

SPEAK UP

LEAD IN

Match the pictures, with the correct description and type of violence.



- i. Your partner hits you or pushes you.
- ii. Your partner controls you and humiliates you.
- iii. Your partner forces you to have sex.

1 Sexual violence:

Picture ____ with description ____.

2 Psychological violence:

Picture ____ with description ____.

3 Physical violence:

Picture ____ with description ____.

LISTEN AND READ

Listen to and **read** the infographics about violence against women and girls¹.

INFOGRAPHIC 1

HOW DO I KNOW IF I AM IN A HEALTHY RELATIONSHIP?



- Do you have time to spend with your friends and family?
- Does your partner respect your decisions?
- Do you do activities together and help each other?
- Do you solve your problems by talking about them?

"Love in such a way that the person you love feels free." Thich nhat hanh
Thich Nhat Hanh

VIOLENCE AGAINST WOMEN USUALLY COMES FROM THEIR PARTNERS

Hitting and pushing are examples of physical violence.

Forcing someone to have sex is an example of sexual violence.

Controlling someone or humiliating someone in front of others is an example of psychological violence.

Call **100** if you or someone else is a victim of violence.

DO NOT TOLERATE VIOLENCE!



According to Infographic 1:

- Trying to control what your partners does is _____
 - violence
 - psychological violence
 - emotional violence
 - Options a. and b.
- The types of violence against women and girls are: _____
 - physical and psychological
 - physical, sexual and emotional
 - psychological, physical and sexual violence
 - options a. and c.
- If I spend quality time with my family, _____
 - my relationship is unhealthy
 - my partner loves me
 - that is a sign of a healthy relationship
 - Options b. and c.
- You should call 100 if _____
 - my partner doesn't love me
 - I am a victim of violence.
 - I know a victim of violence
 - options b. and c.
- About 34% of women _____
 - are victims of their partners
 - have experienced unhealthy relationships
 - are victims of physical or sexual violence
 - suffer consequences from violence
- Some consequences of violence against women and girls are: _____
 - addictions to drugs and depression
 - unwanted pregnancy
 - physical injuries
 - options a., b. and c.

LET'S PRACTISE!

PRACTISE - EXERCISE 1:

Label the parts of the infographic⁵. You can use the words from the box more than once. Follow the example.

STATISTICS - PICTURE - MESSAGE - RELIABLE INFORMATION - EXAMPLES

Example:
PICTURE

3.

4.

5.

6.

The infographic is titled 'VIOLENCE AGAINST WOMEN AND GIRLS COMES IN MANY FORMS:'. It features a central illustration of a woman with a 'STOP' sign. Text boxes include: 'It can be physical, sexual or psychological.', 'Did you know that 1 in every 3 women has experienced sexual or physical violence in their life?', 'Speak up and raise awareness about violence against women!', 'THIS IS A MAJOR PROBLEM WORLD-WIDE', 'But it is more common in some countries than in others.', and 'Some consequences: Depression, Unwanted pregnancy, Injuries, Addictions, Death'. A world map is also present.

PRACTISE - EXERCISE 2:

Match each sentence with the graphic. Follow the example.

RELIABLE INFORMATION PICTURES

Example: 35% women experience physical or sexual violence. A

1. Violence has serious consequences for women's mental health. _____
2. Many victims of violence don't speak up or ask for help. _____
3. Another consequence of violence is addiction to alcohol or drugs. _____
4. A sign of a healthy relationship is respect for each other's decisions. _____
5. 1 in every 3 women experience physical or sexual violence from a partner. _____

