

REMEMBER

SGBV is NOT your fault!

Worldwide many women, men, girls and boys experience physical or sexual abuse or other forms of SGBV in their lifetime. Anyone can become a victim of sexual and gender-based violence.

You are NOT alone! Help is available!

There are people who can help you, such as doctors, police officers, and social workers. If you have or are experiencing SGBV, tell someone you trust or contact the organizations listed above.

HELP others stay safe as well!

If someone who has experienced SGBV reaches out to you, listen to them and remind them that SGBV is not their fault and that they are not alone. Tell them that help is available and encourage them to seek assistance. If they agree you can contact the organizations listed above together.

Share the leaflet and the video
so that it reaches more people!



<https://youtu.be/KslE6Q7hXe8>



ABOUT US

The PROTECT project aims to strengthen national support services for victims of sexual and gender-based violence. PROTECT also aims to make these services available to refugees, asylum seekers and migrants, be they children or adults and including people identifying as LGBTI.

<https://eea.iom.int/PROTECT-project>



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Information on

SEXUAL AND GENDER-BASED VIOLENCE



IN IRELAND EVERY child has the same basic rights, no matter their age, sex, language, religion, nationality, etc.

You have a **RIGHT** to enjoy your life free of any form of violence.

If someone hurts or threatens to hurt you or someone you know, remember that you have a right to receive help and protection.

You are not alone. **HELP** is available.

SEXUAL AND GENDER-BASED VIOLENCE (SGBV)

What is SGBV?

SEXUAL AND GENDER-BASED VIOLENCE (SGBV) is any act which is carried out **WITHOUT A PERSON'S CONSENT**, based on gender norms and unequal relationships. It includes acts that cause or may cause physical, sexual, mental or financial harm or suffering. Perpetrators often use force, coercion, deception or manipulation. Most often SGBV is not recognised or reported.

What types of SGBV exist?

There are many forms of SGBV, but sexual and domestic violence are among the most common types.

- **SEXUAL VIOLENCE**, at least, includes rape/attempted rape, sexual abuse, sexual exploitation, and sexual harassment. These can take many forms such as unwanted touching of body, injury to private parts, unwanted sexual comments, being forced to have sex with someone, being forced to watch sexual acts, being forced to be naked. Sexual violence **IS NOT ABOUT HAVING SEX**. It is about violence, exploitation and abuse of power and/or control.

- **DOMESTIC VIOLENCE** is the abuse of one person by another that takes place within the home or family, it takes place between intimate partners, and as well as between other family members. This abuse can take many forms and can include; physical beatings and assaults, threats and intimidation, bullying, insults and harassment, isolation, controlling money and finances and, as well as the sexual violence; usually domestic violence consists of an ongoing pattern of 'coercive' behaviour, that is used to humiliate and control.

- **OTHER EXAMPLES OF SGBV** includes: threats, insults, beatings; emotional abuse; being forced to marry, to have a baby or to have an abortion; being harassed (with looks, words, acts);



harmful traditional practices (e.g. female genital mutilation/cutting, early/child marriage); so-called honour crimes; hate crimes against persons identifying as lesbian, gay, bisexual, transgender and/or intersex (LGBTI); and being transported to another country in exchange for money, sexual acts or labour.

What is sexual consent?

Sexual consent is to agree to engage in sexual activity. Sexual activity without consent is sexual violence. Informed sexual consent is always voluntarily and freely given. The age of sexual consent is how old a person must be to legally consent to sexual activity. According to Irish law, the age of consent is 17. Consent cannot be given by a person who is drunk or drugged or by someone else on your behalf. There are cases when consent might not be possible due to physical or intellectual disabilities. Remember: you can always change your mind, even if you previously agreed to a sexual activity.

What is the difference between sex, gender and gender identity?

A person's **SEX** is the biological characteristics that are assigned when they were born, while **GENDER** is how society believes that people should behave (how they should dress and present themselves, what their roles and responsibilities should be, etc.) according to their biological sex. A person's **GENDER IDENTITY** refers to each person's deeply felt internal and individual experience of gender. This may or may not correspond with the sex assigned at birth, including the personal sense of the body (which may involve, if freely chosen, modification of bodily appearance or function by medical, surgical or other means) and other expressions of gender, including dress, speech and mannerisms.



To whom can SGBV happen?

SGBV can happen to ANYONE and is NEVER the victim's fault. Women and men, girls and boys, adults and children, and people identifying as LGBTI can all become victims of SGBV. SGBV is NEVER justifiable.

Who can perpetrate SGBV?

ANYONE can carry out acts of SGBV. The wrongdoer can be a complete stranger or someone you know, such as a family member, a friend or a romantic partner.

Where can SGBV happen?

SGBV can happen ANYWHERE: in your home country, while travelling, and in the country you are currently living in. It can happen in private homes and in public places, such as at school, at work, and in reception centres.

Is SGBV my fault?

SGBV is NEVER the victim's fault. Gender norms and unequal power relations are the root causes of SGBV. The wrongdoer is the only person to blame.

What if I did not fight back?

It is very common not to fight back during an assault because you may panic and feel hopeless or trapped and you don't know what to do to get out of the situation. This does not mean that you consented to the violence.

What if I am asked for sex in exchange for money, help or other goods?

Nobody has the right to force you to have sex. If someone forces you to have sex in exchange for money, help or other goods, it is sexual exploitation and it is a form of violence.

In Ireland it is a crime if someone offers you money, help, or other goods in exchange for sex.

What are the consequences of SGBV?

SGBV can have both physical and emotional harm, which can be treated with professional help and in a confidential way. Physically SGBV can cause bodily harm, pain, infections and women and girls can become pregnant without wanting to, among other consequences. The emotional consequences of SGBV can include trauma, nightmares, insomnia, headaches, and many different feelings such as anger, shame, sadness, guilt, fear. All these feelings are ok and there is support available to help you deal with them. Remember, you are NOT alone and confidential care is available for ALL.

REMEMBER

ANYONE can become a victim of SGBV

SGBV is NEVER the victim's fault

SGBV is always UNACCEPTABLE

You can ask for HELP



AVAILABLE SERVICES

What can I do if I or someone I know experience or witness SGBV?

If you experience, witness, or suspect SGBV you can tell a family member, a relative or another adult you trust.

You are NOT alone.

If you live in a reception centre you can always ask a staff member for help.

There are also other people who can help you in a confidential way, such as teachers, social workers, police, doctors. You can also contact migrant and refugee organizations, children's organizations, domestic violence shelters and the rape crisis network.

IF IT IS AN EMERGENCY and you or someone you know needs immediate help you can call the telephone number **112** or **999** to contact emergency services:

AN GARDA SÍOCHANA
(THE IRISH POLICE FORCE)

THE HEALTH SERVICE EXECUTIVE
(HSE)

IF YOU ARE THE VICTIM OF SEXUAL VIOLENCE, you should go to the nearest public hospital or health centre as soon as possible to receive immediate medical care.

The Health Centre or hospital can help with protection from sexually transmitted diseases and unwanted pregnancy.

You can also confidentially contact:

THE NATIONAL SEXUAL
VIOLENCE HELPLINE
Call 1800 77 88 88

THE NATIONAL
DOMESTIC VIOLENCE
HELPLINE
Call 1800 341 900

CHILDLINE
(the Irish Society for Prevention
of Cruelty to Children)
Call 1800 666666 or free text 50101

The call and the services are free of charge and available 24 hours a day, 7 days a week, every day of the year.

What other services are available?

You can find some other relevant service providers in the list below:

BARNARDOS
is a children's charity in Ireland which supports children, young people and families in need.
www.barnardos.ie

CARI
provides therapy and support for children affected by sexual abuse,
www.cari.ie
1890 92 45 67

LGBT IRELAND
is a national organization and helpline that supports members of the Lesbian, Gay, Bisexual, Transgender and Intersex communities
www.lgbt.ie
1890 929539

It doesn't matter if you don't speak English yet – you can still ask for help. Hospitals, police, social workers and reception centres have interpreters who can make sure you get the help you need.