



Gender Based Violence

What is Gender Based Violence?

Gender based violence is a term used to describe violence that happens to people because of their gender, gender identity, gender expression, or perceived gender.

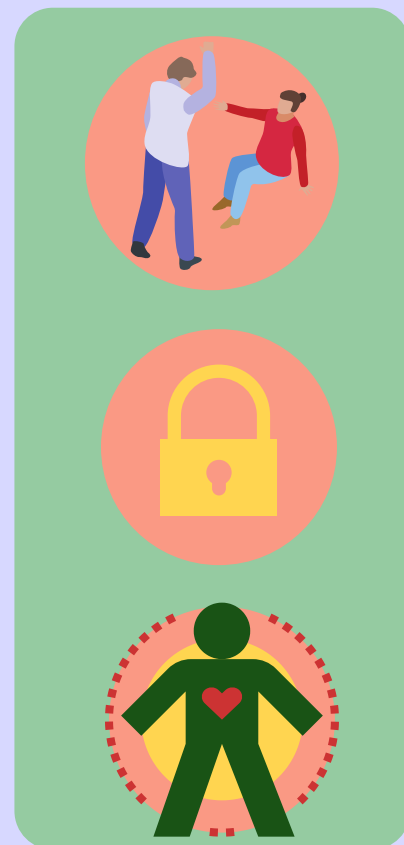
Gender based violence can look like some people having more power (control) over themselves and others because of their gender and use this control to oppress others - take away people's freedom to make their own choices in life.

Oppression is a term used to describe when a person or a group of people who have power over others, use their power in ways that are unfair or cruel.

When a person is oppressed and does not have the freedom to make choices for themselves then the risk of them experiencing violence and harm from society increases. This negatively impacts a person's health (mental and physical).

Gender based violence is an individual (person) and societal (organization, company, government, school etc.) problem.

This means people grow up in a world that normalizes violence and abuse happening to people because of their gender. This is not okay and is a very serious problem that is harmful to many people.





Gender Based Violence

What is Gender Based Violence?



Violence can happen to anyone. Often people who are women, transgender, non-binary, 2SLGBTQIA+ (Two Spirit, lesbian, gay, bisexual, trans, queer, intersex, asexual) and/or challenge the way gender is understood, are at a higher risk of experiencing gender based violence.

Why Does Gender Based Violence Happen?

Throughout history, gender based violence has happened most to people who are 2SLGBTQIA+, women, non-binary and/or people who challenge and question the idea of gender. Many people still experience gender based violence today. Some types of gender based violence are:

- Physical abuse (physically hurting someone - kicking, punching, choking, etc.)
- Emotional & verbal abuse (yelling threats, shaming someone, inappropriate name-calling)
- Sexual abuse (rape, sexual assault, sexual harassment)
- Stalking & harassment (following, watching, and contacting someone without their permission)



Gender Based Violence

Why Does Gender Based Violence Happen? Privilege, Power, and Oppression

Power and Privilege

Power is the ability to control what happens to ourselves and others. **Privilege** is when some people get more advantages in life that give them more power than others.



Oppression is a type of cruelty and abuse toward people with less power. It is caused by unfair rules made by people who abuse and take advantage of their power and privilege.

Oppression

Systemic Oppression

Systemic oppression is a set of rules or habits that keeps things unfair by preventing those who have less power from gaining power.





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Why Does Gender Based Violence Happen?

Gender based violence happens because of the connections between oppression, power, and privilege. The following are some of the different types of oppression people may experience because of their identity:

Ableism

Violence, harm, and unfair treatment toward disabled people/people with disabilities.



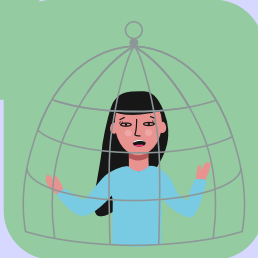
Homophobia

Violence, harm, and unfair treatment toward 2SLGBTQIA+ people.



Sexism

Violence, harm, and unfair treatment toward women, non-binary people, trans people, or people who challenge gender norms.



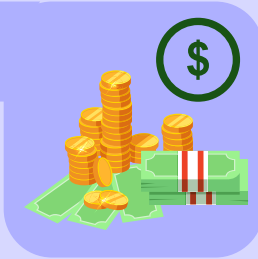
Racism

Violence, harm, and unfair treatment toward people who are not white.



Classism

Violence, harm, and unfair treatment toward people based on their how much money and wealth they have.



Transphobia

Violence, harm, and unfair treatment toward transgender people.





Gender Based Violence

Gender Based Violence Can be Bullying and Harassment

Some of the most common forms of gender based violence for youth include bullying and harassment. These most often happen because a person is, or is thought to be, someone who challenges the way people have been taught to behave based on their gender. A person can become a target for bullying and harassment because of their gender identity and gender expression.

Bullying



Bullying is when someone harms, threatens, or intimidates another person once or many times, on purpose to intentionally make the person feel bad/sad. Bullying makes people feel hurt, confused, scared, and alone.

Harassment

Harassment can be intentional or unintentional, but it is always targeted. This means that bullies choose specific people to harass based on that person's identity (such as their gender identity, or their race). The goal of harassment is to hurt, humiliate, scare, or create a mean environment for people. This can look like hitting, unwanted touch, name calling, spreading rumors, or threats.





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Gender Based Violence Can be Bullying and Harassment

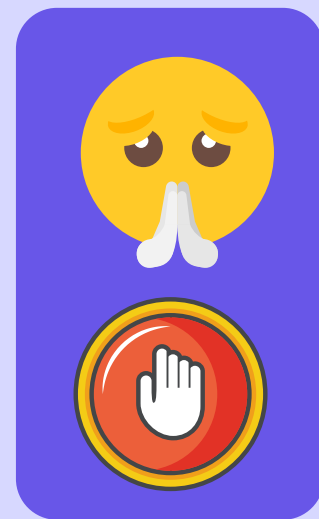


Youth who experience bullying may not tell anyone or ask for help for many reasons including feelings of fear or shame (believing that they are to blame for this happening to them), embarrassment, not knowing who to tell, not feeling safe to tell, not trusting adults or authority figures (teacher, parents, coaches) at school, home, or in the community.

What to do When we Have Caused Harm to Someone?

Sometimes people bully others because of a lack of information, understanding, or empathy, they feel excluded, lonely, or unsafe, and/or because they do not realize that they are hurting others.

Anyone can be a bully or cause harm to others. Being a bully does not always mean you are a bad person but that you may have done an inappropriate behaviour. Even if someone does not mean to harm someone else, if they have caused harm then it is not okay. They need to apologize and find support from a trusted adult to help them to not do that inappropriate behaviour again.





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What to do When we Have Caused Harm to Someone?



The actions people take after inappropriate behaviours can help to mend (e.g., heal, fix, improve) the situation between the bully and the person being bullied. It is important for people to pay attention to how others react to their behaviours and apologize if they end up causing harm to another person.

What to do When we see Bullying Happening?

People who see bullying happening have the chance to change the bullying situation, but this can be difficult to do. There are multiple ways to do this such as telling a teacher, telling the bully to stop, or asking the person who is being bullied if they are okay.



People who see bullying happening may be scared to stop the bullying in the moment so they can also support the person who was bullied afterwards and/or tell a trusted authority person (e.g., teacher, parent, counselor, etc.) who may not experience the same kind of threats and fear from the bully.





Gender Based Violence

Why is it Important to Learn About Gender Based Violence?

Because it is everyone's responsibility to create spaces that are safer for people of all genders.


Many people have been affected by bullying and harassment at some point in their life. You may be a witness to bullying, the bully, the person being bullied, or even all three at different points. It is important to learn about Gender Based Violence to be able to recognize what it is and why it happens.



This resource on Gender Based Violence is not to shame or blame anyone. It is about learning about the different types of violence, bullying, and harassment and how we can all do better to prevent Gender Based Violence, bullying, and harassment.

There are many supports you can contact if you are harassed, bullied, or experiencing Gender Based Violence at school, home, or in your community.

Kids Help Phone is Canada's only 24/7 national support service that offers professional counselling, information, referrals, and text-based support to young people in both English and French. **Phone:** 1-800-668-6868 **Text:** 686868

 You can also check out these websites to learn more about Gender Based Violence: It Gets Better Canada - www.itgetsbettercanada.org Trevor Project <https://www.thetrevorproject.org/>