

**STOP VIOLENCE**

partner

## Do you know?

- Violence involving women and men based on their gender is called Gender Based Violence (GBV).
- GBV can be **physical violence**, **sexual violence**, **psychological violence** or **economical violence**.
- Survivors of GBV are largely women. In Sri Lanka, one in three women are known to experience GBV during their life time.
- GBV is seen at homes, work places, in the community, and even in public transportation. But, the most common form of GBV is violence performed by a husband or a male partner.
- Women who experience GBV can be wealthy or poor, educated or illiterate, married or single, and of any nationality.
- Many do not disclose GBV because of shame, fear for the perpetrators, thinking of their children, etc. But, women who disclose GBV can get support from relatives, neighbours, health workers, social workers, religious leaders, and if necessary from police and at courts.

## What's more...

Children who witness GBV can develop psychological disorders, aggressive behaviors, poor school performance, and in later life have problems in their own relationships.

## Using violence within a relationship is not acceptable.

- Physical violence includes punching, hitting, choking, biting, and throwing objects at a partner, kicking and pushing, using a weapon, etc.
- Sexual violence includes forceful demands for sex, performance of certain sexual acts that a partner dislikes, forcing a partner to have sex with other people, treating a partner in a sexually derogatory manner and/or insisting on unsafe sex.

- Psychological violence includes mistreatment and undermining of a partner's self-worth and self-esteem. It can include criticism, threats, insults, belittling comments and isolating a partner from family and friends.
- Economic violence includes withholding money or preventing the access to money when a partner needs it.

Health effects of GBV can be massive and range from minor bruises to severe depression eventually leading to suicide or homicide.

**Effects of GBV can persist after violence ends and can even be lifelong.**

### **Myths on GBV**

**Violence is just a private family matter**

No, it is not. Such thinking is one of the main reason for GBV. It is not normal within a family and it is not something acceptable.

**GBV is experienced only by poor women**

No. Woman of any social class can experience GBV.

**Women who experience GBV are helpless in Sri Lanka**

No. In Sri Lanka, there are both governmental and non-governmental organizations that provide services to the survivors of GBV. FPA Sri Lanka is one such organization.

**Are you a survivor of GBV?**

**Does your sister/brother, mother/father,  
Friend, relative, neighbour**

**Experience GBV?**

**Break the silence. Seek help.  
We are here to assist you.**

37/27, Bullers Lane, Colombo 7

Tel : 011 2 555 455

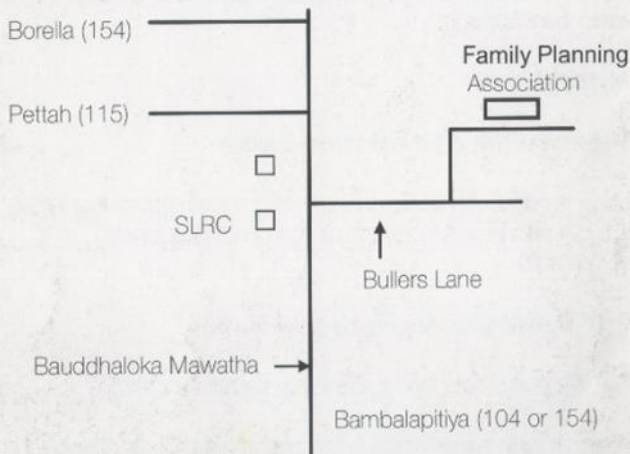
Fax : 011 2 55 66 11, 2 580 915

E-mail : cfh@fpasilanka.org

Monday - Friday 8.00a.m. - 4.00p.m.

Closed on Weekends, Poya and Mercantile Holidays

## Directions



- From Pettah - Route No. 115
- From Borella - Route No. 154
- From Bambalapitiya - Route No. 104 or 154
- From Nugegoda - Route No. 115 or 173

### Other Support Centres

Sri Lanka Police Headquarters  
Fort, Colombo.

Tel : 0112 42 11 11 \ 2 24 33 33

Womens & Children Bureau

No : 25, Whiteway Building

Sri Baron Jayathilaka Mw, Colombo 01

Hot Line : 011 2 44 44 44

Women In Need (WIN)

No : 25 Tickell Road, Colombo 8.

Tel : 011 2 671 411, 2 671 401, 4 641 466, 4 641 543