



Violence Elimination

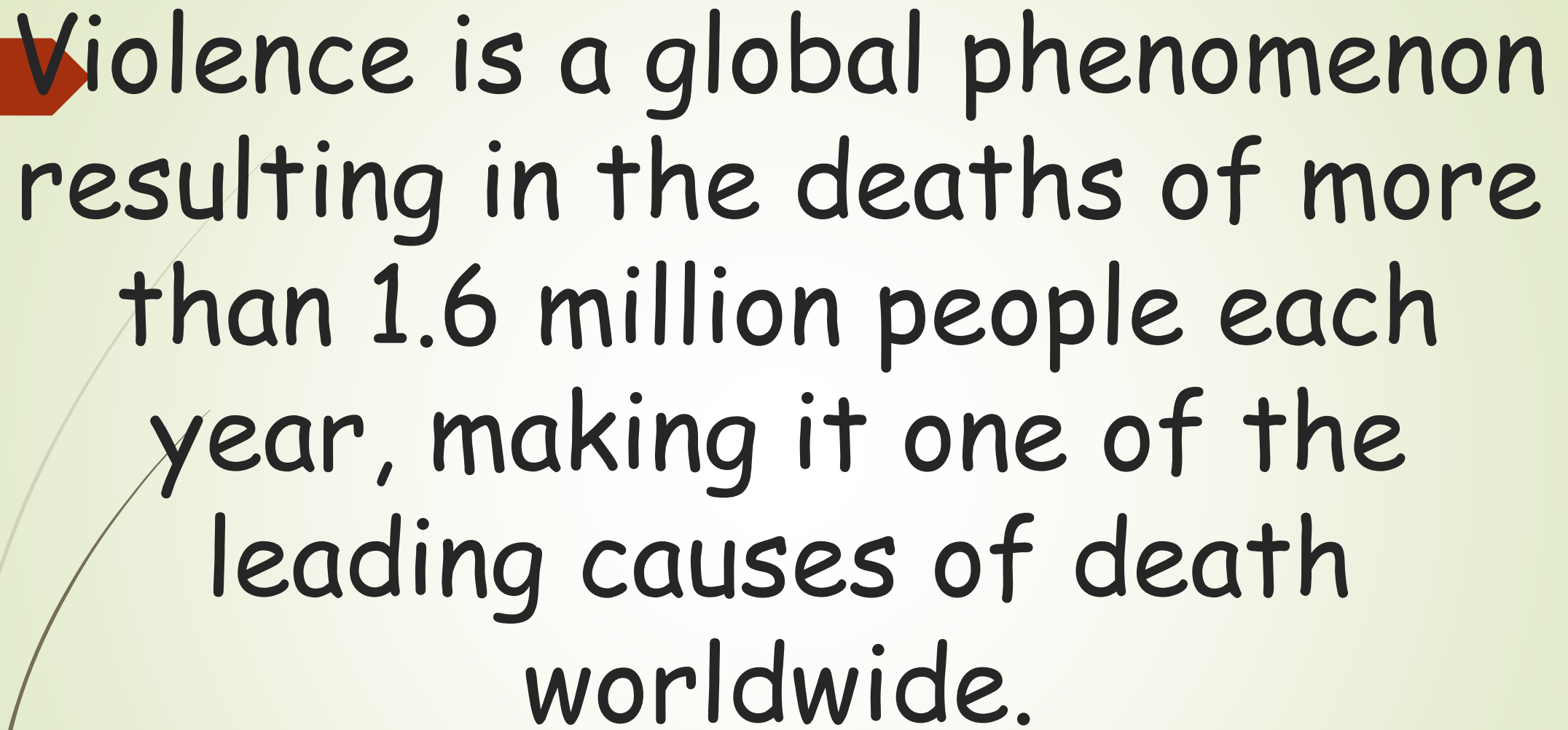
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Violence is a global phenomenon resulting in the deaths of more than 1.6 million people each year, making it one of the leading causes of death worldwide.



WHO definition of violence:

"The intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, that either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment or deprivation."

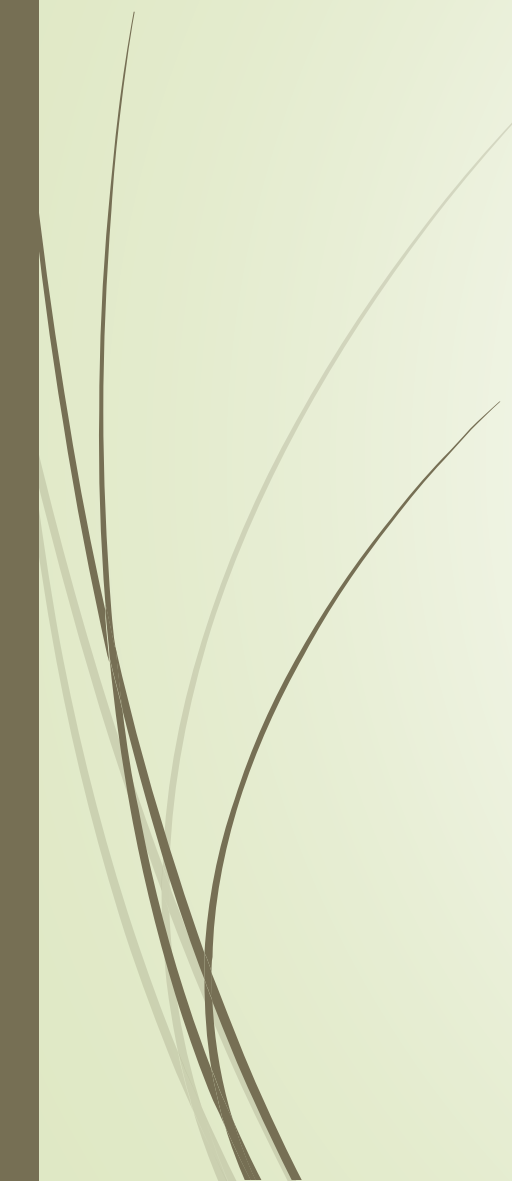


Types of violence



Physical Violence


Physical violence occurs when someone uses a part of their body or an object to control a person's actions





Sexual Violence

Sexual violence occurs when a person is forced to unwillingly take part in sexual activity.






Emotional Violence


Emotional violence occurs when someone says or does something to make a person feel stupid or worthless.



Psychological Violence


Psychological violence occurs when someone uses threats and causes fear in an individual to gain control.






Spiritual Violence

Spiritual (or religious) violence occurs when someone uses an individual's spiritual beliefs to manipulate, dominate or control that person.





Cultural Violence

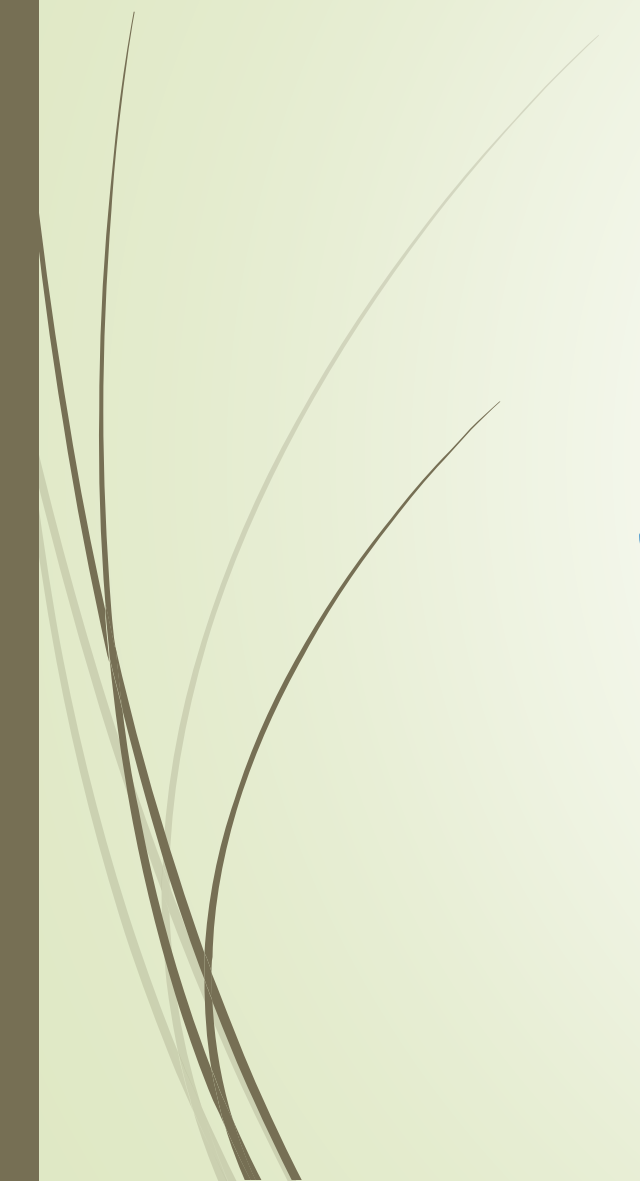


Cultural violence occurs when an individual is harmed as a result of practices that are part of her or his culture, religion or tradition.



Verbal Abuse

Verbal abuse occurs when someone uses language, whether spoken or written, to cause harm to an individual.






Financial Abuse

Financial abuse occurs when someone controls an individual's financial resources without the person's consent or misuses those resources



Neglect



Neglect occurs when someone has the responsibility to provide care or assistance for an individual but does not.



Causes of violence

Violence results from a combination of factors, such as:

- violent person's social or cultural environment
 - genetic predisposition
 - neurochemical abnormalities
 - personality characteristics
 - information-processing deficits
 - the experience of abuse or neglect as a child.
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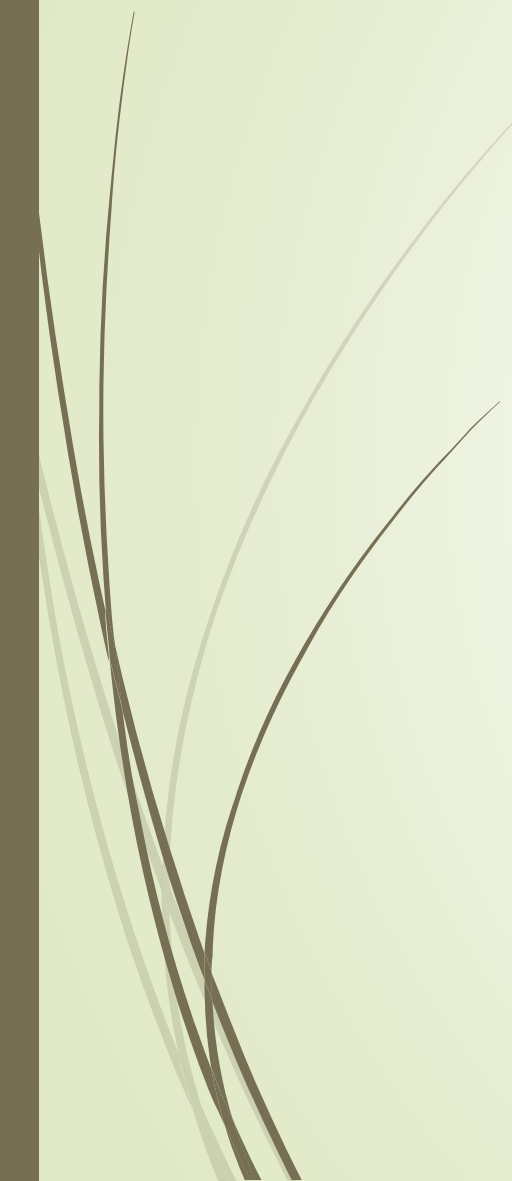
Effects of violence


Psychological disorders

- post-traumatic stress disorder
- dissociative identity disorder
- borderline personality disorder (are associated with experiencing or witnessing violence)
- depression
- anxiety
- mood swings (see bipolar disorder) are common in victims of violence




Psychological disorders

- 
- depression
 - insecurity
 - anger
 - poor anger management
 - poor social skills
 - pathological lying
 - manipulative behaviour impulsiveness
 - lack of empathy



Prevention of violence

- family programs
- violence-prevention programs are those that target all children, not just those who are considered to be at risk for violence
- community programs
- school-based programs
- parent training programs
- training to improve parenting and other relationship skills
- programs for preventing violence that effect behavioural changes



Who does it affect?

- women
- indigenous people
- children
- persons in the LGBTQ+ community
- immigrants
- persons from minority ethnocultural communities
- persons with disabilities
- elderly people

A person who belongs to more than one at-risk group, it is called dual vulnerability


For example:

- Indigenous women
- immigrant women
- women with disabilities
- elderly women
- women in the LGBTQ+ community
- Indigenous children
- children with disabilities
- immigrant children



How can we deal with different forms of violence?

If you are exposed to any form of different violence, you must know that all types of violence are not legitimate in any way and their occurrence is unforgivable even if it is from close people for the purpose of raising and the occurrence of this is not your fault



You should start defending yourself by going to the right places that can help you

- You can always turn to someone you trust and ask for help
- If you are exposed to domestic violence, you can go to the Ministry of Welfare and Social Security, where the right decisions are taken to ensure your protection as well as the protection of your rights
- You can consult a psychologist in order to discover the appropriate solutions to get out of the negative psychological state and feel the relief resulting from revealing what hurts and disturbs you.
- If you experience violence at school, you should ask your teacher, principal, or other responsible people for help and make sure they find a solution that works for you.

Sources

- <https://taoscav.org/different-types-of-violence>
- <https://www.safterspaces.org.za/understand/entry/what-is-violence>
- <https://www.quebec.ca/en/family-and-support-for-individuals/violence/forms-violence>
- <https://withmonareda.com/2023/02/07/types-of-violence-and-how-to-deal-with-it>



Erasmus+

Ανοίγει δρόμους, αλλάζει ζωές.



Thank you!

Ευχαριστούμε!

