



Counselor Fact Sheet

Gender Based Violence

Your human rights as a man or woman include:

- The right to sex free from coercion or violence.
- The right to life.
- The right to dignity.
- The right to move and associate freely.
- The right to decide where, when and under what conditions to have sex.
- The right to decide on the number and spacing of children.

Healing from the Pain

When counseling a caller dealing with abuse, help them go through the following steps:

- Telling their story.
- Believing it happened.
- Believing the abuse was NOT their fault.
- Dealing with and processing their anger.
- Understanding how the abuse affected their lives.
- Grieving their losses.
- Correcting dysfunctional behaviors stemming from the abuse.

Responses during any of the above conversation can include:

- “I am glad that you told me”
- “I am sorry that this happened to you”
- “It is not your fault”
- “I believe you”
- “We will get you help”

Important Note

Gender-Based Violence is against the law, and anyone who witnesses violence has an obligation to report the matter to the relevant authorities such as the police, Victim Support Unit, Young Women’s Christian Association, Civic and traditional leadership such village headmen, Councillors, Ward chairpersons, and church leaders.

