

Gender based violence

Screening test

Does the person you love...

Question	Yes	No
Threaten to hurt you or your children?		
Say it's your fault if he or she hits you, and then promises it won't happen again (but it does)?		
Put you down in public or keep you from contacting family or friends?		
Throw you down, push, hit, choke, kick, or slap you?		
Force you to have sex when you don't want to?		

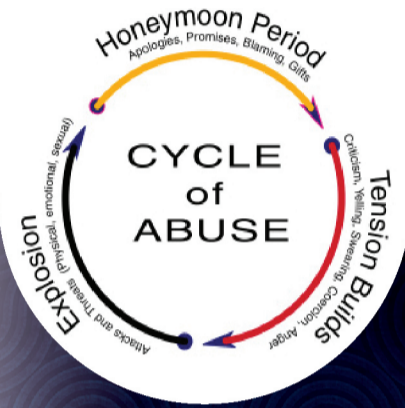
Just one "yes" answer means you're involved in an abusive relationship. If so, you're not alone and you have choices.

Forms of domestic violence

Domestic violence is rarely a one-time event and usually escalates in frequency and severity. It is important to remember that domestic violence is not just physical, but can take many forms. The five main forms of domestic violence are:

	Traits
PHYSICAL	<ul style="list-style-type: none"> ▶ Punching; slapping; hitting; throwing objects; biting; pinching; kicking; pulling hair out; pushing; shoving; burning; strangling; raping; beating - often leading to permanent injuries and sometimes death ▶ Denying food, warmth or sleep ▶ Keeping someone locked up ▶ Keeping someone locked out of the house ▶ Refusing to help someone when they are sick, injured or pregnant ▶ Holding a person to keep them from leaving ▶ Abandoning someone in a dangerous place
SEXUAL	<ul style="list-style-type: none"> ▶ Rape: using force, threats or intimidation to make someone perform sexual acts; having sex with a person who doesn't want to have sex; forcing sex after beating a person; forcing sex when someone is sick or when it is a danger to their health; forcing a person to have sex in front of others. There are three main categories of rape: <ol style="list-style-type: none"> 1. Power Rape: The rapist uses enough physical force to subdue the victim. He uses each assault to prove that he is powerful and competent and to give him a sense of self-worth by deluding himself into thinking that the woman "wanted it" (most common form). 2. Anger Rape: The rapist brutally beats and degrades his victim. He uses each assault to express his rage against women; usually these rapes are of women he knows. The pleasure he derives is not from the sex but from hurting and humiliating his victims. 3. Sadistic Rape: The violence becomes eroticized. The victim is stalked and tortured (least common, usually carried out by mentally ill men). ▶ Sexual degradation, including: using abusive insults such as "whore" and "frigid"; sexual criticism; making demeaning gender based comments ▶ Forced sadomasochistic practices ▶ Insisting on unwanted and uncomfortable touching ▶ Forcing a person to strip ▶ Having affairs with other people after agreeing to a monogamous relationship ▶ Publicly showing sexual interest in other people ▶ Withholding sex and physical affection ▶ Minimizing someone's feelings about sex

EMOTIONAL	<ul style="list-style-type: none"> ▶ Putting a person down: calling them "ugly," "stupid," "fat," "worthless," etc. ▶ Constant criticism ▶ Putting a person down in front of others ▶ Mocking ▶ Shouting ▶ Being excessively jealous ▶ Frequently accusing a person of flirting when they are not ▶ Controlling what a person wears ▶ Not listening or responding when someone is talking ▶ Refusing to accept a person's decisions, saying they have no choice in any decisions ▶ Lying to friends and relatives about someone ▶ Humiliating a person in public
PSYCHOLOGICAL	<ul style="list-style-type: none"> ▶ Isolation: from friends and relatives; monitoring or blocking a person's telephone calls or disconnecting the telephone; telling someone where they can and cannot go; making someone a prisoner in their own home ▶ Harassment: following a person; checking up on them; opening their mail ▶ Threats: making angry gestures; using physical size to intimidate; wielding a knife or a gun; threatening to kill or harm someone, their children, their friends and family, or himself ▶ Punishing or depriving the children when he is angry with their mother ▶ Abusing the pets to hurt someone or their children ▶ Denial: Saying the abuse doesn't happen; saying the abused caused the abusive behaviour; being publicly gentle and patient or charming, but privately violent and abusive; crying and begging forgiveness; saying it will never happen again ▶ Manipulating a person with lies and contradictions
FINANCIAL	<ul style="list-style-type: none"> ▶ Keeping a person from working ▶ Controlling someone's money or the household/family money ▶ Withholding money ▶ Spending money on himself (often on alcohol or drugs) or/ and on other women



Contact

NMMU: HIV & AIDS Research Unit
Rosemary.kalenga@nmmu.ac.za
(041) 504 2344

HIV & AIDS RESEARCH UNIT



Gender based violence

Screening test

Does the person you love...

Question	Yes	No
Threaten to hurt you or your children?		
Say it's your fault if he or she hits you, and then promises it won't happen again (but it does)?		
Put you down in public or keep you from contacting family or friends?		
Throw you down, push, hit, choke, kick, or slap you?		
Force you to have sex when you don't want to?		

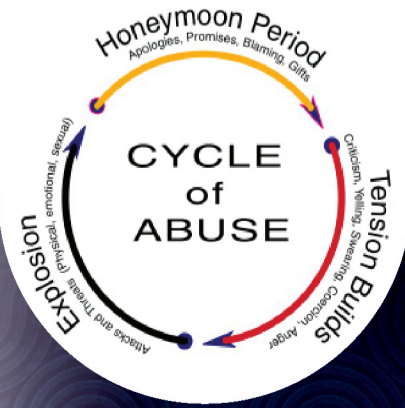
Just one "yes" answer means you're involved in an abusive relationship. If so, you're not alone and you have choices.

Forms of domestic violence

Domestic violence is rarely a one-time event and usually escalates in frequency and severity. It is important to remember that domestic violence is not just physical, but can take many forms. The five main forms of domestic violence are:

	Traits
PHYSICAL	<ul style="list-style-type: none"> ▶ Punching; slapping; hitting; throwing objects; biting; pinching; kicking; pulling hair out; pushing; shoving; burning; strangling; raping; beating - often leading to permanent injuries and sometimes death ▶ Denying food, warmth or sleep ▶ Keeping someone locked up ▶ Keeping someone locked out of the house ▶ Refusing to help someone when they are sick, injured or pregnant ▶ Holding a person to keep them from leaving ▶ Abandoning someone in a dangerous place
SEXUAL	<ul style="list-style-type: none"> ▶ Rape: using force, threats or intimidation to make someone perform sexual acts; having sex with a person who doesn't want to have sex; forcing sex after beating a person; forcing sex when someone is sick or when it is a danger to their health; forcing a person to have sex in front of others. There are three main categories of rape: <ol style="list-style-type: none"> 1. Power Rape: The rapist uses enough physical force to subdue the victim. He uses each assault to prove that he is powerful and competent and to give him a sense of self-worth by deluding himself into thinking that the woman "wanted it" (most common form). 2. Anger Rape: The rapist brutally beats and degrades his victim. He uses each assault to express his rage against women; usually these rapes are of women he knows. The pleasure he derives is not from the sex but from hurting and humiliating his victims. 3. Sadistic Rape: The violence becomes eroticized. The victim is stalked and tortured (least common, usually carried out by mentally ill men). ▶ Sexual degradation, including: using abusive insults such as "whore" and "frigid"; sexual criticism; making demeaning gender based comments ▶ Forced sadomasochistic practices ▶ Insisting on unwanted and uncomfortable touching ▶ Forcing a person to strip ▶ Having affairs with other people after agreeing to a monogamous relationship ▶ Publicly showing sexual interest in other people ▶ Withholding sex and physical affection ▶ Minimizing someone's feelings about sex

EMOTIONAL	<ul style="list-style-type: none"> ▶ Putting a person down: calling them "ugly," "stupid," "fat," "worthless," etc. ▶ Constant criticism ▶ Putting a person down in front of others ▶ Mocking ▶ Shouting ▶ Being excessively jealous ▶ Frequently accusing a person of flirting when they are not ▶ Controlling what a person wears ▶ Not listening or responding when someone is talking ▶ Refusing to accept a person's decisions, saying they have no choice in any decisions ▶ Lying to friends and relatives about someone ▶ Humiliating a person in public
PSYCHOLOGICAL	<ul style="list-style-type: none"> ▶ Isolation: from friends and relatives; monitoring or blocking a person's telephone calls or disconnecting the telephone; telling someone where they can and cannot go; making someone a prisoner in their own home ▶ Harassment: following a person; checking up on them; opening their mail ▶ Threats: making angry gestures; using physical size to intimidate; wielding a knife or a gun; threatening to kill or harm someone, their children, their friends and family, or himself ▶ Punishing or depriving the children when he is angry with their mother ▶ Abusing the pets to hurt someone or their children ▶ Denial: Saying the abuse doesn't happen; saying the abused caused the abusive behaviour; being publicly gentle and patient or charming, but privately violent and abusive; crying and begging forgiveness; saying it will never happen again ▶ Manipulating a person with lies and contradictions
FINANCIAL	<ul style="list-style-type: none"> ▶ Keeping a person from working ▶ Controlling someone's money or the household/family money ▶ Withholding money ▶ Spending money on himself (often on alcohol or drugs) or/ and on other women



Contact

NMMU: HIV & AIDS Research Unit
Rosemary.kalenga@nmmu.ac.za
(041) 504 2344

HIV & AIDS RESEARCH UNIT



Mission

The HIV and AIDS Research Unit strives to promote and sustain a collaborative response to the HIV and AIDS pandemic through governance, teaching and learning, research, community engagement and service provision.

Vision

The Vision of the HIV and AIDS Research Unit within the ambit of the vision of the NMMU is to significantly reduce the threat posed by the HIV and AIDS pandemic through a managed comprehensive and well-coordinated institutional response informed by cutting-edge research. The HIV and AIDS Research Unit underpin the values, educational purpose and philosophy of NMMU.

In addition:

- ▶ To provide research and academic leadership in the broad domain of HIV and AIDS.
- ▶ To identify, negotiate and sustain strategic research partnerships with relevant stakeholders in the HIV and AIDS within the institution, locally, provincially, nationally and globally.
- ▶ To facilitate trans-disciplinary HIV and AIDS research in all faculties in order to contribute towards best practice in comprehensive field of HIV and AIDS.
- ▶ To develop responsive policies and procedures congruent with the mission and vision of the NMMU related to HIV and AIDS in a higher education context.
- ▶ To conduct cutting-edge Research and publish in books and accredited journals; nationally and internationally.
- ▶ To source, manage and monitor financial resources and assets in the Unit

Sexual reproductive health

Sexually transmitted infections

- ▶ STI's are diseases that are mainly passed from one person to another (that is transmitted) during sex.
- ▶ There are at least 25 different sexually transmitted diseases (STD's) with a range of different symptoms.
- ▶ You will have to go for an HIV test and next time use a condom
- ▶ Any sexually active person can get an STI from someone who has one of these diseases. It is possible to get more than one STI at a time.
- ▶ People who have an STI may look and feel healthy, but they can still infect others.

These are some common symptoms of genital infections:

- ▶ Unusual discharge from the vagina
- ▶ Sores
- ▶ Itching
- ▶ Painful intercourse
- ▶ Frequent or painful urination
- ▶ Swollen glands

Why STI's are dangerous?

- ▶ STI's cause serious health and fertility problems if not treated early.
- ▶ STI's (evidenced by sores and irritations) make it easier for HIV to enter the body during sexual contact. When an STI is present, the chance of HIV infection increases by 200%.
- ▶ STI's can cause early death,
- ▶ Heart problems,
- ▶ Skin problems or diseases,
- ▶ Mental disorders and
- ▶ Foetal abnormalities.



Teenage pregnancy

You can get pregnant

- ▶ When you've started to menstruate
- ▶ When you have sex
- ▶ When you do not use protection

How to prevent teenage pregnancy

- ▶ Abstinence - to decide not to have sex until you are married
- ▶ Delaying Sex – to decide not having sex until you are older, more responsible and in a stable relationship
- ▶ Contraception – using available methods to prevent pregnancy when having sex

Methods of contraception

- ▶ Oral Contraception..... "the pill"
- ▶ Injectable contraception....."the injection"
- ▶ Male and female condoms
- ▶ Dual protection
- ▶ Emergency contraception (should be used within 5 days of unprotected sex, or condom breakage)- Toll free no: 0800246432
- ▶ Male and female sterilisation

How else can i protect myself?

- ▶ Choose your friends carefully.
- ▶ Friends should respect your decision not to have sex.
- ▶ Beware of friends who try and pressure you into having sex.
- ▶ Beware of partners who claim 'You must sleep with me to prove you love me.'

If you think you are pregnant:

- ▶ Do a pregnancy test
- ▶ Go to a doctor or clinic
- ▶ Speak to an adult you trust

IF YOU FALL PREGNANT DON'T TAKE ANY ALCOHOLIC DRINKS TO PREVENT FETAL ALCOHOL SYNDROME!



STI's can cause

IN WOMEN

Sharp pain in the lower abdomen that comes and goes for a long time.

Menstrual problems

Infertility (not being able to bare children)

IN MEN

Difficulty when passing urine

Infertility (not being able to father children)

HIV & AIDS Research

Some of our institutional finding are as follows:

Mission

The HIV and AIDS Research Unit strives to promote and sustain a collaborative response to the HIV and AIDS pandemic through governance, teaching and learning, research, community engagement and service provision.

Vision

The Vision of the HIV and AIDS Research Unit within the ambit of the vision of the NMMU is to significantly reduce the threat posed by the HIV and AIDS pandemic through a managed comprehensive and well-coordinated institutional response informed by cutting-edge research. The HIV and AIDS Research Unit underpin the values, educational purpose and philosophy of NMMU.

In addition:

- ▶ To provide research and academic leadership in the broad domain of HIV and AIDS.
- ▶ To identify, negotiate and sustain strategic research partnerships with relevant stakeholders in the HIV and AIDS within the institution, locally, provincially, nationally and globally.
- ▶ To facilitate trans-disciplinary HIV and AIDS research in all faculties in order to contribute towards best practice in comprehensive field of HIV and AIDS.
- ▶ To develop responsive policies and procedures congruent with the mission and vision of the NMMU related to HIV and AIDS in a higher education context.
- ▶ To conduct cutting-edge Research and publish in books and accredited journals; nationally and internationally.
- ▶ To source, manage and monitor financial resources and assets in the Unit

Sexual reproductive health

Sexually transmitted infections

- ▶ STI's are diseases that are mainly passed from one person to another (that is transmitted) during sex.
- ▶ There are at least 25 different sexually transmitted diseases (STD's) with a range of different symptoms.
- ▶ You will have to go for an HIV test and next time use a condom
- ▶ Any sexually active person can get an STI from someone who has one of these diseases. It is possible to get more than one STI at a time.
- ▶ People who have an STI may look and feel healthy, but they can still infect others.

These are some common symptoms of genital infections:

- ▶ Unusual discharge from the vagina
- ▶ Sores
- ▶ Itching
- ▶ Painful intercourse
- ▶ Frequent or painful urination
- ▶ Swollen glands

Why STI's are dangerous?

- ▶ STI's cause serious health and fertility problems if not treated early.
- ▶ STI's (evidenced by sores and irritations) make it easier for HIV to enter the body during sexual contact. When an STI is present, the chance of HIV infection increases by 200%.
- ▶ STI's can cause early death,
- ▶ Heart problems,
- ▶ Skin problems or diseases,
- ▶ Mental disorders and
- ▶ Foetal abnormalities.



Teenage pregnancy

You can get pregnant

- ▶ When you've started to menstruate
- ▶ When you have sex
- ▶ When you do not use protection

How to prevent teenage pregnancy

- ▶ Abstinence - to decide not to have sex until you are married
- ▶ Delaying Sex – to decide not having sex until you are older, more responsible and in a stable relationship
- ▶ Contraception – using available methods to prevent pregnancy when having sex

Methods of contraception

- ▶ Oral Contraception..... "the pill"
- ▶ Injectable contraception....."the injection"
- ▶ Male and female condoms
- ▶ Dual protection
- ▶ Emergency contraception (should be used within 5 days of unprotected sex, or condom breakage)- Toll free no: 0800246432
- ▶ Male and female sterilisation

How else can i protect myself?

- ▶ Choose your friends carefully.
- ▶ Friends should respect your decision not to have sex.
- ▶ Beware of friends who try and pressure you into having sex.
- ▶ Beware of partners who claim 'You must sleep with me to prove you love me.'

If you think you are pregnant:

- ▶ Do a pregnancy test
- ▶ Go to a doctor or clinic
- ▶ Speak to an adult you trust

IF YOU FALL PREGNANT DON'T TAKE ANY ALCOHOLIC DRINKS TO PREVENT FETAL ALCOHOL SYNDROME!



STI's can cause

IN WOMEN

Sharp pain in the lower abdomen that comes and goes for a long time.

Menstrual problems

Infertility (not being able to bare children)

IN MEN

Difficulty when passing urine

Infertility (not being able to father children)

HIV & AIDS Research

Some of our institutional finding are as follows: