REMEMBER

SGBV is NOT your fault!

Worldwide many women, men, girls and boys experience physical or sexual abuse or other forms of SGBV in their lifetime. Anyone can become a victim of sexual and gender-based violence and it is not shameful to ask for help.

You are NOT alone! Help is available!

There are people who can help you, such as doctors, police officers, and social workers. If you have experienced or are experiencing SGBV, tell someone you trust or contact the organizations listed above.

HELP others stay safe as well!

If someone who has experienced or is experiencing SGBV reaches out to you, listen to them and remind them that SGBV is not their fault and that they are not alone. Tell them that help is available and encourage them to seek assistance. If they agree you can contact the organizations listed above together.

Share the leaflet and the video so that it reaches more people!

https://youtu.be/KsIE6Q7hXe8

IOM UN MIGRATION

ABOUT US

The PROTECT project, run by the International Organization for Migration (IOM) and its partners, aims to strengthen national support services for victims of sexual and gender-based violence. PROTECT also aims to make these services available to refugees, asylum seekers and migrants, be they children or adults and including people identifying as LGBTI.

https://eea.iom.int/PROTECT-project

Funded by the European Union's Rights, Equality and Citizenship Programme (2014-2020)

Information on SEXUAL AND GENDER-BASED VIOLENCE

SEXUAL AND GENDER-BASED VIOLENCE (SGBV)

What is SGBV?

SEXUAL AND GENDER-BASED VIOLENCE (SGBV) is unwanted activity directed against a person based on their sex, gender or gender identity. It includes acts that cause physical, psychological or sexual harm or suffering. SGBV can also take place online and through social media.

Anyone can be affected by SGBV. Women, girls, the disabled and LGBTI people are affected more often, but (heterosexual) men and boys can also become victims of SGBV. Witnesses, friends and family members of victims can also be indirectly affected by SGBV. SGBV does not occur because the victim was behaving/dressing/speaking a certain way or was looking for attention.

In the Netherlands anyone can ask for help- regardless of gender identity, sexual orientation, ethnicity, relationship status, religion or citizenship (immigration) status.

What are the main types of SGBV?

Although the name SGBV has the word VIOLENCE in it, it does not mean that always a physical attack or intercourse (sex) occurred. It may involve more than two people and it can take various forms:

PHYSICAL

- Honour related violence and killing
- Physical assault (beating, burning, kicking, causing injury)
- Using instruments to cause harm
- Slavery
- Human trafficking
- Infanticide (killing a child because of their sex)
- Confinement (Trapping someone in one place)
- Female genital mutilation, cutting of genitalia (circumcision of males is legal in the Netherlands when conducted by a legally trained medical professional)
- Violence based on someone's gender identity, sexual orientation and/or gender
- Unwanted filming or photography

SEXUAL

- Rape and attempted rape (includes marital rape)
- Sexual actions toward people under the age of 16
- Unwanted sexual activity which takes place online/through social media
- Sexual harassment
- Unwanted touching
- Violence based on someone's gender identity, sexual orientation and/or gender
- Forcing someone to conduct sexual acts
- Forcing someone to watch sexual acts

PSYCHOLOGICAL

- Verbal abuse
- Confinement (trapping someone in one place)
- Forced marriage (includes child marriage)
- Stalking and abuses of privacy
- Making important decisions on behalf of another person without their permission/limiting someone's choices
- Humiliation
- Manipulation
- Threats and coercion
- Economic abuse (controlling a person's finances/access to money)
- Unwanted sharing of images and files containing sexually explicit content
- Violence based on someone's gender identity, sexual orientation and/or gender
- Forcing someone to watch sexual acts

To learn more about these forms of SGBV in your language – check the ZANZU website:
www.zanzu.nl/en/what-sexual-violence

What is consent?

When someone gives consent, they are giving permission to do something or agree to something. Consent can also be withdrawn after it is given, if someone changes their mind. Consent is still important for people who are in relationships or are married.

But it's not always so clear whether consent is granted or even understood. Factors like fear, manipulation, social expectations, alcohol and drugs, relationships, time and language can blur the line between what someone understands to be consensual and what isn't.

Informed consent means the right to say "no" and having the power to do so, and to be listened to. In the Netherlands, from the age of 16, people have the right to decide for themselves whether they participate in sexual activity and which types of activities.

What is LGBTI?

LGBTI is general term referring to people who identify as lesbian, gay, bisexual, transgender and intersex.

It is illegal to discriminate someone based on their sex, gender, sexual orientation and gender identity – this applies to issues such as housing, education, employment and treatment in public. It is legal for someone to change their gender on their birth certificate and official documentation.

Where can SGBV happen?

SGBV can happen ANYWHERE: in your home country, during your journey to another country, and in the country that you currently live in. It can happen in private homes and in public places, such as at school, at work, on public transport and in reception and asylum centres (AZC). SGBV can be inflicted by a stranger, or by someone who is known to you, such as a family member, neighbour, friend or colleague.

It is very common not resist or to fight back during an assault because the victim may panic and feel hopeless or trapped and they don't know what to do to get out of the situation.

What are the consequences of SGBV?

SGBV can impact all parts of life for the victim and can even impact their friends and family. SGBV can cause bodily harm, pain, infections and unwanted pregnancies. The less obvious consequences of SGBV can include nightmares, insomnia, headaches, lack of confidence and many different feelings such as anger, shame, sadness, guilt, fear. It can also complicate personal relationships and levels of trust toward others. Consequences may arise immediately, gradually or long after SGBV has occurred. It is important to seek help to address these concerns as early as possible.

REMEMBER

ANYONE can become a victim of SGBV

SGBV is NEVER the victim's fault

SGBV is always UNACCEPTABLE

You can ask for HELP

AVAILABLE SERVICES

What can I do if I or someone I know has experienced or witnessed SGBV?

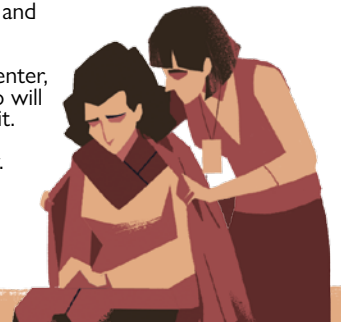
The services outlined below are available to everyone in the Netherlands, regardless of your citizenship status or whether you have health insurance.

No action is taken without your consent.

SEXUAL ASSAULT CENTERS are located in 16 cities across the Netherlands. At the Sexual Assault Center, a team of doctors, nurses, police officers, psychologists, social workers and sex therapists work together to provide specialist care to victims of sexual assault and rape.

When you arrive at the Sexual Assault Center, you will be met by a (forensic) nurse, who will stay with you for the duration of your visit. Everything you discuss with the nurse is treated confidentially and professionally.

After your visit, you will be provided with support over a period of days or weeks to help you recover and feel better.



Sexual Assault Centers are located in various cities.

You can call the main phone number for free on 0800 0188 and www.centrumseksueelgeweld.nl

How are the police or immigration officials involved?

You can make a report for the police if you want – however it is not a requirement to involve the police in your recovery. The Sexual Assualt Centers work with Dutch police confidentially and only with your permission. They do not work directly with immigration officials.

Anyone can request advice and help and anyone can make a report to the police regardless of their immigration status in the Netherlands. If you are uncertain about the involvement of the police or immigration authorities, the Sexual Assualt Centers can provide confidential information to you about this.

Will I have to pay for help?

If you are aged 17 years or younger, you can receive free care and advice at your local Sexual Assault Center. If you are 18 years or older, you may use your health insurance.

As a victim of SGBV, you may be eligible to claim compensation (money) from the VIOLENT CRIMES COMPENSATION FUND. The Sexual Assault Center can assist you with this process.

Or you can directly contact SLACHTOFFERHULP NEDERLAND on 0900 0101 or chat online with a staff member on their website www.slachtofferhulp.nl

I want to remain completely anonymous

An anonymous helpline and chat are also available for victims, witnesses or others involved.

You can call 0900 999 001 or go to the website www.verbreekdestilte.nl to chat with a trained case manager.

You can also leave your phone number and someone will call you back.

I just want information about SGBV

If you wish to do your own research, information is also available on the ZANZU website in many languages www.zanzu.nl/en/what-sexual-violence