



WorldYWCA

WEEK *without* VIOLENCE.

CENTERING SURVIVORS

17th October-22nd October 2022

An annual global campaign held in the third week of October every year for 25 years, to raise awareness, promote change and enable positive action towards ending violence against women, young women and girls.



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CENTERING SURVIVORS

A survivor centered approach to Sexual and Gender Based Violence seeks to empower survivors by prioritizing their needs. It ensures that survivors have access to quality services including healthcare, psychosocial support, security & justice. Transforming the way we listen to and care for survivors means accepting and appreciating the emotional texture of the processes involved in violence prevention and response. Through this we promote recovery, reduce further harm and reinforce people's agency and self-determination.

At YWCA we establish and strengthen relationships within communities by promoting and supporting intersectional approaches to combat SGBV.

This year, we are calling leaders, advocates and activists worldwide to join **YWCA's Week Without Violence** to raise awareness, take action and stand in solidarity with the 1 in 3 women who experience Sexual and Gender Based Violence (SGBV) in their lifetime and those are at risk of it every day.





HERE IS WHAT YOU NEED TO KNOW ABOUT 2022



JANUARY

100000 refugees displaced as intercommunal violence in Cameroon's Far North Region breaks out over water resources that have been dwindling as a result of the climate crisis. A majority of these reported to be women and children.

FEBRUARY

Russia invaded Ukraine in a major escalation of the Russo-Ukrainian War that began in 2014. The invasion caused Europe's largest refugee crisis since World War II. Multiple forms of Sexual and Gender Based Violence (SGBV), with particularly high insecurity and risk for women and girls on the move, at border crossing points and transit/collective centers, and in bomb shelters. This includes reports of intimate partner violence,

sexual exploitation and abuse, sexual harassment, sexual violence (including conflict-related sexual violence), and economic abuse.¹

MARCH

International Women's Day (IWD) celebrated under the theme "*Gender equality today for a sustainable tomorrow,*" with a call for climate action for women, by women. IWD is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality.

APRIL

Escalating conflict in Yemen leaves women and girls in particular disproportionately



affected by the conflict, with 3 million at risk of gender-based violence, an increase of 63 per cent over the last two years. **Child marriages** are also taking place to reduce the number of mouths to feed and to act as a source of income to buy food and power.²

MAY

Indonesia's parliament passes the **Sexual Violence Crimes Law**, the nation's first dedicated law for addressing cases of **sexual violence against men, women and children**.

JUNE

Roe v Wade was overturned in the United States of America leading to 9 states implementing abortion bans. The impact of this worldwide has been the reductions in US financing in terms of contraception, sexual education, and gender-related public health initiatives in developing countries.

JULY

World Economic Forum (WEF) releases a report stating COVID-19 has delayed gender equality by another 36 years despite the overall gender parity score rising from 67.9% to 68.1%.³

AUGUST

UN Women releases for Progress on the Sustainable Development Goals, **The Gender Snapshot 2022**, a report detailing the current statistics and work to be done in order to achieve goals by 2030.⁴

SEPTEMBER

Mexico releases statements on the alarming increase in gender based violence. The national statistics agency estimated that more than 70% of the 50.5 million women and girls aged over 15 years have experienced some kind of violence, up four percentage points from the last time it ran the survey in 2016.⁵

Viral Videos on violence against women emerge out of Iran amid Anti-Hijab protests by activists.⁶



GLOSSARY



CHILD MARRIAGE

Any formal marriage or informal union between a child under the age of 18 and an adult or another child.⁷



FEMALE GENITAL MUTILATION

The partial or total removal of external female genitalia or other injuries to the female genital organs for non-medical reasons.⁸



FEMICIDE

The intentional murder of women because they are women, but broader definitions include any killings of women or girls.⁹



DOMESTIC VIOLENCE

A systematic pattern of behaviors that include physical battering, coercive control, economic abuse, emotional abuse, and/or sexual violence.¹⁰



FORCED MARRIAGE

Marriages are conducted without the valid consent of both parties, where physical or emotional coercion is a factor.¹¹



HUMAN TRAFFICKING

The recruitment, harboring, provision, receipt, transportation, and/or obtaining of individuals by using force or threats, coercion, fraud, and/or using systems of indebtedness or debt bondage for purposes of economic exploitation.¹²





SEXUAL VIOLENCE

Any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances, acts to traffic, or otherwise directed against a person's sexuality using coercion, by any person regardless of their relationship to the victim, in any setting, including but not limited to home and work.¹³



SEXUAL HARASSMENT

Unwelcome sexual advances, requests for sexual favors, and other verbal or physical harassment of a sexual nature in the workplace or learning environment.



TECHNOLOGY FACILITATED SGBV

Action by one or more people that harms others based on their sexual or gender identity or by enforcing harmful gender norms. This action is carried out using the internet and/or mobile technology and includes stalking, bullying, sexual harassment, defamation, hate speech, and exploitation.¹⁴

For more definitions, use the [digital glossary on definitions and terms created by World YWCA](#).



HERE IS HOW WE CAN CENTER SURVIVORS IN SGBV WORK



Intersectionality

Kimberlé Crenshaw, an American law professor who coined the term in 1989 explained Intersectional feminism as, *a prism for seeing how various forms of inequality often operate together and exacerbate each other*.¹⁵ An intersectional approach shows the way that people's social identities can overlap, creating compounding experiences of discrimination. Intersectional feminism centers on the voices of those experiencing overlapping, concurrent forms of oppression to understand the depths of the inequalities and the relationships among them in any given context. Here are some of the communities that we work with whose experiences can make us more intersectional:

1. LGBTQIA+ communities and SGBV

LGBTQIA+ or Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, and gender nonconforming communities often represent a direct contradiction to expected and assigned gender roles in society, and as a result, are at heightened risk of gender-based violence. 44% of lesbian and 61% of bisexual women (compared to 35% of heterosexual women) experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime.¹⁶

2. Disability and SGBV

Although women and girls with disabilities experience many of the same forms of violence that all women experience, when gender and disability



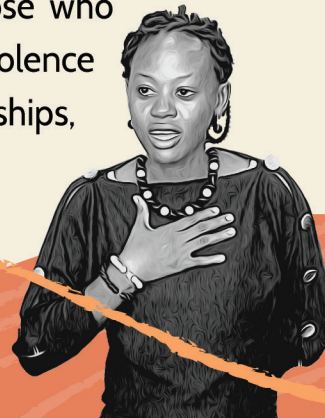


intersect, violence has unique forms and causes and results in unique consequences. Women and girls with disabilities are particularly targeted by perpetrators of violence because of social exclusion, limited mobility, a lack of support structures, communication barriers, and negative social perceptions.¹⁷

According to We Decide, a UNFPA-led initiative, between 40 and 68 percent of young women with disabilities experience sexual violence before the age of eighteen.¹⁸

3. Low-Income regions

Poverty can increase violence. Particular groups of women, including women and girls living in poverty, face multiple forms of discrimination, and face increased risks of violence as a result. Women and girls living in poverty are more vulnerable to sexual exploitation, including trafficking. And those who experience domestic or intimate partner violence have fewer options to leave violent relationships, due to their lack of income and resources.¹⁹



In low-income countries, nearly one-third of women experienced domestic violence, as against around one-fifth of women in upper-middle-income countries.²⁰

Building Resistance

To center survivors in our SGBV work, we must build resistance and solidarity across feminist-related issues and facilitate cross-movement advocacy that highlights the connections between sexual and gender based violence and other issues faced by women worldwide. Here are some social issues related to SGBV:

1. Peace and Security

Armed conflict and humanitarian emergencies can weaken a society's ability to protect women and girls from gender-based violence. Rates of intimate partner violence often increase in crisis. Many armed groups also use sexual violence as a tool of warfare to advance military or political aims. All the while, girls and women may be forced to trade sex for food, money, and other



resources they need to survive. And in some places, they are married off early or forcefully, to protect or care for their families.²¹

According to the UN Refugee Agency (UNHCR) in 2020, 87% of women in Afghanistan had experienced at least one form of GBV, and 62% had experienced psychological, physical, and sexual abuse.²²

2. Sexual and Reproductive Health and Rights (SRHR)

Sexual and Gender Based Violence is increasingly recognized as a major public health concern that affects sexual and reproductive health. SGBV restricts the choices and decision-making of women by limiting their decision-making and access to services, and information. Victims of violence can suffer sexual and reproductive health consequences, including forced and unwanted pregnancies, unsafe abortions and miscarriages, traumatic fistula, sexually transmitted infections (STIs), preterm birth, and stillbirth.²³

According to the WHO, each year there are about 2 million mothers between the ages of 15 and 19, and approximately 54,000 births to mothers under the age of 15.²⁴

3. Online /Technology Assisted GBV

Online violence infringes on women's right to self-determination and bodily integrity impacting their capacity to move freely, without fear of surveillance, and denies them the opportunity to craft their own identities online, and to form and engage in socially and politically meaningful interactions.²⁵ This pushes women and LGBTQIA+ communities out of online spaces which have become important in our advocacy. According to Plan International, 51% of girls online have reportedly experienced some form of online GBV personally. 85% said they have experienced multiple forms of harassment. 39% of girls across major cities in Africa are very concerned about their safety online.²⁶



Collective Healing

Collective healing is a model where people are supported and empowered to develop their own skills and capacities to enable healing in their communities, and in themselves. Collective healing work also offers us tools that can lead to more structural changes in our culture, behaviors and psyches.

1. Storytelling (short manual/steps/list on ethical storytelling)

Storytelling is the most powerful way for under represented and marginalised communities to share their authentic experiences and their place in the world. It is also a great way for activists, organisations and even donors to showcase their work and see its impact first hand. On an individual level, storytelling can feel invasive, tokenizing, retraumatizing and extractive. On a community level, storytelling can perpetuate harmful stereotypes about a group of people, giving credence to your opposition's narratives

and reducing people to little more than their pain and trauma. To avoid these outcomes, employ practices of ethical storytelling.

A TIP SHEET FOR YOUR ETHICAL STORYTELLING

Ethical storytelling means adopting a new approach that consciously tries to move away from harmful, stereotypical narratives. Getting ethical storytelling right means:

Creating better, more authentic stories that connect people of different backgrounds and disrupt inequitable power relations, such as those around:

- i. Race, gender, ethnicity, and sexuality
- ii. Representing lived experiences more accurately
- iii. Encouraging mutual respect
- iv. Preserving the dignity of those whose story is being told²⁷



1. Invest in relationships to build trust, mutual respect, and collaboration

It is important to not be extractive in our storytelling. Transactional approaches usually make communities feel used and misunderstood ultimately defeating the purpose of impactful work. Commit to empathy and compassion and prioritize narrator agency and dignity, to shape and tell their stories in a way that best reflects their truth. Stay in touch with storytellers, sustain relationships further and connect people to organizations, movements, and more opportunities to share their stories if they are interested.

2. Prioritize ongoing informed consent and transparency

Define purpose of story, how their narratives will be used or shared, and who the audiences are. Communicate the right to opt out or request their story be retracted at any time during or after the project. Offer anonymity and pseudonyms to protect privacy, and discuss any safety concerns.

Ensure storytellers have the opportunities to suggest edits and approve the final drafts. The narrator should always have ownership over their own story.

3. Honor authenticity and complexity

Storytellers are people not just heroes or victims! Let them lead where the story goes and do not be afraid to embrace joy, wonder, strength, and humor not just trauma. Be ready to listen, understand complexities, and ask follow-up questions. Respect historical context, authenticity syntax, and linguistic patterns.

4. Use a trauma-informed approach

Telling stories can be painful and retraumatizing. Be supportive and responsive by avoiding potential triggers and soliciting ongoing input. Give storytellers a chance to opt out and share on their own terms. Ensure safety and comfort by letting people pick locations, methods of storytelling and any other details involved.





5. Storytellers are weavers of thoughts and emotions

Storytellers are the experts of their lived experiences, and those who are most deeply impacted are at the heart of solutions to address injustice. Listen and be open to learn.

6. Make stories accessible to storyteller communities

Create reliable access for the communities that shared their stories. This promotes transparency, shows appreciation for the stories that have been shared and can help you build trust for future/ongoing collaboration.

Community Care

People working on SGBV experience stressful environments and are face to face with violence on a day-to-day basis. For activists and young leaders from under represented and marginalised groups, inequalities they experience in their own lives may intersect with these **challenges**.



Collective care means seeing members' well-being and emotional health as a shared responsibility of the group rather than an individual task.

Some examples of collective care include

1. Mutual Aid Funds

- i. Financial aid program
- ii. Fundraising
- iii. Disaster relief
- iv. Clothing drives

2. Peer Support

- i. Hosting intergenerational panels focussing on thematic learnings and experience sharing on centering survivors
- ii. Safe spaces
- iii. Workshops and trainings
- iv. Organisation retreat
- v. Designated wellness days

3. Shared Resources

- i. Exchange of goods
- ii. Knowledge and skill exchange
- iii. Community currency



COLLECTIVE CARE ACTIVITY FOR COMMUNITY



SAFE SPACE

In 1855, the YWCA (one of the oldest and largest feminist, faith-based organizations) first provided safe housing to young women arriving to London in search of employment. This marked the earliest idea of YWCA Safe Spaces. Today, YWCAs in local communities in over 100 countries around the world continue to provide safe spaces, serving over 25 million women, young women, and girls of all ages. A YWCA Safe Space aims to create an accessible and inclusive environment where participants feel safe, valued, supported, and empowered. It is a gathering where people of all backgrounds— especially women, young women, and girls, who often face greater barriers to opportunities and resources—can come together to connect, learn,

and engage. It is a space where participants can freely share opinions, experiences, and information without fear or threat of harm or abuse. It is a space rooted in the transformational and collective power of feminism—where we as women and girls are at the centre of our empowerment and can create lasting change in the lives of others and in our communities.

YWCA Safe Spaces is a practice that is customizable, scalable, and adaptable to meet the needs and purpose of a particular space or community. It is guided by a set of Defining Standards rooted in feminist principles. A safe space can be wherever participants gather based on cultural norms and behaviours. These gatherings can come to life at a community centre, the basement of a faith-based gathering place, by the river where laundry is done, in a chat room, or on a mobile





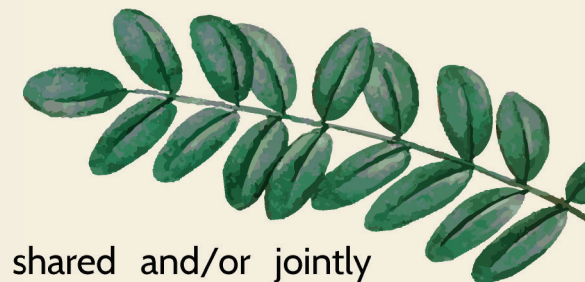
application. Regardless of the location, safe spaces provide supportive places to practise new skills, discuss important topics that are not always publicly addressed (e.g., Sexual and Reproductive Health and Rights (SRHR), abuse, family planning, mental health, etc.), tackle challenges, take initiative, build community, as well as become leaders and changemakers.

Based on safe space principles, here is an exercise that can help center survivors which you can take up in the community or within group of activists as well. Before starting this exercise begin by doing several rounds of breathing. Allow each community member to share their feelings about and before the space. Then start with the questions.

1. Provide 5 minutes to either read for self or for community (The following key definitions)

Burnout

A state of physical, emotional, and/or mental exhaustion that can include an array of symptoms, such as feeling helpless, hopeless, disillusioned, detached, uninspired, and overwhelmed.



Collective trauma

Refers to trauma that is shared and/or jointly experienced by a group of people, such as groups experiencing systemic racism, human rights violations, economic marginalization, or environmental disasters. Collective trauma can be passed down through generations, which is referred to as intergenerational trauma.

Do no harm principle

The do no harm principle when applied to GBV programming, seeks to ensure that programming objectives, actions, and interventions do not compromise the physical and emotional safety of staff, program participants, or community members. It means that every intervention must be assessed for the potential to create or exacerbate mental or psychosocial distress, or to introduce any other risks to safety.





Resilience

The ability to effectively navigate moments of adversity and return to a state of balance. Resilience requires internal resources as well as external support (such as family and friends, community, and necessary services).

Self- and collective care

Self- and collective care involves attending to and nurturing well-being for one's self and community, including physical, emotional, spiritual, and relational aspects.

Trauma

Trauma refers to any difficult experience that provokes a feeling of being powerless, overwhelmed, or deeply distressed.

Vicarious and secondary trauma



Terms used interchangeably to describe the trauma experienced from listening to, learning about, and/or

witnessing traumatic events affecting others.

Vicarious resilience

Describes the capacity to be uplifted, feel inspired, and experience positive growth when listening to, learning about, and/or witnessing resilience demonstrated by others.

Well-being

The state of feeling healthy, safe, and content. It is a subjective experience based on how an individual evaluates their life overall, which may include physical health, emotional stability, social connections, and a sense of purpose.

2. Together, watch the following videos on safe spaces, self and collective care and why it is important:

[VIDEO 1](#) | [VIDEO 2](#)



Now taking turns to share, answer the following questions :



1. What resonated with you the most in both of the resources provided?
2. How do you think you might have changed since starting this work ?
3. What are some of the things that have made you feel burnt out, stressed or vicarious trauma?
4. What helps you cope when work gets difficult?
5. What are some strategies for us to support each other consistently?

Close off the session with next steps on how to make community care a part of your community!!!





SUGGESTIONS FOR SOCIAL MEDIA

Downloadable ready to use banners for campaign

Facebook Template



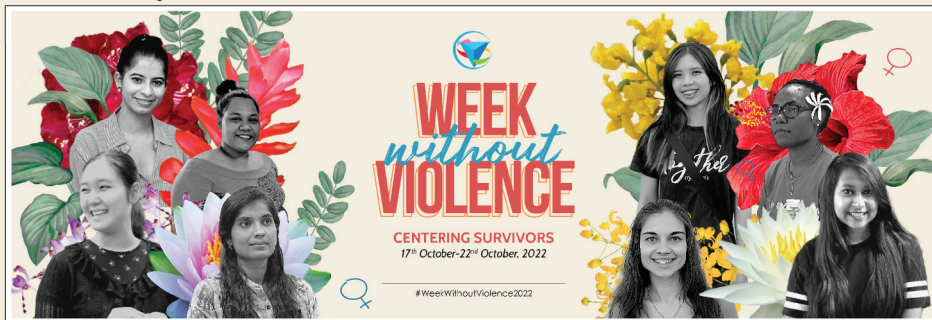
[English](#) [French](#) [Spanish](#)

Instagram Template



[English](#) [French](#) [Spanish](#)

Twitter Template



[English](#) [French](#) [Spanish](#)



Editable templates are ready for download




I STAND IN SOLIDARITY
with survivors of
**SEXUAL & GENDER
BASED VIOLENCE**

PLACE YOUR
IMAGE HERE

PLACE YOUR
MESSAGE HERE

I join **World YWCA** for a safer world.

Centering Survivors
#WeekWithoutViolence2022

[English](#) [French](#) [Spanish](#)





1/3 WOMEN
are subjected to
Physical & Sexual Violence
throughout their lifetimes.

PLACE YOUR
IMAGE HERE

I STAND
in Solidarity with
ALL WOMEN

#WeekWithoutViolence2022
is about centering survivors in our work,
discourse and everyday lives.

I join **World YWCA** for a safer world.

Centering Survivors
#WeekWithoutViolence2022

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Downloadable ready to use templates

As per UN Women, at the current rate of progress, it **MAY TAKE 286 YEARS** to REMOVE DISCRIMINATORY LAWS and CLOSE GAPS IN LEGAL PROTECTIONS for Women & Girls.

We all play a role in voicing, preventing and addressing **SEXUAL & GENDER BASED VIOLENCE**.

Donate now to ensure **#YWCALeaders** can contribute to closing these gaps.

Centering Survivors
#WeekWithoutViolence2022

English French Spanish

EVERY 11 MINUTES **1 WOMAN/GIRL** IS KILLED BY HER **FAMILY MEMBER**.

End your silence NOW!

Raise your voice against violence **MENTAL, EMOTIONAL & PHYSICAL!**

For more information, see toolkit to **END Sexual & Gender Based Violence** by World YWCA.

Centering Survivors
#WeekWithoutViolence2022

English French Spanish

Globally, more than **1 IN EVERY 10 WOMEN & GIRLS** aged 15-49 (12.5%) was subjected to **SEXUAL AND/OR PHYSICAL VIOLENCE** by an intimate partner last year.

COMPREHENSIVE SEXUALITY EDUCATION must be mandatory for young boys & girls.

For more information, see toolkit to **END SEXUAL & GENDER BASED VIOLENCE** by WORLD YWCA.

Centering Survivors
#WeekWithoutViolence2022

English French Spanish

How to **CENTRE SURVIVORS** in Sexual & Gender Based Violence work?

- Act – speak up about **YOUR SHARED EXPERIENCES!**
- Believe in **YOUNG GIRLS & WOMEN**
- Create **SAFE SPACES**
- Donate to organisations **COMMITTED TO SOLVING WOMEN'S ISSUES**
- Encourage **CONVERSATIONS ON CONSENT**
- Focus on **HEALTH AND WELLNESS**

Centering Survivors
#WeekWithoutViolence2022

English French Spanish

SOLIDARITY strengthens *communities*.

Support survivors of **#Sexual&GenderBasedViolence**:

SAY NO TO VICTIM BLAMING

Ensure survivors **take control of their stories & narratives mobilise and take action to END Gender Based Violence.**

Centering Survivors
#WeekWithoutViolence2022

English French Spanish

Did you know that **LGBTQIA+, PEOPLE OF COLOUR & PEOPLE LIVING WITH HIV** make up the **MAJORITY (51%)** of Intimate Partner Violence (IPV) survivors?

END VIOLENCE AGAINST LGBTQIA+, PEOPLE OF COLOUR & PEOPLE LIVING WITH HIV+ NOW!

Centering Survivors
#WeekWithoutViolence2022

English French Spanish

UPCOMING DAYS

World Children Day	20 November, 2022
International Day for the Elimination of Violence Against Women	25 November, 2022
Geneva Peace Week	31 October - 4 November, 2022
16 Days of Activism	25 November -10 December, 2022
Week of Prayer	7- 13 November, 2022
World AIDS day	1 December, 2022
International Day for the Abolition of Slavery	2 December, 2022
International Day of Persons with Disabilities	3 December, 2022
Human Rights Day	10 December, 2022
World Interfaith Harmony Week	1-7 February, 2023
World Day of Social Justice	27 February, 2023
International Women's Day	8 March, 2023
International Day for the Elimination of Sexual Violence in Conflict	19 June, 2023
International Youth Day	12 August, 2023
World Humanitarian Day	19 August, 2023



RESOURCES

1. <https://reliefweb.int/report/ukraine/ukraine-gender-based-violence-secondary-data-review-27-april-2022-enuk>
2. <https://theowp.org/reports/the-un-brokered-ceasefire-in-yemen-shows-that-united-nations-and-diplomacy-can-end-conflicts/>
3. https://www3.weforum.org/docs/WEF_GGGR_2022.pdf
4. <https://data.unwomen.org/publications/progress-sustainable-development-goals-gender-snapshot-2022>
5. <https://www.businesslive.co.za/bd/world/americas/2022-08-31-gender-based-violence-plagues-70-of-women-in-mexico/>
6. <https://thewire.in/rights/iran-viral-videos-of-violence-against-anti-hijab-women-protesters-emerge-on-social-media>
7. <https://www.unicef.org/protection/child-marriage>
8. <https://www.who.int/news-room/fact-sheets/detail/female-genital-mutilation>
9. https://apps.who.int/iris/bitstream/handle/10665/77421/WHO_RHR_12.38_eng.pdf
10. <https://www.api-gbv.org/about-gbv/types-of-gbv/domestic-violence/>
11. <https://www.api-gbv.org/about-gbv/types-of-gbv/forced-marriage/>
12. <https://www.api-gbv.org/about-gbv/types-of-gbv/trafficking/>
13. <https://www.api-gbv.org/about-gbv/types-of-gbv/sexual-violence/>
14. https://www.svri.org/sites/default/files/attachments/2018-07-24/ICRW_TFGBVMarketing_Brief_v8-Web.pdf
15. <https://www.unwomen.org/en/news/stories/2020/6/explainer-intersectional-feminism-what-it-means-and-why-it-matters>
16. https://www.cdc.gov/violenceprevention/pdf/nisvs_sofindings.pdf
17. https://www.un.org/womenwatch/daw/csw/csw57/side_events/Fact%20sheet%20%20VAWG%20with%20disabilities%20FINAL%20.pdf
18. <https://reliefweb.int/report/world/we-matter-we-belong-we-decide-unfpa-disability-inclusion-strategy-2022-2025>
19. <https://www.unwomen.org/en/news/in-focus/end-violence-against-women/2014/poverty>
20. <https://documents.worldbank.org/en/publication/documents-reports/documentdetail/852691468140377416/preventing-and-responding-to-gender-based-violence-in-middle-and-low-income-countries-a-global-review-and-analysis>
21. <https://www.unicef.org/protection/gender-based-violence-in-emergencies>
22. <https://www.refugeesinternational.org/reports/2021/10/5/afghan-women-and-girls-under-immediate-threat-the-responsibility-to-protect-and-assist-is-just-beginning>
23. <https://www.cehurd.org/gender-based-violence-and-its-linkage-to-sexual-reproductive-health-of-women-and-young-girls-in-uganda/>
24. [https://www.reproductiverights.org/sites/crr.civicactions.net/files/documents/\(EN\)%20Advocacy%20Doc%20for%20OAS%20Convening.pdf](https://www.reproductiverights.org/sites/crr.civicactions.net/files/documents/(EN)%20Advocacy%20Doc%20for%20OAS%20Convening.pdf)
25. https://www.apc.org/sites/default/files/APCSubmission_UNSR_VAW_GBV_O_O.pdf
26. <https://plan-international.org/publications/free-to-be-online/>
27. <https://africanofilter.org/uploads/files/How-to-tell-an-african-story.pdf>





Support women's and young women's transformative leadership to fight SGBV.

Take action by donating to the **World YWCA** today!

Scan the QR code to donate.



Contact the World YWCA for more information at worldoffice@worldywca.org

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