

# Handout 1

## PICCASOLST Rules

### Good agreements make good friends

#### **P**

Privacy: what I say about my own experiences is confidential and cannot be discussed outside this group. I will respect the privacy of others. The trainers and other project participants are also required to respect the privacy of every participant.

#### **I**

I am important, so I can talk about my own experiences, feelings and thoughts. I can have different opinions and perspectives from the others. I can learn to express myself. I will respect the personal experience of others.

#### **C**

Choices: I can choose what to say or not to say. I will not be obliged to disclose things and experiences that I do not want others to know. I will also respect the choice of others.

#### **C**

Culture: my culture is the unique way in which I have learned to respect values and traditions. I can respect my culture, and I respect the culture of others.

#### **A**

Active learning: I can be an active player in these sessions. I can express my wishes, can ask the questions that I have, can give directions and feedback. I will also respect others' questions.

#### **S**

Sexual diversity: I am in some ways different from other people, and they will be different from me. I don't judge their sexual experiences, orientation, culture, choices, gender etc. I will not be judged.

#### **O**

Orientation: I am homosexual, heterosexual, bisexual or asexual. I will not be discriminated against because of that. I will not discriminate.

#### **L**

Listening, laughter: I am willing to listen to what other participants say and will try to understand. This can be a lot of fun.

#### **S**

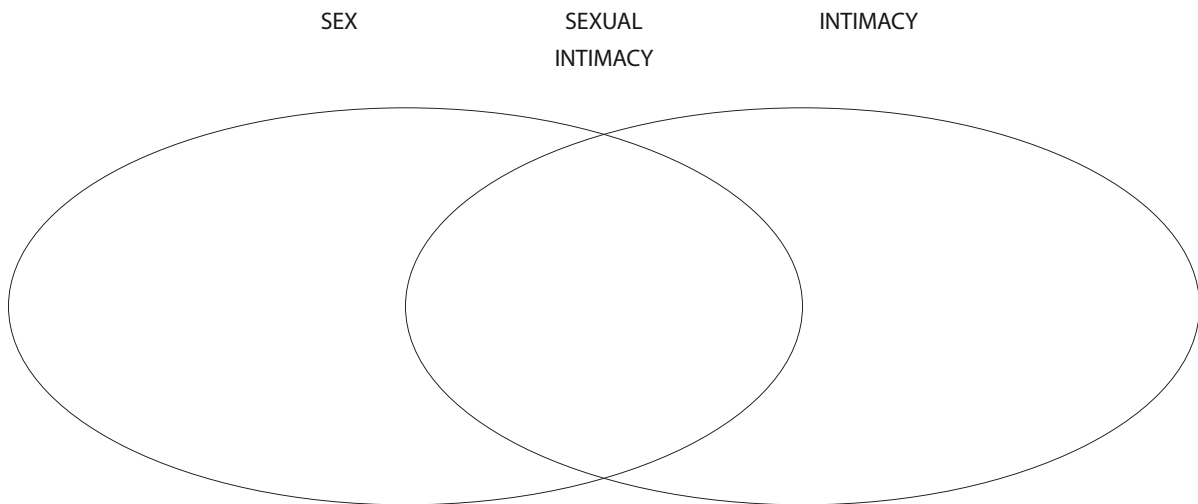
Support: I can ask for support from the supervisor or for a short time-out at any time during this project. I will ask for it when I need it.

#### **T**

Team: we will work together as a team during this training and in the work ahead.

## Handout 2

### Sexuality



#### **Sex**

Expressions in the area of the sex life: sexual arousal, sexual pleasure, sexual response, sexual acts, together or alone, without emotional closeness.

#### **Sexual intimacy**

Characterized by the authentic experience of sexual closeness with an exclusive other. A confidential, intimate experience, where you accept and know your own and the other's sexual needs and wishes.

#### **Intimacy**

Emotional closeness, togetherness and reciprocity.

#### Examples:

- To make love
- To be sexy
- Desire
- Longing
- Intercourse
- Fun
- Dreams
- Hugging and kissing
- Masturbation
- Lingerie

## Handout 3

### Sexual Expressions

#### Prostitution or sex work

I have been engaged in sex work for four years, which means that I get money for sex. I have worked mostly at home, where I receive my clients in the basement. My partner was too disturbed by my profession, so I work nowadays out of my home. I have a regular clientele.

#### Arranged marriage

I live in an arranged marriage. My father picked out a partner, and our parents agreed upon our wedding when I was 19. We saw each other three times before our marriage, and we only had the chance to talk to each other once. We agreed not to have sex until we were both ready. Now we have three children and are very happy. My mother-in-law lives with us.

#### Exhibitionist

I like to show my genitals and other private body parts to an innocent audience. I feel a boost of sexual energy produced by the anticipation of the reaction of people passing by, and by the danger of being caught by the police.

#### Homosexuality

I feel attracted by someone of the same gender. When I was a child, I discovered that I was not like the other children. I had several sexual partners before I fell in love. I love my partner very much.

#### Bisexual

I am attracted by both women and men. I have had relationships with women and men. Both genders have a unique and distinct energy that can be passionate or nurturing. Now I have a steady relationship with a woman, and I have casual male sex partners.

#### Pornography

I very much like to look at pornographic films and magazines. I have some favourite websites where you have a rich choice, and some of the material is really heavy. I like to watch with my partner and get aroused.

#### Safe sex

I always practice safe sex, by only having sex with my partner (and my partner only having sex with me). We always used contraception: the pill, condoms and a few times an emergency pill. I hope to have children, one day. I hope my partner agrees.

#### Sexual harassment

I have often experienced unwelcome sexual advances, requests for sexual favours, and other verbal or physical conduct of a sexual nature at work. I have changed my work place twice because of that. It makes me feel very angry.



## Handout 4

### Tips on Asking Questions

**Be aware of some of the most common stereotypes (see next exercise).**

#### **Ask open questions**

- Ask what, where, how, who, but not why
- Give the other the time and opportunity to answer in his or her own words
- Ask for feelings or thoughts

#### **Closed questions**

- Only to check if you understood (“did you say ‘pleasure?’”)
- If the person didn’t find the right words
- To ask for details (“did she look angry?”)
- To check the facts (“It was night?”)

#### **Paraphrase**

- Say in your own words what you understood
- When there is confusion about what the person wants to say
- To make a summary

## Handout 5a

### Common Myths about Sexuality

Every person has a sex life	Men always want sex
Sex is always fun	The reason why we have sex is because we have a desire for sex
People are heterosexual	People who have sex together love each other
People will stay together	Masturbation fills in the gap of a missing partner
People have no sexual past	Men need to have sex regularly or they get angry and frustrated
Your relationship is a loving one	Women do not like sex as much as men
You know everything about your partner	Sex is natural and spontaneous behaviour
You are intimate with your partner	The best proof of love is sex
Once you are heterosexual, you will stay heterosexual	The proof of a good woman is that she does not deny her partner sex
All women have a desire for children	Men should know what women want from sex
Most people have partners of their own age	When people have sex, they have intercourse

## Handout 5b

### Common Myths about Sexuality Explained

Myth	Fact
Every person has a sex life	A lot of people have sex every now and then or no sex at all for a period in their life. Not all people masturbate.
Sex is always fun	Some people have sex to please their partner or have had bad and troubling experiences
People are heterosexual	People are homosexual, bisexual or heterosexual
People will stay together	Almost 50% of relationships end in a divorce or split up
People have no sexual past	When people are in a steady relationship, they mostly have had a less steady past
Your relationship is a loving one	There can be a lot of sadism and power struggles in relationships
You know everything about your partner	People tend to hide some important things from their partner
You are intimate with your partner	People who have sex with each other are not always intimate about how they feel
Once you are heterosexual, you will stay heterosexual	People discover sometimes later in life that they are attracted to people of the same sex
All women have a desire for children	Just like men, there are also women who don't feel the desire to have children
Most people have partners of their own age	A relationship doesn't always have to be between people of the same age
When people have sex, they have intercourse	There are many things that people do while they have sex besides having intercourse – for example: caressing, licking, kissing etc.
Men always want sex	Just like woman, men don't always feel the need to have sex.

Myth	Fact
The reason why we have sex is because we have a desire for sex	There are many reasons to have sex – for example: out of love, to become pregnant, to earn money, to relax, to be loved etc.
People who have sex together love each other	Love and sex are two different things. Sex is no proof that people love each other.
Masturbation fills in the gap of a missing partner	Masturbation is and stays an important way to have sex during one's whole life
Men need to have sex regularly or they get angry and frustrated	There is no biological need for regular sex, only craving for an expected reward
Women don't like sex as much as men	Women like sex as much as men. They only don't want it as often.
Sex is natural and spontaneous behaviour	Sex is socially organized. We have to respect and learn the rules.
The best proof of love is sex	Sex is no proof of love. Sometimes, on the contrary, love has nothing to do with sex.
The proof of a good woman is that she does not deny her partner sex	People should have the freedom to make the choice. When sex is a duty, it is no longer fun.
Men should know what women want from sex	Men have to learn what women want, and each woman is different





**Sample Lifeline**

**0 years:** birth

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**4:** sexual play with sisters and neighbours in the garden

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**7:** first time in love with the boy next door

**8:** first sexual dreams

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**13:** first menstruation, collecting erotic images

**14:** first masturbation

**15:** sexual play with friends, first boyfriend, kissing and holding hands

**16:** French kissing, sexual play

**17:** first intercourse, use of condom, sexual intimidation by boyfriend

**18:** first time sleeping together

**19:** boyfriend doesn't want to use a condom, infection of the uterus, use of the pill

**20:** first time oral sex

**21:** living together with partner

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**23:** being cheated on by my partner, break-up

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**25:** sexually abused, abortion

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**28:** new partner

**29:** living together, marriage

**30:** pregnant and first child

**31:** in love with a lover, but no sex;

I do not want to leave my family

**32:** pregnant and second child

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**40:** partner leaves me for a younger woman

**42:** divorce

Now



# Handout 7

## Sexual Lifeline Experiences

first notion of sexual behaviour	first menstruation or wet dream	first long relationship
sexual play	first orgasm	first time cheating on your partner
first time oral sex	pregnancy	first time being cheated on
first sexual penetration	marriage	sexually transmitted infection
childbirth	divorce	first violence
abortion	too much sex	romantic experience
problems or negative experiences	pornographic experience	no sex for a long period
first time in love	masturbating for the first time	contraception
first sexual arousal	first time condom use	first orgasm
circumcision	...	...



## Handout 8

### Definitions of Sexual and Reproductive Health

Everyone has the right, at any given moment in his or her life, to the highest possible standard of reproductive and sexual health. What does this involve? We endorse the definitions of sexual and reproductive health and rights as defined at the International Conference on Population and Development (ICPD) in Cairo in 1994,<sup>11</sup> and we recognize sexual and reproductive health rights as basic human rights.

#### Sexual health

The ICPD definition (Cairo 1994) states that sexual health is *“a state of physical, emotional, mental and social well-being related to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, sexual rights of all persons must be respected, protected and fulfilled.”*

#### Reproductive health

The same source holds that reproductive health is *“a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions and processes. Reproductive health therefore implies that people are able to have a satisfying and safe sex life and that they have the capability to reproduce and the freedom to decide if, when and how often to do so. Implicit in this last condition is the right of men and women to be informed and to have access to safe, effective, affordable and acceptable methods of family planning of their choice, as well as other methods of their choice for regulation of fertility which are not against the law, and the right of access to appropriate health care services that will enable women to go safely through pregnancy and childbirth and provide couples with best chance of having a healthy infant. (...) reproductive health care is defined as the constellation of methods, techniques, and services that contribute to reproductive health and wellbeing by preventing and solving reproductive health problems. It also includes sexual health; the purpose of which is the enhancement of life and personal relations, and not merely counselling and care related to reproduction and sexually transmitted diseases.”*

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<sup>11</sup> Source: UNFPA (1996) *Programme of Action adopted at the International Conference on Population and Development, Cairo, 5–13 September 1994*, New York: UNFPA, Art. 7.2. These definitions are also endorsed by the International Planned Parenthood Federation.

## Handout 9

### Sexual Rights Declaration

Both sexual and reproductive health rights embrace certain human rights that are already recognized in national laws, international human rights documents and other relevant UN consensus documents. An International Planned Parenthood Federation (IPPF) Declaration on Sexual Rights was developed in 2008 and complements and integrates the former IPPF Charter on Sexual and Reproductive Rights.

#### Sexual rights contain:

##### 7 guiding principles

- 1 Sexuality is an important part of being human
- 2 People under eighteen are also rights holders
- 3 The basis of human rights is non-discrimination
- 4 People should be able to enjoy their sexuality and be free to choose whether or not they want to reproduce
- 5 Everyone has the right to be protected from harm
- 6 Sexual rights can only be limited by law if it is to protect others' rights and freedoms, to ensure the general public welfare and to protect public health
- 7 States have the obligation to respect, protect and fulfil sexual rights for all.

##### 10 articles

- 1 The right to equality, equal protection of the law and freedom from all forms of discrimination based on sex, sexuality or gender
- 2 The right to participation for all persons, regardless of sex, sexuality or gender
- 3 The rights to life, liberty, security of the person and bodily integrity
- 4 The right to privacy
- 5 The right to personal autonomy and recognition before the law
- 6 The right to freedom of thought, opinion and expression; the right to association
- 7 The right to health and to the benefits of scientific progress
- 8 The right to education and information
- 9 The right to choose whether or not to marry and to found and plan a family, and to decide whether or not, how and when to have children
- 10 The right to accountability and redress.

More information can be found on [www.ippfen.org](http://www.ippfen.org).

## Handout 10

### Myths about External Male and Female Sexual Body Parts

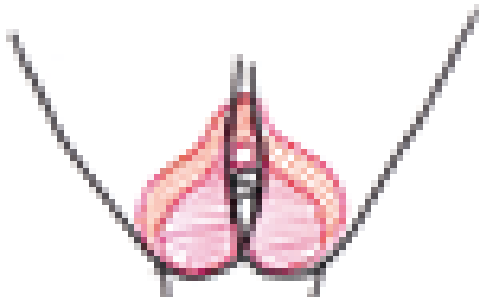
Myth	Fact
An erection means that the man wants to have sex	An erection can also be a reaction to another trigger such as fear, morning erections, excitement etc.
The foreskin needs no special attention	The foreskin of 25% of boys is too tight. It needs to be pulled over the glands regularly.
Circumcision is the same for a man as for a woman	With a man, only the foreskin is removed. With a woman, the labia (inner and/or outer) and/or the clitoris gland are removed. It can have serious ill-health consequences.
Circumcision has no health benefits	A circumcised man is less vulnerable to sexually transmitted infections.
All penises have the same size when erect	There is a big difference: from 9cm to 16cm around, 11cm to 22cm in length.
A girl that is a virgin has an intact, thus closed, hymen	A hymen is a fold of tissue at the entrance to the vagina. The shape of a hymen before sexual intercourse looks like a waxing moon and is thus not a closed membrane. This shape allows menstrual blood to flow out of a girl's vagina. Some girls have a hymen that completely covers the opening of a vagina, and their menstrual blood cannot flow out. This is called an imperforate hymen and causes pain and health problems.
The most important female sexual organ is the vagina Female genital mutilation is not very common	No: the most sensitive sexual organ is the clitoris. Most of the clitoris is hidden inside the body. It is 9cm long and has four arms. In Djibouti, Egypt, Guinea, Mali, Sierra Leone, Somalia and Sudan at least 90% of the women are mutilated. However in Cameroon, Ghana, Niger and Uganda, for example, it is less than 5% of the women.
The size of a woman's breasts depend on how often they have been touched	The size of a woman's breasts is genetically defined.
Pubic hair should be removed for reasons of hygiene	There is no need to remove pubic hair.



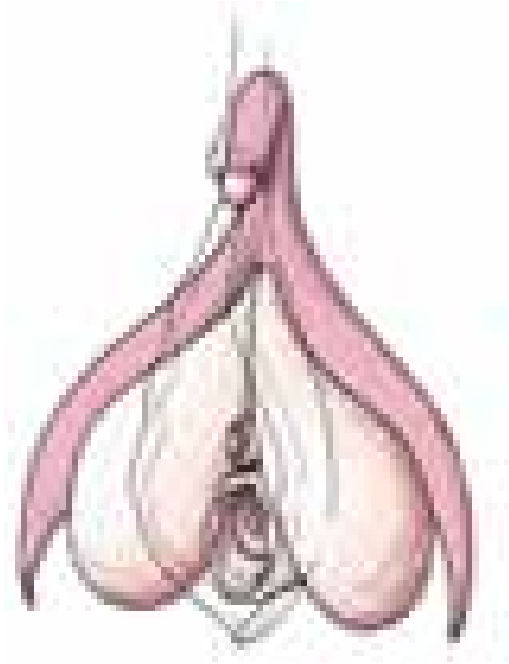
# Handout 11

## The Clitoris and Hymen

### CLITORIS



Source: Sensoa



Source: Wikipedia

### HYMEN



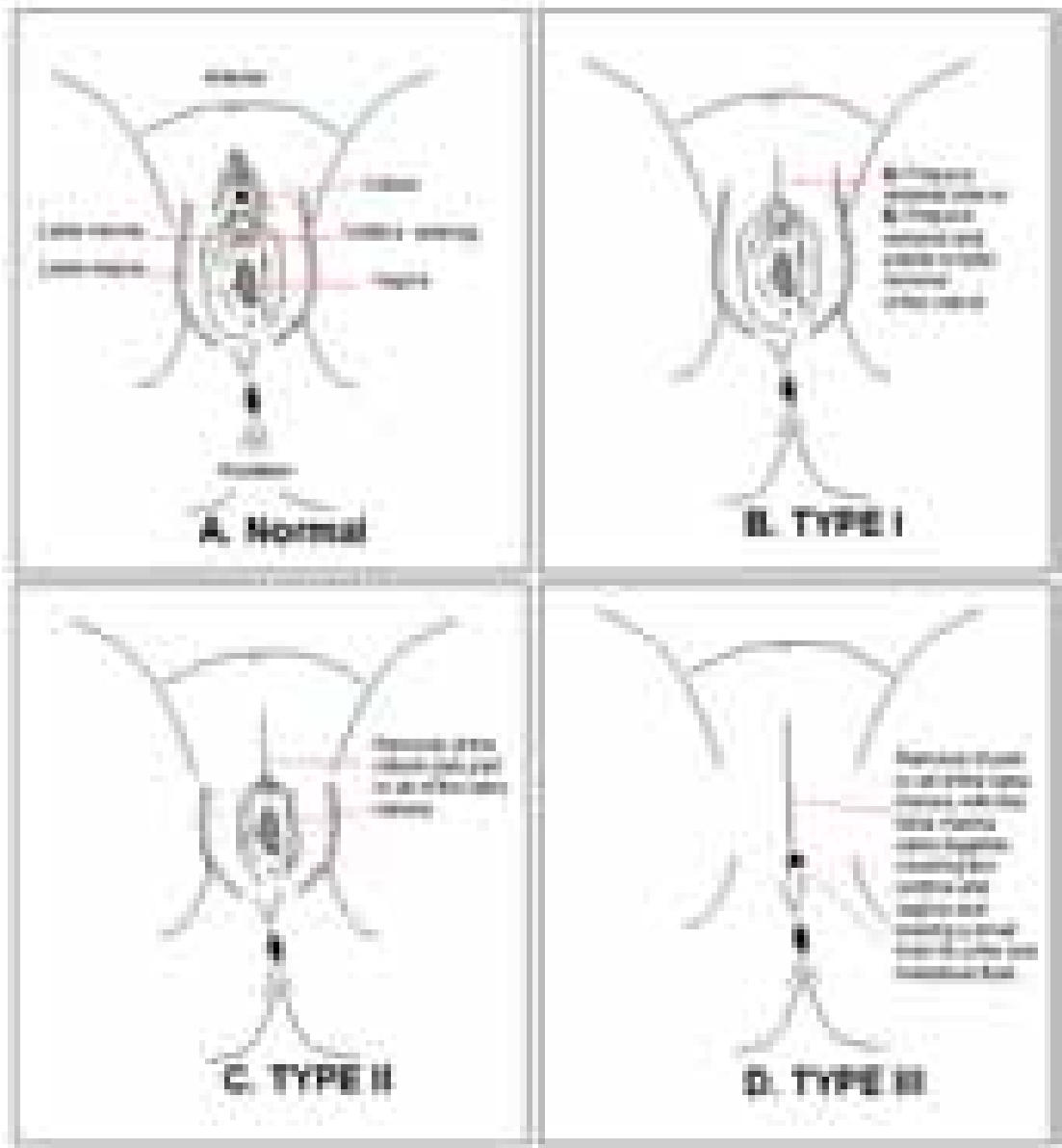
Source: Centre for Young Women's Health



# Handout 12

## Female Genital Mutilation

Three forms of female genital mutilation



Source: American Academy of Pediatrics

## Handout 13

### Myths about Male Internal Sexual and Reproductive Body Part and Functions

Myth	Fact
A man needs to have sex regularly	When a man has no sex for some time, nothing happens
Men are constantly sexually arousable	50% of men have regularly no interest in sex
Men can't control their sexual behaviour	Men can stop sexual behaviour when they want to
Men have to be the active partner in sex, women the passive	There is no obligation to play it this way
The quality of the sperm is better when you have sex regularly	Quality of sperm depends more on other aspects
The condom is not safe to prevent pregnancy	When correctly used, condoms are safe (demonstrate)



## Handout 14

### Myths about Female Internal Sexual and Reproductive Body Parts and Functions


Myth	Fact
Women show no visible signs of sexual arousal	Women have natural lubrication of the vagina when aroused
Coitus is the best way for women to have sex and an orgasm	The stimulation of the clitoris is the best way for women to have an orgasm
Women don't like sex as much as men	Women do like sex as much as men; they don't have the same frequency
The first intercourse is always painful for women	Not necessarily; when lubricated, everything should go smoothly
You can't get pregnant from a first intercourse	Yes you can
Washing away the sperm will prevent pregnancy	No, the sperm finds its way to the egg when you are fertile
A hysterectomy has no influence on a woman's sexual satisfaction	It has; a uterus plays an important role in orgasm, because it fills with blood and contracts during orgasm
The pill is the only safe form of contraception for women	There are other good methods too (demonstrate)



# Handout 15

## Feelings

<b>desire</b>	<b>anger</b>	<b>pleasure</b>
<b>curiosity</b>	<b>pride</b>	<b>shame</b>
<b>happiness</b>	<b>power</b>	<b>pain</b>
<b>humiliation</b>	<b>ambivalence</b>	<b>shyness</b>
<b>suffering</b>	<b>joy</b>	<b>fire</b>

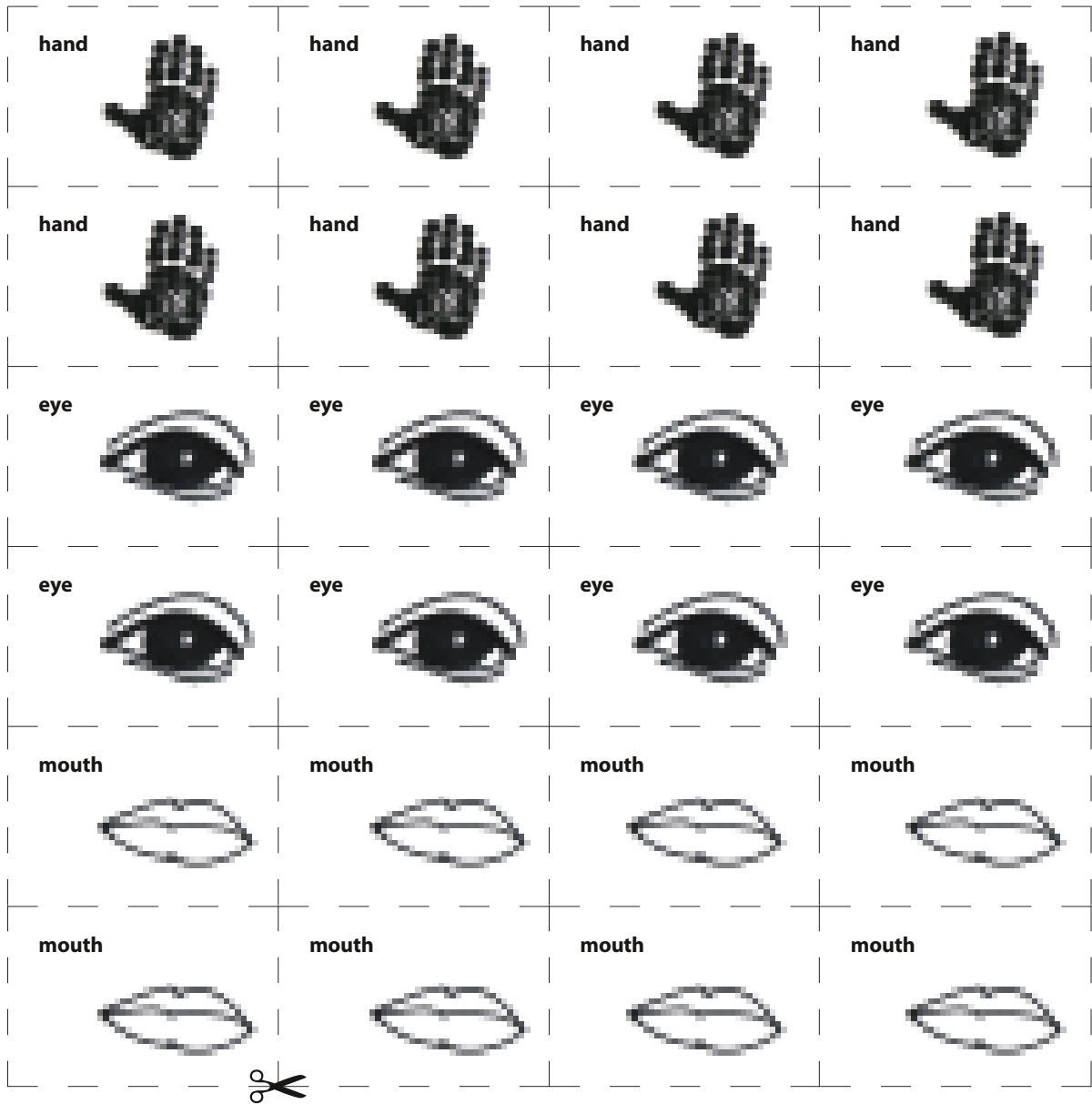




# Handout 16

## Touching, Looking at, Talking about a Body

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# Handout 17

## Sex Language: Client Questions

How do men masturbate?	What does it mean when someone 'comes'?	What are the difficulties when first having sexual intercourse?	Why is the man usually the first person to want to have intercourse?
Is having sex fun?	What do they mean by being 'horny' or 'turned on'?	What if you don't like sex and you want children?	What exactly is the clitoris?
Is masturbation a sign of not being loved?	Why do women feel reluctant to do different things when having sex?	Why are people homosexual?	How do women masturbate?
How does an erection work?	Is it true that when you use a tampon you lose your virginity?	If you get pregnant, are there other things you could do besides an abortion to avoid giving birth?	Does virginity also exist for boys?
What do you do when you want sex with someone?	What are the risks of masturbation?	What is a blow job?	What do you have to consider when having sex?
Are tampons bad for your health?	Where is the hymen located?	What do women do when they have sex with each other?	



# Handout 18

## Changing Sexes

*"Imagine that you changed sex. What would be different in your life?  
Think about the past, the present and the future."*

**What would change for girls and women?**

**What would change for boys and men?**

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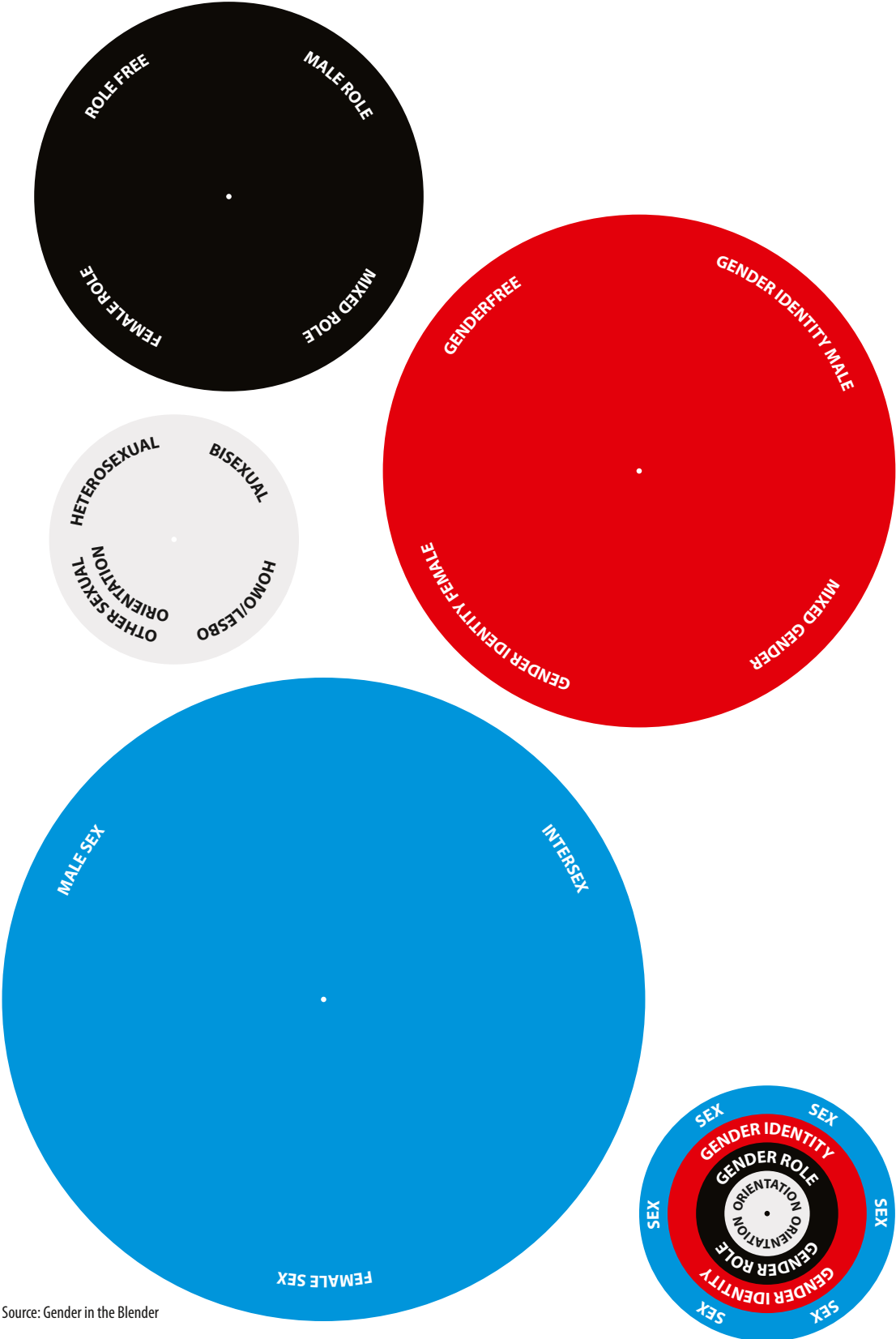
**Examples:**

- |  |                   |                            |                             |
|--|-------------------|----------------------------|-----------------------------|
| • Career and educational opportunities | • Wet dreams      | • Quality of relationships | • Contact with parents      |
| • Freedom of movement                  | • Pregnancy       | • Competition              | • Financial (in) dependance |
| • Menstruation                         | • Physical power  | • Honour                   | • ...                       |
|  | • Craving for sex | • Parental role            |                             |
|  | • Risk behaviour  | • Household role           |                             |
|  | • Friendship      |                            |                             |



# Handout 19

## Components of Gender



Source: Gender in the Blender

ERIKA FRANS (SENSOA) AND INES KEYGNAERT (ICRH-GHENT UNIVERSITY)

## Handout 20

### Background Information about the Terms

#### **GENDER**

The term 'gender' is usually used to refer to the social, cultural and psychological meaning of being a man and/or woman. Thus the distinction between sex and gender is the cultural, psychological and social load of the concept of gender that also changes in culture and time.

#### **GENDER IDENTITY**

Gender identity refers to the inner feeling of being a man, a woman, both or neither. Usually this corresponds to the biological sex: for example, someone who is born with the body of a woman also feels like a woman (and vice versa). The psychological sex (the gender identity) and the biological sex (the body) will be compatible. But it can also happen that these two aspects are more or less in conflict with each other. Someone with a woman's body can feel like a man (and vice versa). Or one can feel like a man and woman. A big variety is possible.

#### **SEX**

Sex refers to the physical anatomy. The biological sex is determined at birth. Mostly we think there are two options of sex: a woman or a man. This is not correct! Scientific research shows that biological sex is more varied. Because biological sex is determined by multiple factors such as hormones, anatomy and chromosomes, different combinations are possible. Those variations – based on the known male/female classification – are referred to as 'intersexuality'.

#### **GENDER ROLE**

Gender role refers to the way in which someone expresses and practices his/her gender feelings: which roles they take in daily life, which clothes they wear, how one behaves towards others etc. Gender expression is what the outside world sees, as apposed to gender identity which is invisible and lives in the inner world. Gender expression includes everything we communicate to others: clothing, hair-style, body language, manners, speech, behaviour etc. Most people have a touch of female and male characteristics in their gender expressions. These expressions can also change depending on the social context.

#### **SEXUAL ORIENTATION**

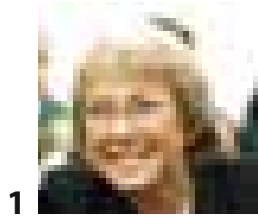
Sexual orientation refers to the romantic feelings or the sexual attraction to people of a particular sex. Usually we make a difference between homosexuals (gay men and lesbians) and heterosexuals. Sexual orientation and gender identity are different parts of our sexual identity. Although young children are not always aware of their sexual orientation, they usually do have strong feelings about their gender identity.

# Handout 21

## Gender Quiz

### 1: SHE IS...

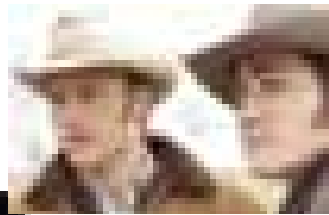
- a) Retired
- b) President
- c) Doctor
- d) Teacher



1

### 2: THEY ARE...

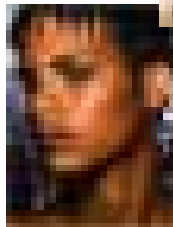
- a) Friends
- b) Brothers
- c) Lovers
- d) Colleagues



2

### 3: WE SEE...

- a) A girl in a male role
- b) A boy in a female role
- c) A girl without a typical gender role
- d) A boy without a typical gender role



3



4

### 4: HER JOB IS...

- a) A transvestite dancer
- b) A hair dresser
- c) An actress
- d) A media figure



5

### 5: THIS PERSON IS...

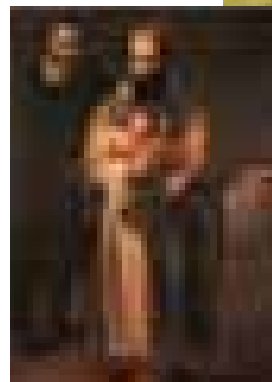
- a) A woman
- b) A man
- c) A transwoman
- d) A transman



6

### 6: THEY ARE...

- a) Two men
- b) A woman and a man
- c) Female men
- d) Transsexuals



7

### 7: THE PERSON ON THE RIGHT IS...

- a) A woman
- b) A man
- c) Both
- d) Neither

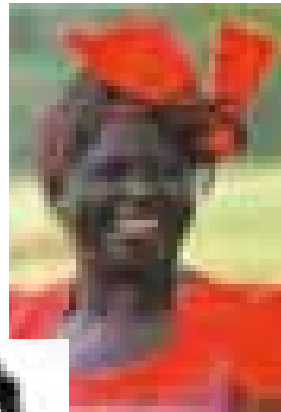
Source pictures 4-5-6-13: Goedele Magazine



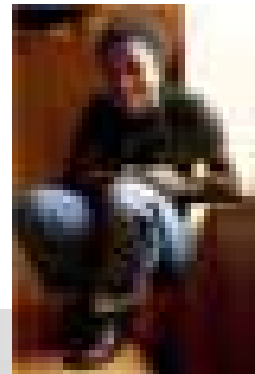
**8: SHE...**

- a) Won the Nobel Peace Prize
- b) Is a great singer
- c) Won the Nobel Literature Prize
- d) Is a famous actress

8



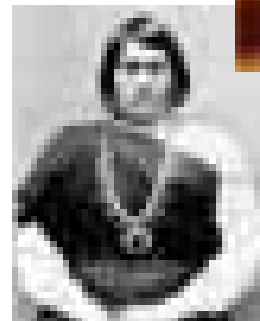
10



**9: HE LIKES...**

- a) To work in the garden
- b) To cook
- c) To dance
- d) To go boxing

9



**10: SHE FEELS...**

- a) Like a woman
- b) Like a man
- c) Like both
- d) Neutral

**11: WE SEE...**

- a) A woman
- b) A man
- c) A man-woman
- d) A transsexual

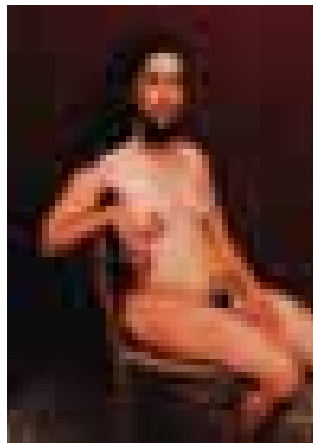
11

12

**12: THIS PERSON IS...**

- a) A transman
- b) A transwoman
- c) A homosexual man
- d) A heterosexual woman

13



**13: THIS PERSON IS...**

- a) A man with breasts
- b) A woman with a beard
- c) A transsexual
- d) A lesbian

**14: THIS IS...**

- a) A woman needs a man to rely on
- b) A man needs a woman to support
- c) Women come first
- d) Men are smaller than women

14



**1**

Michelle Bachelet: President of Chile

**2**

Two actors in the movie 'Brokeback Mountain': they are a homosexual couple

**3**

Androgynous girl without any typical male or female role

**4**

Goedele Liekens, a Belgian media figure, a sexologist raising awareness about sexual health and gender issues

**5**

A female body builder

**6**

Hijras, India's eunuch, females born in the body of a man, and castrated in puberty. They are India's third sex. They often end up in prostitution or have to beg for money.

**7**

The Bearded Woman Breastfeeding (1631), artist: Jusepe de Ribera

**8**

Wangari Muta Maathai: Nobel Peace Prize Winner in 2004

**9**

Shahrukh Khan: actor in Bollywood movies (known for their dancing and singing)

**10**

Tracy Chapman: singer, she feels gender free (neither male or female)

**11**

In Zuni culture, We'wha was a lhamana, an individual who combined male and female work and social roles and often dressed in women's clothing. (Among whites, such individuals were commonly known as berdaches, a French colonial word meaning 'slave boy'.) A lhamana was neither exclusively female or male; of We'wha, they said, "She is a man."

**12**

Antony, a transwoman

**13**

A woman with a beard, as a result of a high level of testosterone. Hirsutism is rather rare.

**14**

A woman needs a man to rely on (old African statue)

## Handout 22a

### Flag Situations

	Situation	Flag
1	Two children (aged four) are pretending to have sex in the corridor of the refugee centre while adults are passing by.	
2	In the common bathroom three women take a shower. Through a small hole in the wall a man is peeping at them.	
3	A family (father, mother, some children) are living in only one room. The parents have sex while the children are asleep or pretend they are.	
4	A man and a woman are having sex. The woman is paid for it.	
5	An employee is having sex with a resident.	
6	A very young girl is forced to marry a man who is much older. She is not in love with him, but he likes her very much.	
7	Street prostitution by a woman.	
8	A man has to endure a body examination.	
9	A father fingers his little daughter; she tells her mother who does not believe her. She is angry.	
10	A girl is circumcised.	
11	Two young men have occasional sexual contact in the toilets of the refugee centre.	
12	An employee enters a couple's room without knocking. They are having sex.	
13	A resident refuses to use condoms.	
14	Two residents are in love. They meet in the store room and have sex there.	
15	A 15-year-old girl from the refugee centre is in love with a Belgian boy from the village. They meet at his house while his parents are away and have sex.	

## Handout 22b

### Flag Situations Identified (trainer tool)

Situation	Flag
1 Two children (aged four) are pretending to have sex in the corridor of the refugee centre while adults are passing by.	Yellow
2 In the common bathroom three women take a shower. Through a small hole in the wall a man is peeping at them.	Red
3 A family (father, mother, some children) are living in only one room. The parents have sex while the children are asleep or pretend they are.	Yellow
4 A man and a woman are having sex. The woman is paid for it.	Green
5 An employee is having sex with a resident.	Red
6 A very young girl is forced to marry a man who is much older. She is not in love with him, but he likes her very much.	Red
7 Street prostitution by a woman.	Yellow
8 A man has to endure a body examination.	Red
9 A father fingers his little daughter; she tells her mother who does not believe her. She is angry.	Black
10 A girl is circumcised.	Black
11 Two young men have occasional sexual contact in the toilets of the refugee centre.	Green
12 An employee enters a couple's room without knocking. They are having sex.	Yellow
13 A resident refuses to use condoms.	Red
14 Two residents are in love. They meet in the store room and have sex there.	Green
15 A 15-year-old girl from the refugee centre is in love with a Belgian boy from the village. They meet at his house while his parents are away and have sex.	Green

## Handout 23

### Flags and Criteria

CRITERION	GREEN FLAG	YELLOW FLAG	RED FLAG	BLACK FLAG
mutual consent	clear mutual consent and pleasure	mutual consent and pleasure are not clear	unique lack of mutual consent and pleasure	repeated lack of mutual consent and pleasure
voluntary	voluntary (absence of coercion)	light coercion or compulsion reward	unique use of manipulation, blackmail, force	repeated use or threat of manipulation, blackmail, force or aggression
equality	equal partners	slight inequality in maturity, age, intelligence etc.	greater inequality in maturity, age, intelligence, in a unique situation	significant inequality in maturity, age, intelligence, in repeated situations
appropriate to age	at least 20% of people this age are known to show this behaviour	behaviour of people belonging to another age group	behaviour of people belonging to much younger or older age groups	behaviour of people belonging to much younger or older age groups
appropriate to the circumstances	the behaviour disturbs nobody; privacy is being respected	considering the circumstances the behaviour is slightly offensive (impolite)	the behaviour is more offensive (harming or insulting) and not appropriate to the circumstances	the behaviour is very offensive (shocking) or illegal
self-respect	self-respect is satisfactory; the behaviour is not harmful to oneself; personal integrity is respected	the behaviour could harm or damage oneself	the behaviour has physically, emotionally or psychologically harmful consequences	the behaviour has significant physically, emotionally or psychologically harmful consequences
RESPONSE	GREEN FLAG	YELLOW FLAG	RED FLAG	BLACK FLAG
	Affirm Accept Care Condition	Explain Give alternatives Give advice and help	Forbid Explain Mention the consequences Observe	Forbid Explain Punish Prevent Direct to specialized help Observe

## Handout 24

### 'Hidden Violence is a Silent Rape' Case Studies

#### CASE STUDY 1

"I was taken to the detention centre where refugees who will be deported were held. After staying there for more than a month with anguish and suffering I tried with other refugees to escape by jumping from the detention walls. Many of the refugees escaped, but I was left behind because I fell from the wall and my left leg was broken. Police and security officers came while I was lying on the ground. They kicked my broken leg and handcuffed my hands behind my back. I was put in a stretcher and carried away. The officers dangled my broken leg from the stretcher and intentionally rubbed it against small trees all along the way to the entrance of the camp. I was taken to a hospital (...) In the third week I was taken back to the detention centre. I had not fully recovered, and the lower part of the broken leg was senseless. I lived in constant fear and anguish. Sometimes I was not given the medicine prescribed by the doctor that I needed for recovery. I was living in constant pain for days (...) After a while eight security officers and a driver came and carried me into a car which took me to the airport. While they were dragging me out of the car they saw a civilian car. Immediately, they threw me back in the car and pushed me onto the floor. Then they carried me into the plane and tied me to a seat. When other passengers arrived I tried to shout as loud as I could manage in protest against the deportation. A man sitting not far from us said that I should have been injected with drugs so that I would be cool and calm. I lost my mind when I heard that. I do not know what I did after that. When I regained consciousness I saw the passengers leaving the plane. I was then taken down the stairs of the plane by two security officers who hit my bandaged leg hard against the airplane stairs to punish me for their failure. They threw me in a car, and one of them came after me and punched me several times with his bare hands. I was then taken to an isolation cell in a prison (...) On the fourth day, I asked the guard if I could get anybody who could speak English. The commandant of the prison came to me that same day and took me to another room where pictures of naked women were hanging on the walls. I was ordered to look at the pictures, and they snapped several photos of me in this way."

*Somali refugee, living in the Netherlands*

*Respondent, Hidden Violence is a Silent Rape Project – ICRH/Ghent University2008*

#### CASE STUDY 2

"I was alone in our room in the camp near Antwerp. Oscar, the lover of my mother, entered. I was sad so he gave me a tablet to clear my head, he said. He went away, and after a while I became very cheerful. He came back and raped me. I was 18. I threw up along the bedside. The sheets were covered with blood. My mother entered and saw the blood, the vomit and me. She hit me. After that, Oscar fucked me and my mother whenever he wanted to. He let his friends in the camp fuck us too. We were not the only ones; there were other girls in the camp who were subjected to that, but nobody dared to react out of fear of being deported afterwards. I became pregnant, but I didn't know by whom. I tried to abort my child with alcohol and other means; I lifted heavy things. Nothing worked, so I asked a friend to penetrate my uterus with an awl. I lost a lot of blood and was transferred to a hospital. They asked a lot of questions in that hospital, but I kept quiet and cried non-stop. The doctor told me that after this torture I would not be able to have children any more. That is the worst thing that could happen to me! After this, we had to be transferred to another camp. The moment I received my residence papers,

I took my stuff and walked away from my mother. I met a girl at the station. We talked, we became friends and lovers. She helped me to get back to school in Ghent. We had to work hard as a prostitute to earn money to eat, to study and to pay for our room. But that's all over now. Now I can work with my hands and make a fair living without abusing my whole body."

*Young female Ukrainian refugee, living in Belgium since 2003  
Respondent, Hidden Violence is a Silent Rape Project – ICRH/Ghent University 2008*

### CASE STUDY 3

"One day in Athens I heard the boy of about 16 in the tent right in front of mine scream: "I'm dying. Don't do that any more. I'm in pain." I could hear everything. The traffickers had forced the boy into sex and hit him many times. The boy had called his brother-in-law for money, but it took some time to get the money transferred from one country to another. The money arrived half an hour late. I couldn't accept that any longer. I went outside and yelled: "What you are doing is the same as what Saddam did!" They kept on committing weird sexual acts with him and said to other boys: "If you don't want to have sex with us, we'll kill you or we'll leave you behind half way." Due to all this sex the boy had appendicitis and haemorrhoids too; he had to be operated on. Once he arrived in the reception centre in the Netherlands the boy was very tired and psychologically ill. He drank a lot, ate little and became a skeleton. He wanted to commit suicide."

*Female Kurdish asylum seeker, living in the Netherlands  
Respondent, Hidden Violence is a Silent Rape Project – ICRH/Ghent University 2008*

### CASE STUDY 4

"I know a 22-year-old Afghan girl. At the German border her parents were sent back, but she could apply for asylum in Germany. She was rejected and had to leave the country. So she came to the Netherlands and applied for asylum again. But with the same result: a negative answer. She didn't know what to do or where to turn to, so she married a Dutch guy. Very soon she was forced to have sex with men in order to bring money home and hand it over to him. She was threatened by her husband. He told her that if she didn't sell sex to other men, he'd kill her. For four years she sold her body and gave the money to him. The moment she had her residence permit, she told her husband she no longer wanted to work as a prostitute. He didn't agree, so she went to the police. They arrested him. He told her that he would take revenge on her the moment he was free. She still has a lot of psychological problems."

*Young female Afghan refugee, living in the Netherlands  
Respondent, Hidden Violence is a Silent Rape Project – ICRH/Ghent University 2008*

### CASE STUDY 5

"I didn't have any papers but worked as transvestite in a club. One evening a man said I was very juicy and invited me to perform on his birthday party. There were about 40 men or more, most of them had taken drugs. Me too. They started to dance and to undress. They tied me up and I had to watch them masturbating. They rubbed me with liquor and syrup and licked my body. This was awful! That bunch of naked men with burning eyes, they started to fuck me all, it didn't stop. When I opened my eyes they had thrown me away in a park in Ghent. I had to go to the doctor because my anus was as a raw chunk of meat and my penis was blue. After a while I heard I have AIDS, from whom I do not know, the only thing I know is that I'm going to die. I feel terrible because I cannot work to pay my medical bills."

*Undocumented transsexual migrant, died of AIDS in Belgium shortly after the interview  
Respondent Hidden Violence is a Silent Rape project-ICRH/Ghent University 2008*

## Handout 25

### Background Information on Sexual and Gender-based Violence in the Refugee Cycle

Sexual and gender-based violence (SGBV) is globally recognized as a major public health issue, a violation of human rights and in some cases - for example in war settings - as a crime against humanity.

SGBV frequently occurs in all populations and settings, transcending cultural, ethnic or economic boundaries. SGBV is rooted in the broader socio-cultural, political and economic fabric of nearly any society. The victims are mostly girls and women, but boys and men are also victimized. Depending on the authors, any woman out of three to five is considered to be a potential victim within their reproductive age, whereas one out of five to seven men are potential victims.

Although anyone runs the risk of being victimized, research demonstrates that some people are at greater risk. Particularly vulnerable to SGBV are adolescents, particularly if they live alone or with only one parent and are of low socio-economic status. People who are lesbian, gay, bisexual or transgender and people who experienced or witnessed SGBV during childhood and those living in poverty, in shelters, in remote areas or in detention are equally very vulnerable. This goes for isolated people, displaced and refugee communities as well. Depending on the phase in the refugee cycle, one is more or less prone to different types of SGBV.

Research has demonstrated that perpetrators of SGBV are most often known to the victim. However, refugees, homeless people, impoverished people and adolescent boys are equally victimized by strangers, persons in authority and those assigned to their protection.

*(Holmes and Slap, 1998; Hynes and Lopes Cardozo, 2000; Keygnaert et al., 2008; Norredam, Crosby, Piwowarczyk and Grodin, 2005; Tavera, 2006; UNHCR, 2003; Ward and Vann, 2002; Wenzel et al., 2006)*



## Handout 26

### Definitions of Sexual and Gender-based Violence in the Refugee Cycle

SGBV is always an abuse of power. It consists of different violent acts. Depending on the context in which they take place as well as on their combination, the same acts can be called differently. For example: Intimate partner violence, domestic violence, interpersonal violence etcetera. For our context, we opt for the following definitions.

**Gender-based violence** “comprises any act of physical, sexual and psychological violence in the family, community, or perpetrated or condoned by the State that results, or is likely to result, in physical, sexual or psychological harm or suffering, including threats of such acts, coercion or arbitrary deprivations of liberty, whether occurring in public or in private life or in situations of armed conflict. It is directed against a person on the basis of her/his gender or sex”. (Beijing Declaration, 1995).

**Sexual violence** can be a form of gender-based violence and refers to “any non-consensual act, attempt or threat of a sexual nature that results or is likely to result in physical, psychological and emotional harm”.

#### Sexual and gender-based violence in the refugee cycle

In the refugee cycle, sexual violence includes sexual harassment, sexual abuse, attempted or completed rape or forced sodomy, sexual exploitation, forced prostitution, and sexual violence as a weapon of war and torture. It often occurs jointly with other forms of gender-based violence such as physical violence, emotional-psychological violence, harmful traditional practices and socio-economic violence (UNHCR, 2003).

#### Types of SGBV

##### Physical violence

- Hitting, pulling, kicking
- Strangulation
- Tying up
- Pushing out of window/down the stairs
- Dragging
- Threatening with a weapon (such as a knife, gun, blunt object etc.)
- Mutilation with a weapon
- Shooting
- Burning
- Torturing
- Trying to kill and killing
- Trafficking for organs, body parts etc.

- Physical slavery
- Other: \_\_\_\_\_

##### Emotional-psychological violence

- Verbal violence (cursing, swearing, calling names, blaming, accusing unfairly etc.)
- Humiliation (teasing, showing no respect, racist or discriminatory comments etc.)
- Threatening (making you feel scared, entering your private space, destroying objects etc.)
- Confinement: deprivation of freedom (not letting you leave the house, not letting you speak your mother tongue, not allowing contact with others, locking you up etc.)
- Relational violence (not letting you see your children, infidelity, marrying someone else, destroying family relationships etc.)

##### Sexual violence

Depending on the level of physical contact as well as the purpose of the violence we can define six distinct forms:

- 1 *Sexual harassment* (no physical contact) – Any unwelcome, usually repeated and unreciprocated sexual advance, unsolicited sexual attention, demand for sexual access or favours, sexual innuendo or other verbal or physical conduct of a sexual nature (UNHCR, 2003). It includes:
  - » unwanted sexual advances or invitations
  - » sexual intimidation
  - » forced to watch pornography
  - » forced to watch somebody have sex or masturbate
  - » forced to undress
  - » other: \_\_\_\_\_

- 2 *Sexual abuse* (physical contact but no penetration) – Actual or threatened physical intrusion of a sexual nature, by force or under unequal or coercive conditions. It includes:
  - » touching
  - » pinching
  - » fondling
  - » touching up
  - » kissing
  - » other: \_\_\_\_\_
  
- 3 *Attempt to rape* (attempt to penetrate with object or body part)
  
- 4 *Rape* (penetration with object or body part) – The invasion of any part of the body with a sexual organ, or of the anal or genital opening of the victim with any object or any other body part by force, threat of force, coercion, taking advantage of a coercive environment, or against a person incapable of giving genuine consent (International Criminal Court). It regards:
  - » single rape (oral, vaginal, anal, other orifice)
  - » multiple rape (multiple orifices, multiple times)
  - » gang rape (by more than one person at the same time or one after the other)
  - » forced abortion
  - » forced sexual relations with partner/spouse
  - » other: \_\_\_\_\_
  
- 5 *Sexual exploitation* (penetration with object or body part) – Any abuse of a position of vulnerability, differential power or trust for sexual purposes; this includes profiting momentarily, socially or politically from the sexual exploitation of another (IASC). It includes:
  - » forced prostitution (forced by someone else)
  - » transactional sex for survival: in exchange for food, clothing, money, papers etc. (even if decided by yourself but because you did not have any other option)
  - » sexual abuse of power by professional service provider
  - » forced marriage for sex
  - » other: \_\_\_\_\_
  
- 6 *Sexual violence as a weapon of war/torture* – Any act or threat of a sexual nature by which severe mental

- or physical pain or suffering is caused to obtain information, confession or punishment from the victim or third person, intimidate her or a third person or to destroy, in whole or in part, a national, ethnic, racial or religious group. It is a crime against humanity and includes:
- » rape
  - » sexual slavery
  - » forced abortion
  - » forced sterilization
  - » forced pregnancy
  - » forced childbearing
  - » forced child rearing
  - » other: \_\_\_\_\_

**Harmful traditional practices**

- Forced marriage: arranged marriage against the wishes of at least one of the partners
- Child marriage: arranged marriage under the age of legal consent
- Genital mutilation: cutting of genital organs for non-medical reasons, usually done at a young age
- Honour-related violence: maiming or murdering of a person as a punishment for acts that are believed to bring shame on the family or the community
- Infanticide: abortion or killing of babies because their gender is considered of less value in a given society (mostly girls)
- Neglect of children because their gender is considered of less value in a given society
- Other: \_\_\_\_\_

**Socio-economic violence**

Socio-economic violence denies a person assistance, opportunities, services and integration because of their gender, their sexual orientation, their colour, their religion, their legal status etc. This violence impedes a person's enjoyment of their civil, social, economic, cultural and/or political rights. It includes:

- Discrimination and/or denial of opportunities, services
- Refusal of assistance/services (e.g. drugs, health care, social assistance, education, remunerated employment etc.)
- Social exclusion (denied access to a group, a community)
- Refusal of legal assistance/legal protection

# Handout 27

## SGBV Definitions Card Game

<p><b>RAPE</b> Forced penetration of a body opening (mouth, anus, vagina, ear, wound) with the penis or another organ or object (e.g. gun, stick)</p>	<p><b>ATTEMPTED RAPE</b> Trying to have intercourse without the partner's consent – no penetration</p>	<p><b>CHILD SEXUAL ABUSE AND INCEST</b> Any act where a child is used for sexual satisfaction; any sexual relation/interaction with a child</p>	<p><b>ANAL RAPE (FORCED SODOMY)</b> Forced anal intercourse, with a penis, hand or other organ or object</p>
<p><b>SEXUAL HARASSMENT</b> Any unwelcome sexual attention without physical contact, e.g: being forced to undress, inviting/black-mailing you to have sex</p>	<p><b>FORCED PROSTITUTION</b> Forced sex trade in exchange for material resources, services and assistance</p>	<p><b>SEXUAL EXPLOITATION</b> The obligation to offer sexual services in exchange for money assistance or goods; it is a modern form of slavery</p>	<p><b>SEXUAL ABUSE</b> Actual or threatened physical contact of a sexual nature, including touching but not penetration, e.g. feeling up breasts or bottom</p>
<p><b>SEXUAL VIOLENCE AS A WEAPON OF WAR</b> A crime against humanity of a sexual nature, the purpose is not to have sex but to destroy a community</p>	<p><b>PHYSICAL ASSAULT</b> There are different forms of physical assault; all have different impacts, for example: beating, kicking, punching but also burning, killing; it can happen with or without weapons</p>	<p><b>TRAFFICKING AND SLAVERY</b> Selling and/or trading in human beings for forced sexual activities, forced working services, slavery or activities similar to slavery or for removing organs</p>	<p><b>HUMILIATION / ABUSE</b> Non-sexual verbal abuse that is insulting and degrading and that can force the victim to engage in humiliating acts</p>
<p><b>CONFINEMENT</b> Isolating a person from friends and family, restricting movements, limiting the freedom of persons</p>	<p><b>FEMALE GENITAL MUTILATION</b> Partial or total cutting of genital organs for non-medical reasons, usually done at a young age</p>	<p><b>EARLY MARRIAGES</b> Arranged marriage under the legal age of consent</p>	<p><b>FORCED MARRIAGE</b> Arranged marriage against the victim's wishes</p>
<p><b>HONOUR- RELATED VIOLENCE</b> Murdering or maiming of a person because he/she brought shame to the family or community</p>	<p><b>INFANTICIDE</b> Killing, withholding food, and/or neglecting children, e.g. girls because they are considered to be of less value in a society than boys</p>	<p><b>DENIAL OF EDUCATION FOR GIRLS AND WOMEN</b> Removing girls from school, prohibiting or making it difficult for girls and women to obtain basic knowledge</p>	<p><b>DISCRIMINATION AND/OR DENIAL OF OPPORTUNITIES AND SERVICES</b> No access to education, health assistance, paid jobs etc.</p>
<p><b>SOCIAL EXCLUSION</b> Based on sexual orientation, e.g. denying access to services and rights for homosexuals, transsexuals or transvestites</p>	<p><b>OBSTRUCTIVE LEGISLATIVE PRACTICE</b> Denial of human rights and the protection of those rights</p>		



## Handout 28

### Overview of Potential Causes and Consequences of Sexual and Gender-based Violence

In addition to significant negative effects on the well-being of the survivor and her/his participation in society, SGBV may have significant consequences for her/his sexual, reproductive, physical and psychological health.

#### Physical consequences may be:

- bruises and injuries
- open wounds
- burns
- drug withdrawal symptoms
- amputations
- disabilities
- genital injuries such as lacerations of the vagina, the perineum, the anus and the rectum
- penal/anal/scrotal erythema
- death
- others: \_\_\_\_\_

#### Sexual and reproductive consequences may be:

- Sexually transmitted infections and HIV/AIDS
- urinary tract infections
- chronic genital and extra-genital pains
- (unwanted) pregnancy
- (forced) abortion
- sexual dysfunction
- infertility
- others: \_\_\_\_\_

#### Psychological and behavioural consequences may be:

- chronic pains
- confusion
- disturbed sensory perception
- sleeping disturbances
- eating disorders
- anxiety
- fatigue
- powerlessness
- low self-esteem
- denial
- mental replay of assault
- ineffective or defensive coping
- self-harm, neglect & abuse
- suicidal ideas or suicide
- isolation and alienation
- affective disorders
- gender role confusion
- social phobia
- sexual risk behavior
- harmful substance abuse
- others: \_\_\_\_\_

#### Socio-economic consequences may be:

- stigmatization
- isolation
- unemployment
- discrimination
- dropping out of school, learning deprivation
- others: \_\_\_\_\_

**Individual causes** may be related to:

- Biology & genes
- Gender
- Behaviour
- Mental health
- Information, knowledge and experience
- Individual socio-economic position
- Internalized cultural norms
- others: \_\_\_\_\_

**Interpersonal causes** may be related to:

- Gender
- Social network and support
- Information and knowledge exchange
- others: \_\_\_\_\_

**Organizational causes** may be related to:

- Community resilience
- Cultural practices
- Community socio-economic position
- Service provision
- Physical environment
- Organizational prevention policy
- others: \_\_\_\_\_

**Societal causes** may be related to:

- Structural gender inequality
- Economic problems
- Residence/legal status
- Law/justice
- Accessibility of services
- Societal SGBV prevention policy
- others: \_\_\_\_\_

## Handout 29

### Clusters of Dynamics

Four cluster patterns when someone is (sexually) victimized:

**1 Traumatic sexualization**

Refers to the process by which the sexuality of the child or other victim is transformed into a behaviour that is not age-appropriate and self-harming.

**2 Stigmatization**

Refers to the process by which negative connotations of sexual abuse (badness, guilt, shame) are passed on to the victim. The process of 'blaming the victim' and the internalization of the self-image.

**3 Betrayal**

Refers to the victim's experience of being betrayed through sexual abuse by someone whom the victim trusted or depended on.

**4 Powerlessness**

Refers to a process in which the victim's will, desire and sense of self is harmed.

## Handout 30

### Traumatic Dynamics

Dynamic	Psychological impact	Problematic behaviour
<b>Sexualization</b>		
<ul style="list-style-type: none"> <li>• Rewarded for sexual behaviour that is not adequate</li> <li>• Trading attention and affection for sexual services</li> <li>• Unequal (gender) roles</li> <li>• Negative and ambivalent emotions and memories</li> </ul>	<ul style="list-style-type: none"> <li>• More sexual situations</li> <li>• Confusion about sexual norms, identity, giving and receiving love and attention</li> <li>• Negative associations with sexual situations, aversion</li> </ul>	<ul style="list-style-type: none"> <li>• Sexual preoccupation</li> <li>• Compulsive sexual behaviour</li> <li>• Early onset sexual activity</li> <li>• Aggressive and promiscuous sexual behaviour</li> <li>• Prostitution</li> <li>• Sexual dysfunctions</li> <li>• Maladjusted sexualization in parenthood towards own children</li> </ul>
<b>Stigmatization</b>		
<ul style="list-style-type: none"> <li>• Being accused</li> <li>• Being asked to keep secrets</li> <li>• Being ashamed and feeling guilty</li> <li>• Being blamed</li> <li>• Being considered 'damaged'</li> </ul>	<ul style="list-style-type: none"> <li>• Feeling guilt, shame</li> <li>• Decrease in self-respect</li> <li>• Negative thoughts of oneself</li> <li>• Feeling different from others</li> <li>• Being 'the problem'</li> </ul>	<ul style="list-style-type: none"> <li>• Isolation</li> <li>• Drug or alcohol abuse</li> <li>• Criminal behaviour</li> <li>• Self harming behaviour (mutilation, risk taking)</li> <li>• Suicide or attempted suicide</li> </ul>
<b>Betrayal</b>		
<ul style="list-style-type: none"> <li>• Being manipulated</li> <li>• Not being protected</li> <li>• Neglect of well-being</li> <li>• Lack of support</li> <li>• Expectations are not met</li> </ul>	<ul style="list-style-type: none"> <li>• Grief, depression</li> <li>• Extreme dependence</li> <li>• Damaged capability of judging whom to trust</li> <li>• Distrust</li> <li>• Anger, hostility</li> </ul>	<ul style="list-style-type: none"> <li>• Clinging</li> <li>• More abuse</li> <li>• Powerless to abuse of own children</li> <li>• Isolation</li> <li>• Difficult intimacy</li> <li>• Aggressive behaviour</li> <li>• Delinquency</li> </ul>
<b>Powerlessness</b>		
<ul style="list-style-type: none"> <li>• Integrity is harmed</li> <li>• Violence or manipulation is used</li> <li>• Ones wishes are ignored</li> <li>• Not being able to protect oneself</li> <li>• Experience of fear</li> <li>• Not being believed</li> </ul>	<ul style="list-style-type: none"> <li>• Anxiety, fear</li> <li>• Reduced sense of effectiveness</li> <li>• Feeling a victim</li> <li>• Need to be in control</li> <li>• Need to restore power</li> </ul>	<ul style="list-style-type: none"> <li>• Nightmares, phobias</li> <li>• Depression</li> <li>• Somatic complaints</li> <li>• Fugues</li> <li>• Problems at school or work</li> <li>• Aggression or tyrannical traits</li> <li>• Delinquency</li> <li>• Offender behaviour</li> </ul>

## Handout 31a

### Case Study – Tony and Rosa

A young couple, Tony (28) and Rosa (26), have been married for 2½ years and have a six-month-old baby. They met at their work, where Rosa had an interim job. It was love at first sight. Tony was charming, attentive and funny. Their sex life was good. They married within a year, and Rosa got pregnant. They were very happy about this.

The delivery was very difficult, and Rosa needed some time to recover. The doctor warned them both not to have intercourse in the first weeks, and to wait until Rosa was fully recovered.

At home though, Tony installed Rosa in the bedroom and confessed to her that he had missed her so much the last week. He needed to have sex with her. Rosa didn't feel like it, but she gave him a blow job instead.

The next evening Tony insisted on having sex again, but Rosa refused. After feeding the baby during the night, when she went back to bed, he started to kiss and penetrate her. She did not resist because she was too tired. It hurt a lot, and she was scared because she thought it was dangerous. But, most of all, she was very disappointed in Tony.

When she tried to talk to him in the morning, Tony told her that it was her own fault. She had left him alone for more than a week and refused to have sex with him. He complained about the lack of attention and care. He told her it was her duty as his partner to put him first. And if she was not able to do so, he would have to find a girlfriend.

From that moment on, Rosa fulfilled all his sexual needs. Her sexual desire faded away, and she was sad and tired. It felt as though she had lost the partner she loved so much. She didn't dare to talk to her friends about this, so she didn't visit them anymore. And she was ashamed to go to the gynaecologist.

Three months later Rosa is still tired and complains about headaches, neck pain and stomach aches. The baby is healthy and sweet, but she doesn't enjoy her life anymore. She doesn't sleep well at night, and she has nightmares.

When she starts working again after maternity leave, she has a hard time. She can't really cope anymore. When the boss asks her about her well-being, she starts to cry. So he thinks she has not recovered enough to work and asks her to go home. Now she has to go to the doctor ...



## Handout 31b

### Case Study – Tony and Rosa Explained

A young couple, Tony (28) and Rosa (26), have been married for 2½ years and have a six-month-old baby. They met at their work, where Rosa had an interim job. It was love at first sight. Tony was charming, attentive and funny. Their sex life was good. They married within a year, and Rosa got pregnant. They were very happy about this.

The delivery was very difficult, and Rosa needed some time to recover. The doctor warned them both not to have intercourse in the first weeks, and to wait until Rosa was fully recovered.

At home though, Tony installed Rosa in the bedroom and confessed to her that he had **missed** her so much the last week. He needed to have **sex** with her. Rosa **didn't feel like it**, but she gave him a blow job instead.

The next evening Tony insisted on having sex again, but Rosa refused. After feeding the baby during the night, when she went back to bed, he started to kiss and **penetrate** her. She did not **resist** because she was too **tired**. It **hurt** a lot, and she was **scared** because she thought it was dangerous. But, most of all, she was very **disappointed** in Tony.

When she tried to talk to him in the morning, Tony told her that it was her **own fault**. She had left him alone for more than a week and **refused** to have sex with him. He complained about the lack of attention and care. He told her it was **her duty** as his partner to put him first. And if she was not able to do so, he would **have to find a girlfriend**.

From that moment on, Rosa fulfilled **all his sexual needs**. Her **sexual desire** faded away, and she was **sad and tired**. It felt as though she had lost the partner she loved so much. She didn't dare to talk to her **friends** about this, so she didn't visit them anymore. And she was **ashamed** to go to the gynaecologist.

Three months later Rosa is still **tired** and complains about **headaches, neck pain and stomach aches**. The baby is healthy and sweet, but she doesn't enjoy her life anymore. She doesn't sleep well at night, and she has **nightmares**.

When she starts working again after maternity leave, she has a **hard time**. She can't really cope anymore. When the boss asks her about her well-being, she starts to **cry**. So he thinks she has not recovered enough to work and asks her to go home. Now she has to go to the doctor ...

**Betrayal:** manipulation of trust, no concern for her well-being  
**Sexualization:** sex = affection  
**Powerlessness:** she gives in

**Betrayal:** coercion, disappointment  
**Powerlessness:** no power to stop his sexual behaviour, pain, scared

**Stigmatization:** blaming the victim  
**Powerlessness:** use of threats, coercion and blackmail

**Powerlessness:** repeated abuse  
**Betrayal:** sad and tired  
**Stigmatization:** shame, isolation  
**Sexualization:** no desire

**Betrayal:** depression  
**Sexualization:** body memories  
**Powerlessness:** sleeping problems

**Powerlessness:** feelings of incompetence, problems at work  
**Stigmatization:** isolation



# Handout 32

## Secrets in a Box

<b>When you give your secret to another person, you want that person:</b>	<b>Relevant in your role?</b>
<ul style="list-style-type: none"> <li>To be able to keep that secret</li> <li>To be trustworthy</li> <li>Not to be a stranger</li> <li>Not judging me</li> <li>Not blaming me</li> <li>To understand me</li> <li>To believe me</li> <li>To listen to me</li> <li>To say that I am not the only one</li> <li>To take me seriously</li> <li>To care</li> <li>To be supportive</li> <li>To have some professional skills</li> </ul>	

<b>When someone tells me a secret, I want:</b>	<b>Relevant in your role?</b>
<ul style="list-style-type: none"> <li>Enough knowledge to help that person</li> <li>To know how to keep a secret</li> <li>To have support for myself</li> <li>To be able to be trustworthy</li> <li>Answers: advice and help for that person</li> <li>To share this secret with people who can help</li> <li>To be able to refer to services</li> <li>To have a choice not to become involved</li> <li>Not to be put in a difficult position</li> <li>To know my limits and my role</li> <li>To have some professional rules</li> <li>Professional skills</li> </ul>	

## Handout 33a

### Myths about Sexual Violence

- 1 Men are not as responsible for their sexual behaviour as women
- 2 Most rapes occur because men cannot control their sex drive
- 3 Women provoke men by wearing certain clothes, skirts, hitchhiking or being in the wrong place at the wrong time
- 4 When a woman does not defend herself strongly, she wants to have sex anyway
- 5 When you allow yourself to be kissed and touched, you have to go further
- 6 When no violence is used, it is not rape
- 7 It is the responsibility of a woman to satisfy her partner
- 8 Men need sex regularly or they turn angry and aggressive
- 9 Within your family you are safe from sexual violence
- 10 In some cultures violence is very common, so it cannot be so dangerous
- 11 Men cannot be victims; women cannot be perpetrators
- 12 It is not because it is rape that you do not like it
- 13 When a woman is raped, and she has some pleasure, it is not rape
- 14 Girls who wear fancy dresses are a little to blame if they get raped

## Handout 33b

### Myths about Sexual Violence Explained

Myth	Fact
1 Men are not as responsible for their sexual behaviour as women	Men have the same or even more responsibility because they are more often in charge.
2 Most rapes occur because men cannot control their sex drive	The main reason for rape is the use and exercise of power. The victim is not consenting.
3 Women provoke men by wearing certain clothes, skirts, hitchhiking or being in the wrong place at the wrong time	Most instances of sexual violence occur within the family, not on the street.
4 When a woman does not defend herself strongly, she wants to have sex anyway	Most people use the hedgehog (or turtle) strategy; they just freeze and hope the other person will stop.
5 When you allow yourself to be kissed and touched, you have to go further	You can stop at any time during sexual interaction, when you do not feel like going on.
6 When no violence is used, it is not rape	In a lot of rape no physical violence is used, but coercion, blackmail and threats.
7 It is the responsibility of a woman to satisfy her partner	It is the responsibility of both partners to have a good quality of sexual interaction.
8 Men need sex regularly or they turn angry and aggressive	There is no biological need to have sex regularly. When it is all about relieving tension, men can help themselves.
9 Within your family you are safe from sexual violence	Most sexual violence occurs within families.
10 In some cultures violence is very common, so it cannot be so dangerous	Even if violence is common, it can have a severe and harmful impact on victims of violence and on others watching.
11 Men cannot be victims; women cannot be perpetrators	12% of men are victims of sexual abuse. 40% of the perpetrators are women, 60% other men.
12 It is not because it is rape that you do not like it	Body language is not always what the heart and mind say.
13 When a woman is raped, and she has some pleasure, it is not rape	This is not true. The body can become aroused without the woman wanting sex. It can still be rape.
14 Girls who wear fancy dresses are a little to blame if they get raped	No, because they gave no consent. A fancy dress does not mean "I want sex with you".

