“Not until the half of our population represented by women and girls can live free of fear, violence and everyday insecurity, can we truly say we live in a fair and equal world.” - António Guterres
The IPV Resource Book

- Designed to support UN staff members and other personnel who encounter IPV either in their own lives or that of colleagues.
- Part 1: An overview of the problem and the regional context.
- Part 2: Practical guidance, from how to recognize IPV to where to seek help.
- Annex: Resources in Thailand, Nepal
WHAT IS INTIMATE PARTNER VIOLENCE (IPV)?

- IPV consists of a pattern of assaultive and coercive behaviours, including physical, sexual, psychological/emotional and economic abuse, by a current or former intimate partner.
- Occurs within heterosexual or same-sex relationships and does not require sexual relations.
- Globally, 1 in 3 women worldwide experience physical or sexual violence in their lifetime, by their intimate partners.
TYPES OF VIOLENCE: a few examples

- Hitting
- Kicking
- Burning
- Grabbing
- Pulling hair

- Verbal bullying
- Intimidation, threats
- Surveillance
- Isolation
- Humiliation
- Confinement to the home

- Harassing
- Rape
- Sexual abuse
- Unwanted touching

- Taking someone’s money
- Controlling money
- Denial of funds, food and basic needs
- Control access to health care and employment
<table>
<thead>
<tr>
<th>Terminologies</th>
<th>Definition</th>
<th>Relationship status</th>
<th>Types of violence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender-based violence</td>
<td>Violence directed against a person because of their gender</td>
<td>Includes non-partner violence</td>
<td></td>
</tr>
<tr>
<td>Intimate partner</td>
<td>Violence committed by a current or former partner</td>
<td>Includes non-sexual relationships, dating,</td>
<td>Physical, Sexual, Economic, Emotional</td>
</tr>
<tr>
<td>Domestic violence</td>
<td>Abusive behavior, usually in private sphere</td>
<td>Committed by people connected by marriage or blood</td>
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</table>
MYTHS MAKE IT HARD FOR SURVIVORS TO GET SUPPORT

- Rape only occurs in public spaces
- Rape only involves strangers
- It is not my problem
- It's because she wore a sexy dress
- Violence is a private issue
- "Real" rape cases involve physical injuries
- If they are in love/married, it's not rape
- A survivor/victim will report immediately
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ANYONE CAN BE A VICTIM

This is because abuse:

- Happens everywhere – in large cities or rural communities, and in all countries, cultures and societies

- Happens anytime – at the start of a relationship or later on (even after) [note: leaving abusive relationships high risk time]

- Happens across all social classes and income groups

- Happens regardless of education levels, social status, mental or physical ability or disability

- Happens across all age groups, from the very young to the elderly

- Happens across all ethnic, religious, racial or cultural backgrounds
Power and control in IPV

- One person is **exerting power and control** over another
- Abuser uses the **bonds of closeness and intimacy** built over time within that relationship
- Any personal information the abuser knows about the victim can be used to **control and violate the victim**
WHAT CAUSES/REFINFORCES IPV?

- Norms granting male control over female behaviour and decisions
- Rigid gender roles
- Legal context, lack of implementation of laws, impunity

- Condoning or staying silent about IPV because it is considered a private matter
- Male control of wealth and decision-making in the family
- Influence of the extended family

- Having a sense of entitlement or privilege or power over the other
- Learned behaviour – witnessing intimate partner violence and/or being abused as a child
“Why does s/he stay?”

Fear

- Lack of economic independence
- Family expectations & children
- Religious and cultural values
- Lack of a support system
- Feelings of guilt
- Love for partner
- Lack of resources
- Lack of a sense of self-worth
- Promises of reform

Feelings of guilt

- Love for partner

Fear

- Lack of economic independence
- Family expectations & children
- Religious and cultural values
- Lack of a support system
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- Love for partner
- Lack of resources
- Lack of a sense of self-worth
- Promises of reform
Why does s/he abuse?

Some common excuses for abusive person include:

- It is his right as the head of the household.
- It is his way of showing how much he loves her.
- He has to discipline her.
- His previous partner hurt him.
- He abuses those he loves the most.
- He holds in his feelings too much.

- He is mentally ill.
- He has an aggressive personality.
- He is afraid of intimacy and abandonment.
- He has low self-esteem.
- His boss mistreats him.
- He has poor communication skills.
- He grew up with abuse in his family.
- He feels victimized....

HOWEVER, none of these reasons justify hurting another person. There is no justification for violence and these are not valid reasons to perpetuate intimate partner violence.
# Consequences of IPV

**On survivors**
- Injuries
- Isolation
- Low self-esteem
- Mental health issues
- Suicide attempts
- Poor work performance
- Death

**On children**
- Physical/sexual/emotional abuse
- Neglect
- Normalizing violence
- Live in daily fear
- Feel responsible for the abuse
- Reduced education performance

**On workplaces**
- Low productivity
- Absence from work
- Employee turnover

**On society**
- National expenditures on health care
- Cuts into educational achievement
- Decreased productivity
- Decrease in potential revenue
In an abusive relationship, you may recognize this pattern.

**The Cycle of Violence**

- **Calm**: Abuser acts like the abuse never happened. Promises made during "making up" may be met. Survivor may hope that the abuse is over.
- **Tension Building**: Abuser starts to get angry. Communication breaks down. Survivor tries to keep abuser calm. Tension becomes too much. Survivor feels like she is "walking on eggshells".
- **Making Up**: Abuser may apologize for abuse. Abuser may promise it will never happen again. Abuser may give gifts to survivor.
- **Violence**: Any type of abuse occurs: Physical, sexual, emotional/psychological, economic.
IF YOU ARE EXPERIENCING IPV,

- If you are experiencing violence, please remember this:
  
  ALL FORMS OF VIOLENCE ARE UNACCEPTABLE
  YOU ARE NOT ALONE
  IT IS NOT YOUR FAULT
  HELP IS AVAILABLE

- Identify what is happening - recognize signs and the cycle of violence
- Know that you are not alone, it is not your fault, and that help is available
- Make a safety plan in case of a life-threatening situation
IF YOU KNOW SOMEONE WHO IS EXPERIENCING IPV

- As a United Nations staff member, you are encouraged to become informed about the topic of intimate partner violence and, when appropriate, to assist others within your family and in the community and workplace.
- Find a private space to talk with the person in a non-judgemental manner and without pressure.

YOU SHOULD SAY:
“It is not your fault. You are not to blame.”
“It is okay to talk.”
“What happened has no justification or excuse.”
“No one deserves violence in a relationship.”

YOU SHOULD NOT SAY:
“But the children need their father/mother.”
“But he/she loves you.”
“It will go away if you just bear it.”
“I think it is your personal matter.”
WHERE TO GO FOR SUPPORT

- Embassy
- Health services
- Counselling
- CSOs/NGOs
- Police
- Lawyers
- Someone who you can trust
MAKE A SAFETY PLAN

If you feel you are in danger, you may want to develop a plan to leave and take some or all of the following precautions

- Have **important phone numbers** nearby (including outside of phone).
- Think about how to get out of the house safely. Practice ways to go out during an emergency.
- **Prepare an emergency bag** that includes items you will need when you leave, such as extra clothes, important papers (such as identity documents), money and prescription medications. Hide the bag in the home or leave it with a trusted neighbour, friend or relative. **Be careful that this will not put you at further risk.**
- Know exactly where you will go and how to get there, even if you have to leave in the middle of the night.
WHAT THE UN CAN DO FOR YOU

- For any UN staff members with any nationalities, you can contact the UN Security & Safety team and the UN emergency team. The Security team is able to:
  - Help you receive medical treatment and report the case to the police;
  - Assist you in communicating with the police in Thai language, if necessary;
  - provide you a HIV PEP kit, if necessary
- UN Security & Safety: 02-288-1102 (24 hours)
- UN Emergency: 02-288-1100 (24 hours)

- Counselling: Dr. Saovanee Bigg
  An external counsellor trained by the UN Critical Incident Stress Management Unit. [Fee for service basis.] E-mail: saovaneen@gmail.com

- Counselling, referral support for LGBTI+ personnel: Matthew Perkins (Asia focal point). E-mail: perkinsm@un.org
HOW TO GET SUPPORT IN THAILAND

- If you are **not** a Thai-national:
  - You may want to contact your embassy
  - An alternative option could be the **Tourist Police Call (Hotline: 1155)** which provides support for foreign nationals working/living in Thailand or **Tourist Assistance Center (Hotline 1672).**
  - Samartians of Thailand (English hotline: 02-713-6719)

- For medical care with or without proceeding to a police investigation:
  - **Police General Hospital** Location: 492 1 Rama I Rd, Pathum Wan, Pathum Wan District, Bangkok 10330
  - **Hotline : 1300** (One Stop Crisis Centre; OSCC, English service available yet limited)

- If you need legal assistance:
  - [List of lawyers in Thailand](#) (List from the British Embassy in Thailand)
We encourage any United Nations Agency to distribute this resource book, which features key contacts to get support.

To download the full resource book:
bit.ly/IPVresourcebook

To contribute to this resource book or to adapt to your duty station’s context, please contact:
asia-pacific.unite@unwomen.org