

**YOUTH**

# Zone 12

A MAGAZINE ABOUT ADOLESCENT HEALTH

**GENDER-BASED  
VIOLENCE**

#STOP  
GBVNOW

#RESPECT  
4 SURVIVORS



## Dear Zone 72

I hear a lot about the term Gender Based Violence (GBV). But I don't know what it is. Can you explain it to me?

- Anonymous

Dear Anonymous. Thank you for the question. Gender-based violence (GBV) is any form of violence directed against a person because of their gender. GBV can be physical (like hitting or beating), sexual (like rape), verbal (like calling someone names) or psychological (like controlling what someone can or cannot do). Women and girls are more affected by GBV than men, because they are often seen as inferior or unequal in many societies. Husbands taking and controlling their wife's earnings without her consent, people consider girls worthless just because they are girls.



## Possible Signs of GBV

Unexplained bruises, scratches, cuts, or injuries

Getting very quiet and scared-looking when a certain man enters the room (like their partner, their father, a male neighbor)

Fear of going home after school or work

Fear of certain people, places, or thing. For example, fear of going to the bathroom alone, or fear of being alone with a certain person

Seeming depressed, sad, crying a lot

Very nervous – gets scared or surprised easily

Running away from home

Withdrawn from some activities.

Suicide/Death

Health issues or complications

# DEAR ZONE 72

**I AM SO ASHAMED. I WAS ASSAULTED THREE DAYS AGO. I AM SCARED TO TELL ANYONE. WHAT DO I DO?**

Dear Why,  
I am so sorry this happened to you. And I want to say that you are very brave in coming forward to say this. What happened to you was wrong. It was not your doing. And you have nothing to feel shame over. The next steps are crucial. You must go to a youth-friendly health facility/Corner or family one stop centre to get medical help as soon as possible. We have a youth-friendly clinic where you get be supported to receive medical services. You may be at risk of pregnancy or sexually transmitted disease. Try not to wash or change your clothes immediately after a sexual assault. This may destroy evidence that could be important if you decide to report the assault to the police, and seek justice. This is a very difficult time but remember there are girls/women who experienced such incident and they have recovered and there are people who are here to support you. You can call the GBV Toll free number 623 of ASRH toll free number 885 for help.

**CAN BOYS BE VICTIMS OF GBV? - GT**

Dear GT- Thank you for this question. Yes, boys can be victims of physical, sexual and emotional GBV. But just like for girls and women, it is not their fault. It does not mean they are less of a man. They too need to find support. If you or anyone you know has been a victim of violence, go to a youth friendly clinic and request the support you need.

**I AM TRYING TO BE A BETTER PERSON, AND WANT TO DO MY PART IN PREVENTING GBV. HOW CAN I HELP STOP GENDER BASED VIOLENCE? RESPONSIBLE BOY**

Dear Responsible: It is important for boys and men to join the stand against all forms of violence. The question you are asking is very complex. As a society, we must work to reduce exposure to gender-based violence. To do this, we need social empowerment, sexual health education, economic strengthening, self-defence and educating boys about gender equality. On a personal level, treat people with respect and kindness. Become an ally and advocate against violence – if you know a friend or family member is being violent towards a girl, talk to them. Explain why this is not okay – that this can have negative health and psychological consequences not just for her but the whole family and community. The more people that speak up, the more it will show people that GBV is not okay. Show support and empower the women and girls in your life. And support those who have come forward by listening to and validating them.

**I HAVE A FRIEND WHO IS BEING ABUSED BY HER BOYFRIEND... HOW CAN I HELP HER? WHAT SHOULD I DO? WHO SHOULD I TELL? FRIEND**

Dear Friend,  
This is very difficult. You are a good friend. Your role is to be supportive of your friend, and make her understand you are there for her, no matter what. Believing the person on what she/he is telling you and listening to her/him with compassion and no judgment is important., You can tell her about GBV response available services that you know i.e medical, police station, Psychosocial support services and Legal services. Also, you can offer practical support, such as accompanying the person to the police station service point if she consented.

**Dear Zone 72**  
**My father**  
**wants me to**  
**marry a man**  
**I do not know.**  
**He is old. I am**  
**young. I don't**  
**want to. What**  
**should I do?**

What you should do is talk to a trusted person about this. . At this young age, it is FORCED marriage. This can lead to reproductive health complication such as fistula, HIV/AIDS and other infections, cervical cancer, premature births, stillbirths, and maternal death. Do they know that child brides and their children are more likely to live in poverty? If a girl is given the chance to complete her education, she is more likely to have better economic opportunities. And also you can seek help from the counselor or a midwife. Always you can call 623 or visit a Youth Friendly Clinic.

**Dear Zone72**  
**What advice would you give to**  
**someone who has economic**  
**violence? - Eco-Girl**

**Dear Eco Girl**

This is type of violence, some people do not know what economic violence is! Economic violence is when someone tries to control the financial resources of someone else, or withholds money from them, or prevents them from going to school as a way to improve their economic opportunities. A boyfriend stealing his girlfriend's earnings and using it for himself, a husband not giving money to his wife to be able to buy food or other necessities, or a father or mother preventing a girl from going to school are all examples of economic violence. This form of violence can also be called denial of resources, opportunities or services. You can let this person know that economic violence is not okay and you are there to listen. Is there someone in their community that they know and trust, like an elder or religious leader, who can maybe help them and intervene? Or else report a trained GBV case Manager/case worker.

**Dear Zone 72**

**My friend is telling me that Child Marriage is a form of Gender Based Violence. How can marriage be violent? What are examples of GBV? JT**

Dear JT- Excellent question. There are many forms of GBV: **Intimate partner** (husband, boyfriend) violence: is a pattern of abusive behavior in an intimate relationship that is used by one person (who is usually a man) to gain or maintain power and control over the other person (who is usually a woman). This can be physical violence, as well as sexual violence, psychological/emotional violence or verbal violenceeconomic violence. **Sexual violence**: Rape or any sexual act that someone is forced to do against their will. Sexual violence can happen between a husband and wife. Just because they are married does not mean the husband has the right to sex whenever he wants. It is still the wife's body, life, and choice! **Child Marriage** is a form of gender-based violence because the bride is still a minor. A child. In other words, child marriage is defined as a formal or an informal union between two people in which one or both parties is below the age of 18. In child marriages, girls are usually not the ones to decide to get married or who to marry. They do not give their consent to the marriage or they are not old enough to give legal consent. So this is a form of abuse and violence. Children brides are neither physically nor emotionally ready to become wives and mothers. Because their bodies are still developing, child brides face more risks of experiencing dangerous health complications, including fistula, contracting HIV/AIDS, and having stillbirths by getting married so young, this also means they are usually robbed of the chance to go to school and are instead forced to stay at home. Many of you have had questions about Child Marriage. We will discuss in a future edition of Zone72.

# What is Consent?

**Consent** is an informed, freely and affirmatively communicated willingness to participate in a particular sexual activity

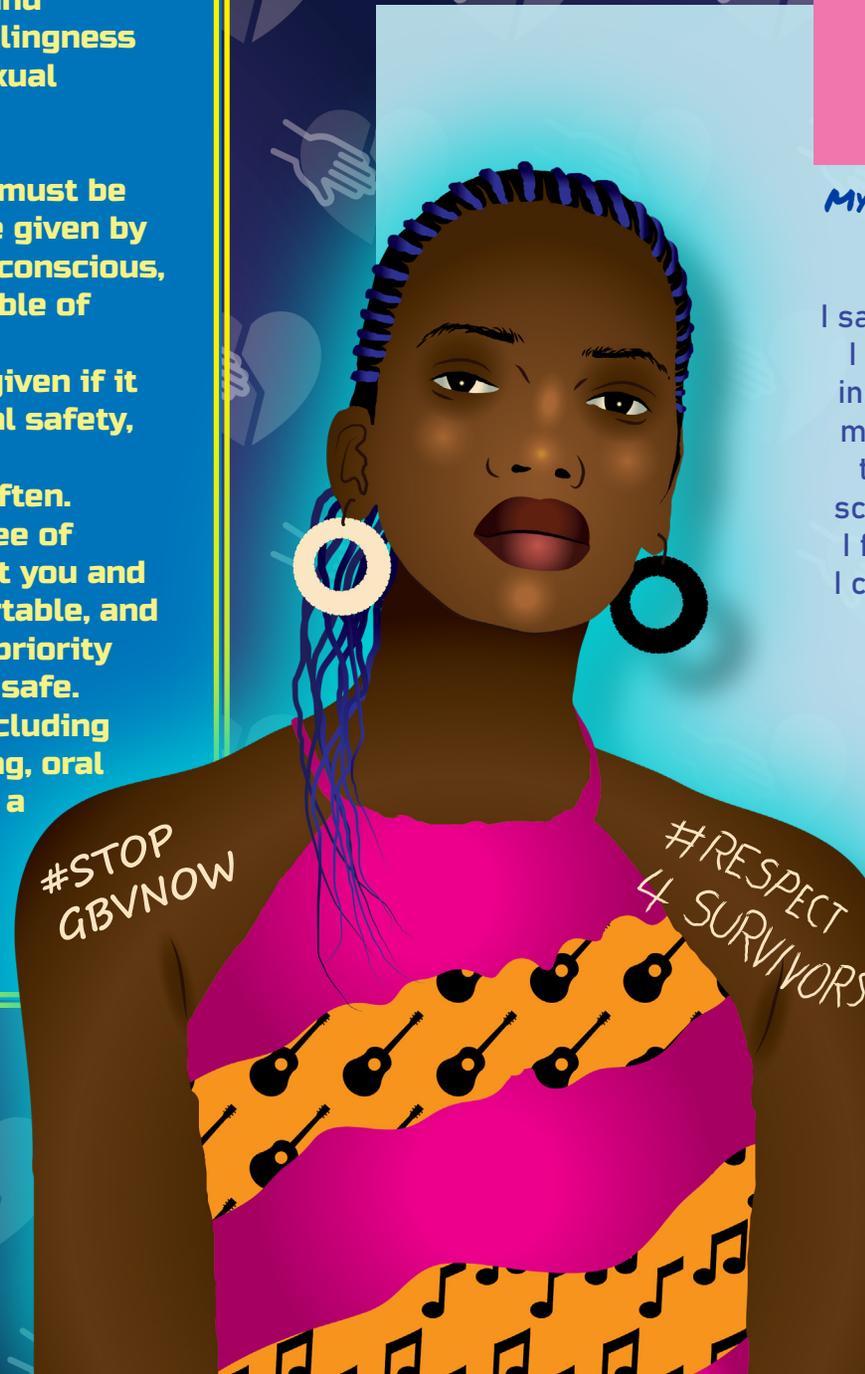
Consent for any sexual activity must be freely given. Consent cannot be given by someone who is intoxicated, unconscious, or otherwise considered incapable of giving their consent.

Consent can also not be freely given if it follows from threats to personal safety, or threats to harm others.

Ask your partner "Is this ok?" often.

To give consent, you must be free of coercion. It should be clear that you and your partner are willing, comfortable, and in agreement to continue. Your priority should be keeping your partner safe.

If any type of sexual activity, including sexual touching, kissing, fondling, oral sex, or intercourse, is forced on a person without their consent, it becomes a form of sexual assault and is considered a crime. (SOGC)



## DEAR ZONE 72

THIS IS MY BODY  
THIS IS MY LIFE  
THIS IS MY WORLD  
THIS IS MY SOUTH SUDAN

MY NAME IS IMANYA, I'M 16 YRS OLD.

I want to be a singer.

People say, No. Girls cannot do this. I say girls can do anything boys can do.

I always believed in my voice until an incident several months ago. I was on my way home, when I was stopped by three boys and was raped. I fought. I screamed. But my voice was silenced.

I felt shame and anger. But, I decided, I can move through this. It was not my fault. I went to a health facility and received the counselling and health

care I needed. They treated me with respect and kindness. They supported me while I regained my voice. No one has right to your body but you. I believe all youth have the right to live in a world without Gender Based Violence But men and boys must join this fight.

You deserve to be heard.

Together, our voices are strong.

Stop Gender Based Violence.

If you or someone you now has experienced some form of GBV contact: 623

Find out more about my story.

# YOUTH Zone 72

A MAGAZINE ABOUT ADOLESCENT HEALTH

**Youth Zone72** is a magazine for youth, concerning issues that are important to YOU. Free of Judgement. Please send me your questions and we will try to answer them in future issues or on the radio. This is 100% confidential, so do not use your real name. Information is power

## FOR MORE INFORMATION OR TO CONTACT US:

1- If you have any questions, you can join our WhatsApp chat



2- Send us a question by text +211922009497

3- Follow @YouthZone72 on Facebook!

4- Email us at [youthzone72@gmail.com](mailto:youthzone72@gmail.com)

5- For immediate concerns, support or questions, please contact a youth friendly clinics or call the following toll free lines:

**Adolescent health 885**

**GBV: 623**

**COVID19: 6666**



Sverige Canada



**CAM ACSF**  
Canadian Association of Midwives  
Association canadienne des sages-femmes