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TYPES OF GENDER-BASED VIOLENCE

Sometimes harmful gendered behaviours are so widespread they seem normal and it may be difficult to know if what you are experiencing is, in fact, GBV.

THERE ARE 5 KEY CATEGORIES OF GBV:

01 SEXUAL VIOLENCE

Examples include: rape, sexual assault, child sexual abuse, sexual exploitation, coerced sex in exchange for something, and sexual harassment.

02 PHYSICAL VIOLENCE

Examples include: any form of physical assault, murder, under continuous supervision and control, physically restricting someone such as preventing them from leaving or locking them in.

03 PSYCHOLOGICAL VIOLENCE

Examples include: verbal insult, harassment, intimidation, persuading someone to do something by using force or threats, making untrue, harmful statements about a person that is damaging to their reputation, hate speech.

04 ECONOMIC VIOLENCE

Examples include: property damage, controlling or restricting access to resources, not complying with economic legal responsibilities.

05

Technologically-facilitated GBV is a fifth type of violence which can form part of the other types of violence or can be a violence on its own.

WHAT IS SEXUAL HARASSMENT?

Sexual harassment can take many different forms. It is rarely a once-off event and can continue over a long period of time,

SEXUAL HARASSMENT IS:

- ANY unwelcome behaviour that is of a sexual nature
- that causes harm to the person experiencing it
- and is based in unequal and gendered relationships

All forms of sexual harassment are harmful to the person experiencing it. Consequences include feeling traumatised, anxiety, and depression. It can result in people dropping out of higher education or leaving their work place.

WHAT IS CONTROLLING BEHAVIOUR?

Controlling behaviours are when an intimate partner behaves in a certain way to establish power and dominate the other partner. The aim of controlling behaviour is to undermine a person's feelings of self-worth and make them completely dependent on the controlling person.

What are some examples of controlling behaviour?

It could take the form of a partner:

- constantly monitoring your movements
- threatening or intimidating you
- calling you names
- accusing you of cheating
- humiliating and diminishing you
- isolating you from your family and friends
- restricting your access to resources.

HOW IS CONTROLLING BEHAVIOUR LINKED TO GBV?

Controlling behaviour often leads to physical and sexual violence. People who have partners who display controlling behaviour can feel depressed, anxious, have low self-worth and be traumatised.

HOW SERIOUSLY SHOULD WE TAKE CONTROLLING BEHAVIOUR?

Controlling behaviour is viewed so seriously that it is now included under the legal definition of domestic violence in the Domestic Violence Amendment Act 14 of 2021.