

DO YOU

or

Your

Sister / Brother

Mother / Father

Friend

Neighbour



**Experience physical, sexual, or
emotional violence?**

Break the silence. Seek help.

We are here to assist you



Do you know?

- Violence involving women and men based on their gender is called 'Gender Based Violence' (GBV)
- GBV can take place in many forms, including Physical Violence, Sexual Violence, Psychological Violence or Economical Violence.
- Survivors of GBV are largely women. In Sri Lanka, at least one in every three women are known to experience GBV during their lifetime.
- GBV could take place 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, and financial insecurities. But women who disclose GBV can gain support from relatives, neighbours, health workers, social workers, religious leaders and most importantly from the police and the courts.

Using violence within a relationship is not acceptable.

- Different forms of physical violence include, but are not limited to punching, hitting, choking, biting, kicking, pushing, using a weapon and throwing objects at a partner.
- Sexual Violence includes forceful demands for sex, demanding to perform certain sexual acts that a person dislikes, forcing a person to have sex with other individuals, treating a person in a sexually derogatory manner or insisting on unsafe sex, ect.
- Psychological Violence includes mistreatment and undermining of a partners self-worth and self-esteem. Besides this, criticism, threats, insults, belittling comments and isolating a partner from family and friends, ect.

- Economic violence is identified as withholding money or preventing the access to money according to a partner's requirement.

What's more.....,

GBV can also cause several health effects. These might have a range of minor bruises to severe depression which could eventually lead to suicides or homicides.

Effects of GBV can persist even after violence ends and in some situations cause lifelong effects.

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

Myths on GBV

- Violence is considered as a private family matter.
No. It is not. Such thinking is one of the main reason for GBV. Acts of GBV is not normal within a family and it is not acceptable in any relationship.
- Only few women experience GBV
No. In Sri Lanka, more than 33% of the women experience GBV. Many do not disclose their experience of violence to anyone.
- GBV is experienced only by poor women.
No. Women of any social class can experience GBV.
- Women who experience GBV are helpless in Sri Lanka.
No. There are both governmental as well as non-governmental organizations that provide services to the survivors of GBV. Also, in Sri Lanka, there are laws against domestic violence and police desks to receive complaints.

GBV Service Providers

Mithuru Piyasa

Family Health Bureau

No: 231, De Saram Place, Colombo - 10.

☎: 011 3 040 541

BH Thambuththegama ☎ : 025 2 276 262

BH Marawila ☎: 032 2 254 261

Police Bureau for the Abuse of Women and Children

No 16, Pagoda Rd, Nugegoda.

☎: 011 2 826 444 / 011 2 768 076

Chilaw ☎: 032 - 2 222 222

Anuradhapura ☎: 025 - 2 222 223

National Child Protection Authority

No: 330, Thalawathugoda Rd, Madiwela,

Sri Jayawardenepura.

Hot Line 1929

Women In Need (WIN)

No 25, Tickle Rd, Colombo - 08.

☎: 011 4 718 585

Puttalam ☎: 032 - 5 672 161

Anuradhapura ☎: 025 - 2 225 708

Happy Life Contact Center

The Family Planning Association of Sri Lanka

37/27, Bullers Lane, Colombo - 07.

☎: 011 2 588 488

Sri Lanka Legal Aid Commission

No 129, Hulftsdorp Street, Colombo - 12.

☎: 011 5 335 329 / 011 5 335 281

Marawila ☎: 032 - 2 254 443

Anuradhapura ☎: 025 - 2 224 465

Ministry of Women's Affairs

3rd & 5th Floor, Sethsiripaya Stage II, Battaramulla.

☎: 011 2 186 057

Sri Lanka Sumithrayo,

P.O.Box 60B, Horton Place, Colombo - 07.

☎: 011 2 692 909



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