimate relationships and gender-based violence;
- ▶ A right to adequate provision of mechanisms and services where one can report gender-based abuse in a confidential, accessible and supportive way;
- ▶ A right to choose one's own sexual orientation free from discrimination or the need to fit in specific pre-determined categories of male or female;
- ▶ A right to education on healthy relationships, equality, sexual and reproductive health and rights.

Sources :

- UN Convention on the Rights of the Child
- Recommendation Rec(2006)14 of the Committee of Ministers of the Council of Europe to member states on citizenship and participation of young people in public life
- International Planned Parenthood Association

IF YOU ARE EXPERIENCING GENDER BASED VIOLENCE IT CAN BE VERY SCARY AND CONFUSING.

REMEMBER THAT THE ABUSE IS NOT YOUR FAULT AND THAT YOU ARE NOT ALONE.

TALKING TO A FRIEND OR A TRUSTED ADULT LIKE A PARENT OR TEACHER CAN REALLY HELP.

AT THE END OF THIS BOOKLET THERE IS A LIST OF HELPLINES AND ORGANISATIONS THAT YOU CAN CONTACT FOR ADVICE AND SUPPORT.



How can I learn more about gender-based violence?

Useful Resources :

- ▶ **Youth4Youth:** Empowering Young People in Preventing Gender-based Violence through Peer Education

www.medinstgenderstudies.org/news/youth4youth-empowering-young-people-in-preventing-gender-based-violence-through-peer-education

- ▶ **Gender Matters:** A manual on addressing gender-based violence affecting young people, Council of Europe, Directorate of Youth and Sports

<http://eycb.coe.int/gendermatters/default.htm>

- ▶ **White Ribbon Campaign Issue Brief:** Engaging Men and Boys to Reduce and Prevent Gender-Based Violence

http://whiteribbon.ca/issuebrief/pdf/wrc_swc_issuebrief.pdf

Websites :

- ▶ **GenderYOUTH**

www.beyondgenderyouth.org

- ▶ **UNESCO**

www.unesco.org/new/en/unesco/themes/gender-equality

- ▶ **European Women's Lobby**

www.womenlobby.org

- ▶ **Zero Tolerance**

www.zerotolerance.org.uk

- ▶ **V-girls**

www.v-girls.org


- ▶ **V-day/V-men**

www.vday.org/v-men

- ▶ **Love is not Abuse Campaign**

www.loveisnotabuse.com

- ▶ **European Emergency Number**

 **112** (the European emergency number is reachable from fixed and mobile phones, free of charge, everywhere in the EU)

http://ec.europa.eu/information_society/activities/112/index_en.htm



Organizations and Helplines in the Youth4Youth partner countries

Cyprus

Cyprus Family Planning Association

- ☎ Tel.: 22 751093
- ☎ Direct Helpline: 1455
- ✉ famplan@spidernet.com.cy
- 🌐 www.cyfamplan.org

Association for the Prevention and Handling of Domestic Violence

- ☎ Direct Helpline: 1440
- (free of charge, everyday from 8.00 am to 10.00 pm)
- 🌐 www.domviolence.org.cy

Greece

The Smile of the Child

- ☎ National Helpline for children: 1056
- (free of charge, 24 hours/7 days a week)
- ✉ sos1056@hamogelo.gr
- 🌐 www.hamogelo.gr
- 🌐 www.facebook.com/to.xamogelo.tou.paidiou
- 🐦 twitter.com/hamogelo

The Greek Ombudsman for Children's Rights

- ☎ Helpline for children: 800.11.32000
- (free of charge, 9.00 – 15:30/ Monday – Friday) or 210.7289.744 (local charge, 9.00 – 15:30/ Monday – Friday)
- 🌐 www.0-18.gr/rotao "Asking the Ombudsman"
- 🌐 www.0-18.gr
- ✉ cr@synigoros.gr

Italy

National helpline to support women victims of gender-based violence

- ☎ 1522
- 🌐 www.antiviolenzadonna.it

Map of antiviolenza centres in different towns of Italy

- 🌐 www.casadonnae.it/cms/index.php?option=com_wrapper&Itemid=174

Lithuania

Youth helpline - 8 800 28888

- 🌐 www.jaunimolinija.lt/telefonas/

Crisis center in Vilnius

- ☎ 85 233 2508
- 🌐 www.vmkc.lt
- (provides shelter for battered girls and women)

Spain

- ☎ Teléfono de información y asesoramiento jurídico en materia de violencia de género. **Ministerio de Sanidad, Servicios Sociales e Igualdad del Gobierno de España. 016.** Para personas con discapacidad auditiva y/ o del habla 900 116 016.

- 🌐 www.msc.es/ssi/violenciaGenero/Recursos/telefono016/home.htm

- ☎ Teléfono de información del **Instituto de la Mujer. 900 191 010.** DTS para personas sordas: 900 152 152



Notes

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WHAT CAN YOUNG PEOPLE DO TO STOP GBV?

- 1. BE INFORMED ABOUT GBV**
- 2. REPORT BULLYING OR OTHER VIOLENT BEHAVIOUR TO A TEACHER/PARENT/SCHOOL COUNSELOR**
- 3. PROMOTE RESPECT AND EQUALITY IN YOUR FRIENDSHIP CIRCLES**
- 4. SPREAD AWARENESS ABOUT GBV**
- 5. FIND OUT HOW YOU CAN SUPPORT A FRIEND WHO IS EXPERIENCING GBV BY CALLING A HELPLINE OR A LOCAL ORGANIZATION**
- 6. ASK YOUR SCHOOL FOR LESSONS ON GBV**
- 7. SUPPORT OR JOIN LOCAL ORGANIZATIONS AND CAMPAIGNS**
- 8. REMEMBER THAT STEREOTYPES ARE BOXES THAT PREVENT US FROM EXPRESSING OUR UNIQUE PERSONALITIES AND FULL POTENTIAL!**