

International day for the elimination of violence against women

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What is it?

The International Day for the Elimination of Violence Against Women is on November 25th each year.

This day aims to raise awareness about the violence that women face globally and to promote efforts to eliminate all forms of violence against women and girls.

The day is also part of the larger 16 Days of Activism Against Gender-Based Violence campaign, which runs from November 25 to December 10.

There are several types of violence against women and girls:

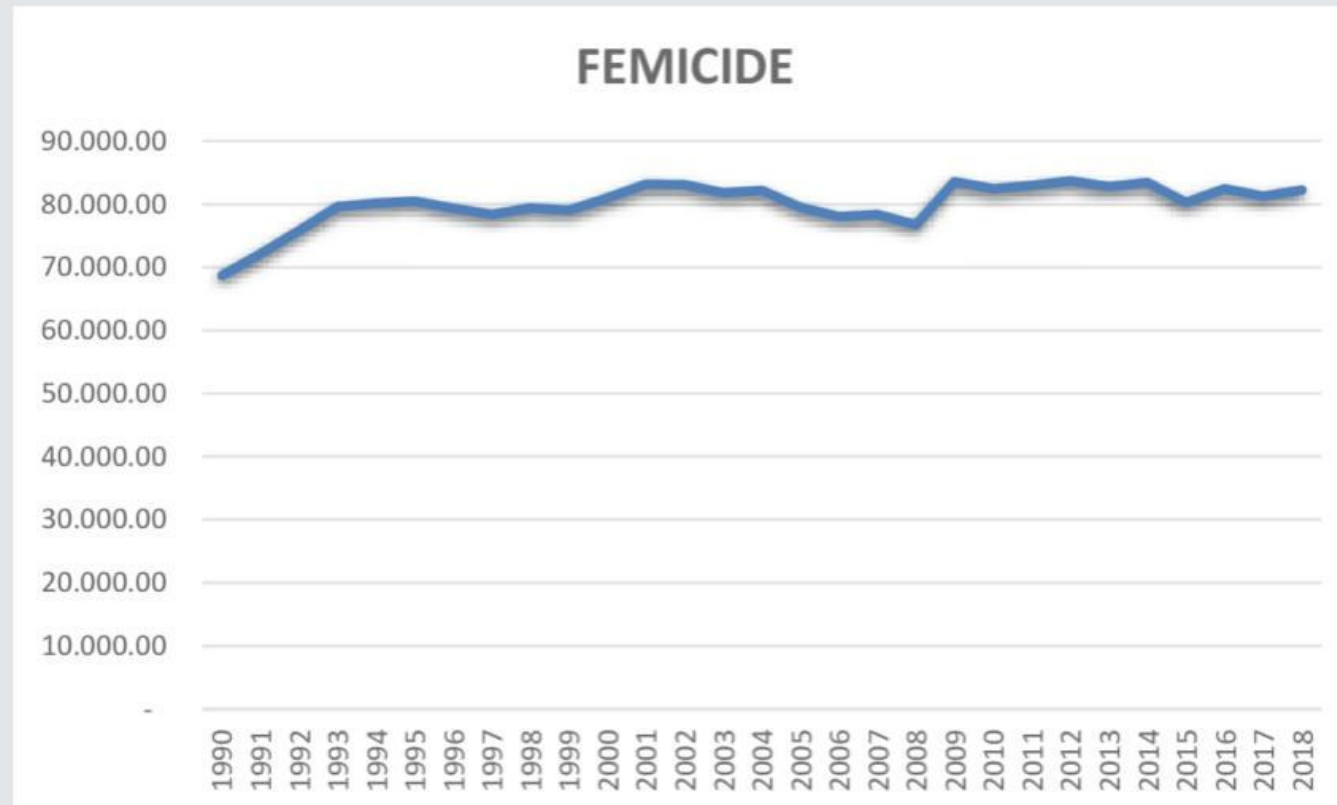
1. Physical Violence: This includes hitting, slapping, or any form of physical harm inflicted on a woman or girl.
2. Sexual Violence: This encompasses rape, sexual assault, and any non-consensual sexual act.
3. Emotional and Psychological Abuse: This involves manipulation, threats, and controlling behavior that can harm a woman's mental well-being.
4. Economic Abuse: This type of violence includes controlling a woman's financial resources, preventing her from working, or denying her access to money.
5. Human Trafficking: Women and girls can be exploited for labor or sexual purposes through coercion or deception.
6. Female Genital Mutilation (FGM): This is a harmful cultural practice that involves the partial or total removal of the female genitalia.
7. Child Marriage: This occurs when girls are married before the age of 18, often against their will.

Recognizing these types of violence is essential in addressing and preventing them, as well as supporting those affected.

Femicide

-Femicide is the killing of a woman or girl, in particular by a man and on account of her gender.

-In 2022, the UN registered 89 000 cases of intentional killings of women and girls worldwide



The most common crime against women and girls is domestic violence



- 1 in 4 women in England and Wales will experience domestic abuse in her lifetime
- On average, one woman is killed by an abusive partner or ex every five days in England and Wales
- It takes, on average, 7 attempts before a woman is able to leave for good.
- 20% of children in the UK have lived with an adult perpetrating domestic abuse.
- 41% of UK girls aged 14 to 17 in an intimate relationship experienced some form of sexual violence from their partner.

Domestic violence in media

<https://youtu.be/x6CP2Nrs8gE?si=eVXp6LokTxHAdHu7> – Titanic

https://youtu.be/MV0uL3mNXJ8?si=RgLilGM9udHepy_K – enough

Signs of domestic abuse can vary but often includes:



1. Physical Signs: Unexplained injuries, bruises, or frequent visits to the doctor for injuries that the person cannot explain.
2. Emotional Abuse: Constant criticism, belittling, or controlling behaviour by a partner, leading to low self-esteem and feelings of worthlessness.
3. Isolation: The abuser may try to isolate the victim from friends, family, and support networks, making it difficult for them to seek help.
4. Financial Control: The abuser may restrict access to money, control all financial decisions, or prevent the victim from working.
5. Fear and Anxiety: The victim may live in fear of their partner's reactions or feel anxious about doing things that might upset them.

Recognizing these signs is crucial in addressing domestic abuse and encouraging those affected to seek help and support.

Where to go for help

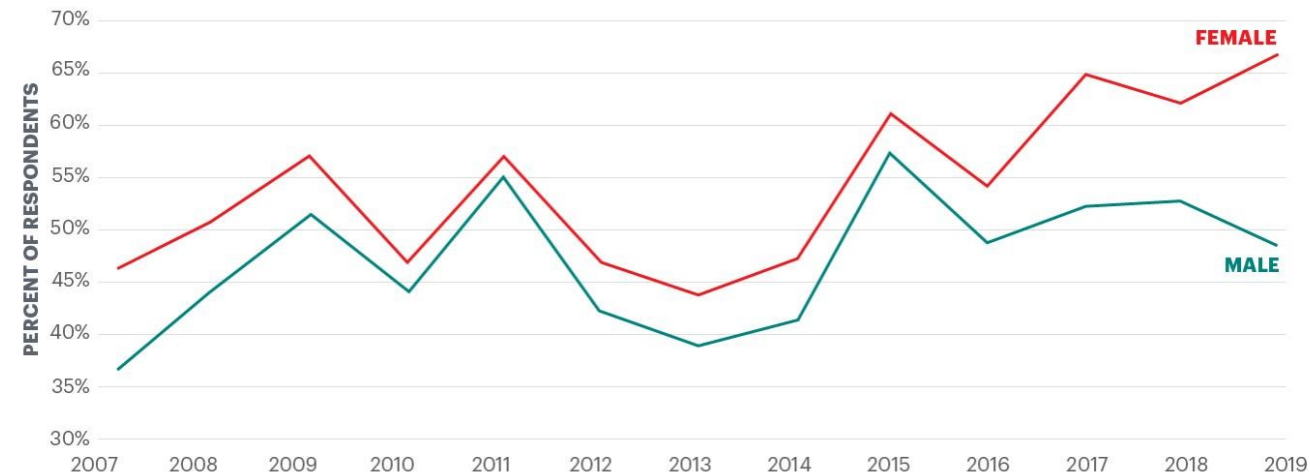
1. National Domestic Violence Helpline: You can call 0808 2000 247 for confidential support and advice.
2. Women's Aid: This organization provides support and information for women experiencing domestic abuse. They have a website with resources and local services.
3. Refuge: They offer a helpline and can assist with finding safe accommodation.
4. Local Services: Check with local charities or community organizations in your area, as they often provide support and resources for those affected by domestic abuse.

It's important to reach out for help, and there are people and organizations ready to support you.

Discuss

- Do you feel safe walking home alone?
- Do you know where to access support if you or someone you know is suffering from abuse?
- Can you spot the signs of an unsafe relationship?

Percentage of respondents feeling unsafe walking alone, 2007–2019



Source: Gallup World Poll



On Friday 29th November there will be a bake sale in reception, raising funds for Feathers Futures – a local charity that supports women in many ways ([Feathers Futures | Bringing women together | Great Yarmouth](#))

Please support us by either bringing some baked goods in to sell, or simply buying a sweet treat on the day!

To support or for further information, please speak to Kelly Skendi