

HERE ARE SOME SIGNS THAT MAY INDICATE THAT YOU ARE BEING ABUSED:

- 1** You feel afraid of your partner or someone else in your life.
- 2** You feel like you are walking on eggshells around them and you never know what will set them off.
- 3** You are constantly criticized, belittled, or humiliated.
- 4** Your partner or someone else in your life tries to control your behaviour, including who you see, what you wear, and where you go.
- 5** You are forced or coerced into sexual activities that you don't want to do.
- 6** You are physically hurt or threatened with harm.
- 7** Your partner or someone else in your life tries to isolate you from friends and family.
- 8** You feel like you are losing your sense of self and your own identity.

If you are experiencing any of these signs, it is important to seek help and support. You can talk to a trusted friend or family member, a counsellor, or a domestic violence hotline. Remember, abuse is never your fault, and you deserve to be treated with respect and dignity.

The perpetrators are typically people the victim or survivor knows, such as close acquaintances, family members, intimate partners, coworkers, or person in a position of authority or power. But occasionally the culprit is unknown to the victim or survivor.

WHERE TO GET HELP:

Sexual Offences Response Team (SORT)

Gender Equality And Anti-Discrimination (GEAD)

- Bloemfontein Campus: 051 401 3982
- Qwaqwa Campus: 058 718 5431
- South Campus: 051 4017544
- Toll free: 0800 204 682 (0800 GOTTA)

Campus Protection Services

- Bloemfontein Campus 051 401 2911
- Qwaqwa Campus: 058 718 5032 / 5029 / 5033
- South Campus: 051 505 1298

Student Counselling and Development

- Bloemfontein Campus: 051 401 2853
- Qwaqwa Campus: 058 718 5032 / 5029 / 5033
- South Campus: 051 505 1298

Employee Relations Management (ERM)

- 051 401 9434

Alternative national numbers to contact:

Life health

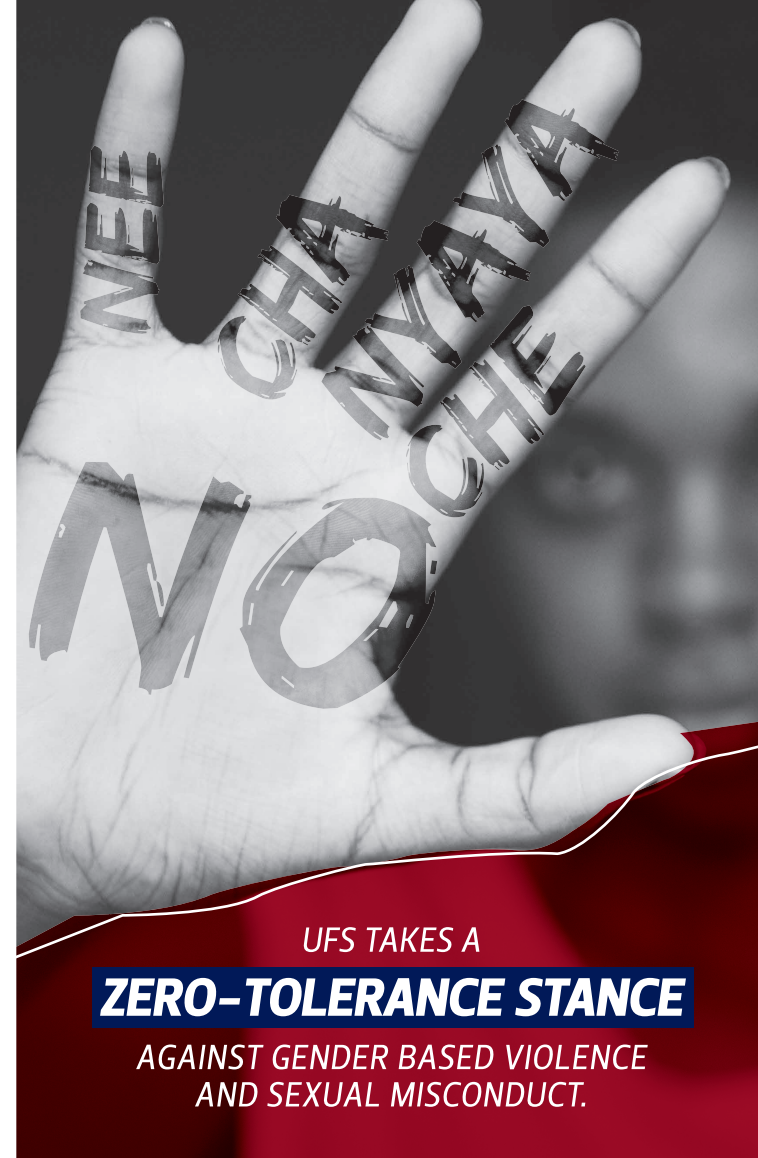
- Telephone number: 080 000 4770
- SMS: 31581
- Email: ewp@lifehealthcare.co.za

National Gender-Based Violence Command Centre:

- 0800 428 428 (0800 GBV)
- USSD 'Please Call Me' facility: *120*7876 #
- Skype line 'Helpme GBV' (for members of the deaf community)

South African Police Service (SAPS)

- 10111 / 112 from a cellphone



UFS TAKES A

ZERO-TOLERANCE STANCE

AGAINST GENDER BASED VIOLENCE
AND SEXUAL MISCONDUCT.

Inspiring excellence, transforming lives through quality, impact, and care.

www.ufs.ac.za

UFSUV | UFSweb | UFSweb | ufsuv

UNIVERSITY OF THE
FREE STATE
UNIVERSITEIT VAN DIE
VRYSTAAT
YUNIVESITHI YA
FREISTATA



UFS
GENDER EQUALITY AND
ANTI-DISCRIMINATION
(GEAD)

1

HOW DO YOU TELL YOU ARE BEING ABUSED?

Abuse can take many different forms, and it is not always easy to recognize when it is happening to you. Here are some signs that you may be experiencing abuse:



Physical abuse: This includes any form of violence, such as hitting, slapping, kicking, pushing, or choking.



Emotional abuse: This includes any behavior that is intended to manipulate, control, or humiliate you. It can take many forms, including insults, name-calling, belittling, or gaslighting.



Sexual abuse: This includes any unwanted sexual activity or behavior, including sexual assault or rape.



Financial abuse: This includes any behavior that is intended to control or exploit your finances, such as preventing you from working or controlling access to money.



Neglect: This includes any failure to provide for your basic needs, such as food, clothing, shelter, or medical care.

CONTROL TACTICS: FIVE KINDS OF ABUSE

Often when people think about abuse, they think of sexual abuse, physical abuse, financial abuse, or emotional abuse. Below are a few tactics that may indicate that you are being abused:

1. SEXUAL ABUSE TACTICS

- Use of force or pressure to get their partner to have sex without their consent
- Withholding of affection and sex to punish a partner

2. PHYSICAL ABUSE TACTICS

- Include any activity that can cause physical pain or injury
- Shoves, slaps, hits, kicks, or bites
- Throws things
- Threatened with a weapon

3. FINANCIAL ABUSE TACTICS

- Withholding of financial information from partner, stealing money from partner, making financial decisions that affect a partner without asking or telling them.
- Being maliciously persuaded by your partner, to misuse your financial allowance for unintended purposes.
- Isolating your partner and/ restricting their financial freedoms such as controlling their contact with friends and family, isolating them from friends and family, being treated like a helper in your own home, monitoring of phone calls, chats and emails, restriction of a partner's ability to get around.

4. EMOTIONAL ABUSE TACTICS

- Can happen without other abuse tactics involved. But when other abuse happens, emotional abuse is almost always present.
- Spiritual abuse: Ridicules or insults your spiritual beliefs and gift and/or makes it difficult for the partner to be with others in their spiritual community.

5. INTIMIDATION TACTICS

- Any words or actions that a person uses to scare you. Destroying of property; threatening to harm or kill a partner, themselves or others; stalking or harassing a partner after separation.
- Showing up at workplace or house; sending threatening messages; repeatedly calling or sending messages to one's family, friends or colleagues.

2

WHAT OFTEN LEADS TO GENDER-BASED VIOLENCE ABUSE?

Gender-based violence can be caused by a combination of individual, cultural, and societal factors. Here are some of the common factors that may contribute to gender-based violence and abuse:

- **Gender inequality:** When one gender is perceived to be inferior to the other, it can lead to unequal power dynamics and violent behavior.
- **Cultural norms:** Certain cultural norms and traditions may perpetuate harmful gender stereotypes, which can contribute to gender-based violence.
- **Power and control:** When one person seeks to exert power and control over another, it can lead to abusive behavior.
- **Substance abuse:** The use of drugs and alcohol can lead to impaired judgment and aggressive behavior.
- **Mental health issues:** Certain mental health conditions, such as depression, anxiety, or personality disorders, may contribute to abusive behavior.
- **Lack of education:** Lack of education can contribute to poverty and economic insecurity, which can increase the risk of violence and abuse.

WHY DOES GBV OCCUR/HAPPEN?

- Gender norms/Gender stereotyping
- Power differentials (Lecturer and student relationships)

WHO IS A VICTIM OF GBV

- Anyone can be a victim of gender-based violence, however women and children are disproportionately affected.

