

Gender-based violence (GBV) and Domestic violence (DV)

Training Module

I. **Module Overview:**

- Open questions
- Introduction to GBV and DV
- What is the difference between domestic violence and gender-based violence
- Types of GBV and DV
- Causes of domestic violence
- The cycle of domestic violence
- Learned helplessness
- Results of violence
- Recognizing Signs and Indicators
- Responding to Survivors with Sensitivity and Empathy
- Safety Planning and Risk Assessment
- Legal and Ethical Considerations
- Referrals

II. **Module Objectives:**

- Define GBV and DV and their impact on individuals and communities.
- Identify the different forms and dynamics of abuse.
- Recognize signs and indicators of GBV and DV.
- Understand the importance of trauma-informed care and survivor-centered approaches.
- Learn how to respond effectively to disclosures of abuse.
- Develop skills for safety planning and risk assessment.
- Understand the legal and ethical responsibilities when working with survivors.
- Familiarize yourself with referrals for survivors.

III. **Module Structure:**

- *Open questions*
 - What do you think is GBV and DV?
 - What actions are called GBV and DV?
 - What are the dangers of GBV and DV?
 - Who are the most common victims of GBV and DV?
 - Introduction to GBV and DV
 - Definition of GBV and DV
 - Prevalence and Global Impact
 - Myths and misconceptions

➤ *What is the difference between domestic violence and gender-based violence?*

- Domestic Violence:
 - Scope
 - Definition
 - Focus
 - Legal Framework
 - Examples
- Gender-Based Violence (GBV):
 - Scope
 - Definition
 - Focus
 - Broader Context:
 - Legal Policy
 - Examples

➤ *Types of GBV and DV*

- Physical Violence
- Emotional/Psychological Violence
- Sexual Violence
- Financial Abuse
- Digital Abuse
- Reproductive Coercion
- Cultural and Religious Violence
- Ignoring the legal interests of the minor

➤ *Causes of domestic violence*

- Power and Control Dynamics
- Learned Behavior
- Unresolved Trauma and Mental Health Issues
- Socialization and Gender Norms
- Socioeconomic Factors
- Substance Abuse
- Interpersonal Conflict and Communication Issues
- Social and Cultural Factors
- Systemic Inequalities and Discrimination
- Lack of Awareness and Resources

➤ *The cycle of GBV and DV violence*

- Power and control wheel
- Cycle of violence

- *Learned helplessness*
 - Key Characteristics of Learned Helplessness
 - Causes of Learned Helplessness
 - Effects of Learned Helplessness
 - Overcoming Learned Helplessness
- *Group discussions and brainstorming sessions*
 - What are the effects of GBV and DV on women and children?
- *Results of violence*
 - Physical Health Consequences:
 - Psychological and Emotional Effects
- *Recognizing Signs and Indicators*
 - Physical signs
 - Emotional and psychological signs
 - Behavioral signs
- *Interactive exercises and simulations*
 - How can we identify a female victim?
 - How can we identify a child victim?
- *Responding to Survivors with Sensitivity and Empathy*
 - Active listening and empathy
 - Validating survivors' experiences
 - Trauma-informed care principles
 - Language and communication considerations
- *Safety Planning and Risk Assessment*
 - Assessing risk factors and danger signs
 - Developing safety plans
 - Addressing immediate safety concerns
- *Case study analysis, Roleplay, and response evaluations*

➤ *Legal and Ethical Considerations*

- Confidentiality and privacy
- Mandatory reporting requirements
- Legal options and protections for survivors

➤ *Referrals*

- Overview of available resources (shelters, hotlines, counseling services, legal aid, etc.)
- Making effective referrals

➤ *Participant feedback surveys*

IV. Module Activities:

- Case studies and role-playing scenarios
- Group discussions and brainstorming sessions
- Interactive exercises and simulations

V. Evaluation and Assessment:

- Observations of participant engagement and interaction
- Case study analysis and response evaluations
- Participant feedback surveys

This training module aims to provide participants with a comprehensive understanding of GBV and DV, equip them with practical skills for supporting survivors, and empower them to take action in their communities. Adjustments can be made based on the specific needs and goals of the training audience.