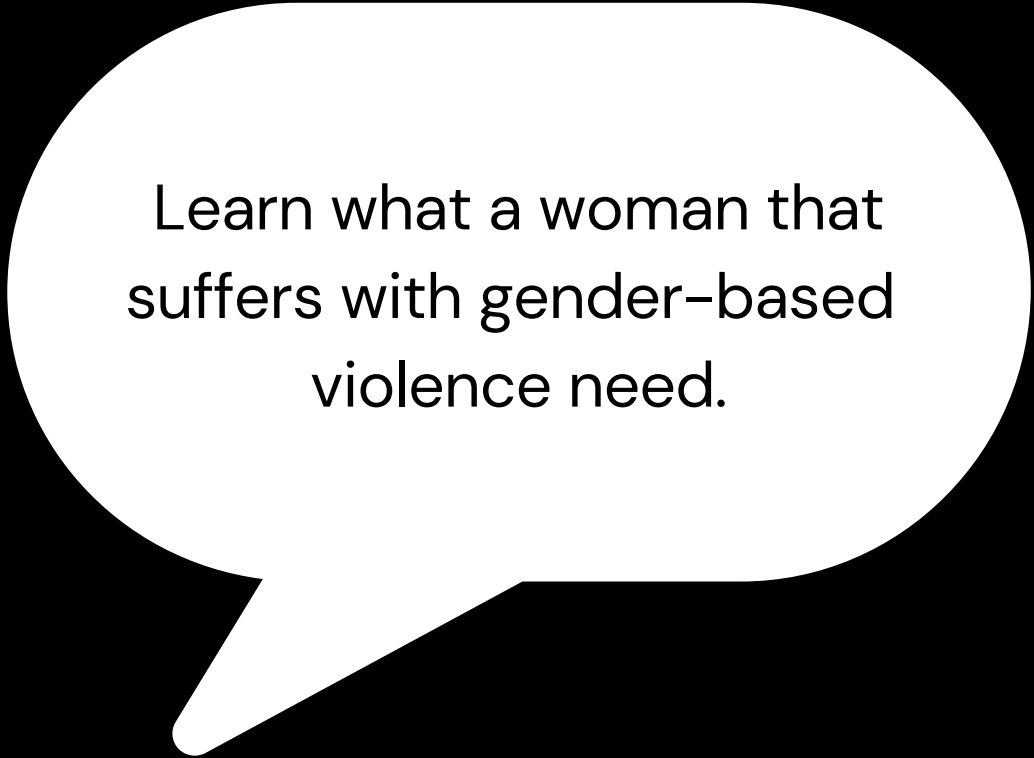


Listen
Welcome
Respect



Learn what a woman that
suffers with gender-based
violence need.

Guideline goals

1 Importance of quality of listening

2 Welcome

3 Support

4 Respect



Introduction

Seven out of ten women in the world have suffered or will suffer some kind of violence. According to the UN, less than 40% of women who suffered violence look for any type of help.

This happens, precisely, because we live in a society where women are often **SILENCED** and **OPPRESSED**.

The lack of security and protection means that women do not feel strong enough to speak up and fight this violence.



My name is Luiza Tojer and I am one of those women. With my experience and struggle, I realized that after the woman feels safe to share the violence suffered for the first time, and there is a quality of listening, it is usually from that moment of listening that the first steps to transform her life begin.

In the following pages I will explain, from my point of view, what we can do to transform and save lives.

We will change this reality from our daily attitudes and that is why this change depends on YOU.

What it is
gender-based
violence?

It's any type of aggression: physical, psychological, sexual, virtual or symbolic against someone in a situation of vulnerability due to their gender identity or sexual orientation.

There are steps to detect, listen to, welcome and help people who experience any type of gender-based violence.

It's very complex and vast, but I'll show you some tips to help us.

Starting with looking and paying attention to the people around us, such as : our friends, neighbors, daughters, colleagues, that we can help them.

I need to be aware if...

- In a relaxed conversation, your friend says that the partner has offended her or has controlled her too much;
- A change in her behavior. Ex: social isolation and just living with the partner;
- Hidden and / or sudden cries;
- Change of mood;
- Discomfort when talking about any type of violence with other people;
- Bruised around her body and the woman tries to hide and cannot explain properly, feels embarrassed, or changes the subject;
- Discussions between couples that are extremely aggressive , or how the partner has a lot of control over the woman and how he treats her.

We know that pedophilia happens with girls and boys so always be aware of children.

Often this abuse can go on until adolescence as it usually happens within environments that should be the safest, such as our home, family home, friends and neighbors.



Pedophilia

Pay attention if:

- The child or adolescent does not like or avoid being alone with a certain adult;
- An adult who is always creating opportunities and moments to be alone with the child / teenager;
- Many pedophiles are usually people who are always surrounded by children and children love them;
- The behavior of the child / teenager is far out of the standard of what is expected of a child at that age;
- The child or teenager comments that an adult is treating them differently.



Pedophilia

The child will not always be able to explain exactly what is happening and this happens because the abuser is able to manipulate the way the child sees things and also because most of the time there is no quality sexual education within at home and in educational institutions that teach how children and adolescents can defend themselves.

Normalize and teach the real names of your kids intimate parts, so if one day they decides to tell someone about something, any adult can identify.

LISTEN to your children and believe what they say.

The adult's reaction at that moment makes all the difference.

ATENÇÃO!

What was mentioned above does not guarantee that the person has or is suffering any type of abuse, but in the face of the signs, we must be aware.

What is happening has already been identified. The moment is ideal to start a conversation, have the sensitivity when touching on that subject. It might not be the ideal time, so:

- Create opportunities for someone to open up and share;
- Chat in groups or just between two people about gender-based violence;
- Share your own experience or someone's experience;

This may be the opportunity that someone has been waiting for to speak up.

Now that you have taken the first steps and the person is comfortable talking, you have to :

**STOP
AND
LISTEN**

- STOP what you're doing and let the person speak. Now is your time for quality LISTENING;
- Do not question the victim's life and choices;
- You do not need to show your indignation towards the abuser / aggressor;
- Do not underestimate the victim's pain and suffering;
- That moment is her moment, it's not a dispute of pain or suffering is LISTENING;
- Phrases of agreement and showing interest in what she's talking about will help her to feel more comfortable:
YES, Ok, UNDERSTAND and AND AFTER THAT ...;

The woman who suffers the violence did not choose to go through that situation, and consequently her self-esteem and confidence are extremely shaken.

This moment is unique and it was the opportunity she felt to open up.

Questions you
can ask

As we said, this is a moment where you need to use all your sensitivity and know how to respect that person.

You can ask:

- How do you feel now?
- How can I help you right now?

Respecting this woman's time and history is one of the basic principles. But your support can be essential for her transformation.

It is neither easy or simple to get out of any kind of violence, with a partner, father, stepfather, boss, colleague and etc.

There is a change in LIFE for this to happen, in addition to fear and the consequences that person can suffer when deciding to leave that situation.

RESPECT.

**ALWAYS BE BY
HER SIDE**

Starting a psychological treatment is also not easy, it is when you seek deeply all the violence, pain, trauma experienced, and you understand yourself better.

It can take years for changes to start in this woman's life and due to the lack of understanding of our time people around us, often give up on us.

Moving away from someone who is suffering or has been in a situation of violence will only demotivate them.

You have the power to decide to be by her side, write to her, call for a conversation, invite her to do something she likes to, to make her feel better.

**ALWAYS BE BY
HER SIDE**

A woman who suffers violence needs to recover, understand and recognize all the strength and capacity she carries within her, and most of the time this woman is very shaken, with low self-esteem, unable to see all of her power.

Empower this woman, praise the qualities, skills and beauty that she has.

(beauty is not just external ok?)

Show her that she can overcome or get out of this violent zone and that is a world for her to live.

And you will be by her side in this whole process.

The importance
of transformation

- Understand more about the kind of gender-based violence this woman suffered or is suffering ;
- How the victims act, consequences and traumas;
- Better understand how to act and welcome;
- Show the importance of psychological / therapeutic help and how you will support it and help to deal with the situation and with itself;
- Don't force the person to seek help;
- Find and give her a psychologist / therapist's phone number.

The decision is hers alone.

All the women who are on "The Power In You" went through the help of a psychologist and it's clear how it made all the difference in their lives and in the choices they made.

The importance
of transformation

Help this woman to transform her life.

-Pass information about laws and rights.

Help her find:

- Specialized Support Centers;

- Psychologists / Therapists;

- Lawyers;

Talk about and the importance of the complaint;

- The denounce, even if it does not have an effective change, is evidence against the criminal.

Help this woman find a new home, a job, spread the word about this woman's work.

There is a whole process for change to happen.

You can find all of this on the "I Need Help" page on the "The Power In You" website.

Don't forget

We women who suffer from gender violence are victims but we do not like or want your victimization, we do want to be recognized for the strength we carry within us.

To survive any kind of abuse, resilience is required.

The violence we suffer does not define who we are, it's part of our history, to be where we are.

Let's show that there is a world of possibilities and a new life waiting. And the violence suffered does not limit us at all.

Remember, you may be helping to save and change this woman's life.

**The Power
In You**

Now that you have read the guideline, [click here](#) and meet the incredibly powerful and strong women who are part of the "The Power In You" project.

Be sure that by reading / listening to the stories they have to tell you will better understand how we feel and learn a little more about the mistakes that society makes.

Hope this exhibition brings you knowledge, empathy and motivate you to fight against gender violence.

note: suggestions for improvement are always welcome

THANK YOU