1. What is Gender Based Violence?

Gender-based violence (or GBV) is perpetrated against individuals or groups based on gender identity. Such violence takes many forms in the private and public sphere. The dominant form is male violence towards women. This includes physical and sexual violence within families and intimate relationships (often referred to as Intimate Partner Violence and Domestic Violence), to violence (including the threat of) and harassment in public spaces, to less visible forms, though of no less significance, such as economic and psychological violence (also called coercive control).

Women, men, boys and girls, and sexual and gender minorities can be at risk of GBV, however it is mostly experienced by women and perpetrated by men. GBV is multifaceted and includes so-called ‘honour’ killings, sex slavery, forced marriages (including child marriage), forced pregnancy, female genital mutilation, human trafficking, cybercrime, stalking, workplace harassment, restrictions on movement and access to education and health (including sexual and reproductive health). It can include:

- sexual violence (rape, sexual assault, sexual torture, sexual exploitation, sexual harassment, etc.)
- physical violence (femicide, hitting, slapping, beating, burning and other types of torture and violent acts, etc.,)
- emotional violence (psychological and verbal abuse including bullying, coercion, defamation, intimidation, manipulation, and gaslighting (making someone doubt themselves, manipulating someone so they doubt their sanity, etc.)
- economic violence (restriction of movement, denial of resources) and social abuse (forced social isolation including physical restriction of movement, constant monitoring of movements, use of social media to spread personal or damaging mis/information.)
အပြင်သူအားလုံးအနေနှင့်ပြည်သူအများကြီးများအားလုံးကို "ကွန်များ" ဖော်ပြထားသော အစိုးရများနှင့် "ကွန်များ" မှ ပြောင်းလဲနိုင်သည်ကို အကြိမ်အများကြီးဖြစ်သည်။ အောက်ပါအစိုးရအများကြီးများ၏အသုံးပြုမှုအစိုးရအများကြီးဖြစ်သည်။

- သာယာဝတော်အမြင်စွာ (စီမံခန့်ခွဲခြင်းသည်မှာ ကွန်များကို အကြိမ်အများကြီးဖြစ်သည်။)

- ဗုဒ္ဓလေးအားကိုလောင်သည် (အောက်ပါအစိုးရအများကြီးများဖြစ်သည်။)

- တရားဝင် ပြောင်းလဲမှုစနစ် (အောက်ပါအစိုးရအများကြီးများဖြစ်သည်။)

- လူမှုဆောင်မှုများ (အောက်ပါအစိုးရအများကြီးဖြစ်သည်။)

- လူမှုဆောင်မှုများ (အောက်ပါအစိုးရအများကြီးဖြစ်သည်။)
Conflict-related sexual violence (CRSV) is a form of GBV. This refers to incidents or patterns of abuse and violence perpetrated by armed actors (state militaries, non-state armed groups, militia, police, and others under the control of armed actors) including rape, sexual slavery, forced marriage, forced prostitution, forced pregnancy, forced circumcision, castration, forced nudity, forced sterilization, or any other form of sexual violence and sexual torture of comparable gravity, against women, men, girls or boys linked directly or indirectly to a conflict (Articles 7(g), 8(b)(xxii) and 8(d)(vi) of the 1998 Rome Statute of the International Criminal Court, also reflected in five of the ten Women, Peace and Security Council resolutions - UN Security Council Resolution 1820 (2008); SCR 1888 (2009); SCR 1960 (2010); SCR 2106 (2013); SCR 2467 (2019).

2 – What are referral pathways for survivors to access support?
It is important that the survivor be able to access healthcare and mental health support if they wish to do so. There are services available specifically to support survivors, that understand what they are going through and how best to provide multisector support. For referral, you can access the GBV Referral Directory [https://sites.google.com/view/myanmargbvcwg/referral-directory] to find what organizations and services in each region can offer different forms of support for GBV survivors, including for mental and physical health and reporting.

For mental health and psychosocial support services, survivors can access the following webpage to see if there are services available in their area that they feel comfortable reaching out to, which includes reference guides to services available in Myanmar language or English:
https://www.mhpssmyanmar.org/myanmarmhpssresponse.
Psychological/mental health consequences of GBV are extensive and can be invisible and hard to identify or express. This can include:

1. Lack of self-worth and self-loathing
2. Depression
3. Anxiety disorders, including panic attacks
4. Post-traumatic stress disorder (PTSD), especially with flashbacks and/or dissociation
5. Eating disorders
6. Substance use disorders
7. Self-harm & suicide
8. Insomnia
9. Inability to form trusting relationships
10. Lack of ability to engage with family and friends

[https://www.mhpssmyanmar.org/myanmarmhpssresponse]
It is important to note that not every survivor of GBV will develop mental illness or conditions. However, most typical responses include experiencing some challenging and negative thoughts and feelings such as:

1. Self-loathing thoughts such as feelings of being ‘dirty’ and being unclean
2. Negative core-beliefs about self and the world such as “I am not worthy,” “I am not loveable,” and “The world is not safe”
3. Isolation: shutting down from people, places, and activities that used to give them positive feelings like joy and pleasure
4. Shame and fear-based thoughts and responses when exposed to the triggers related to GBV and sexual violence

3. How can family and community help?

There are four survivor-centered principles to bear in mind. This means putting the survivor of GBV in the center of all support, not marginalizing or minimizing their experiences and needs. These are:

1. Safety: the safety of the survivor is the core priority.
2. Confidentiality: people have the right to choose to whom they will or will not tell their story. Maintaining confidentiality means not sharing any information to anyone.
3. Respect: all actions are guided by respect for the survivor’s choices, wishes, rights and dignity.
4. Non-discrimination: providing equal and fair treatment to anyone in need of support.
In your support consider the following:

1. Disclosure is a process and not an event.
   It is a major decision that can have consequences for the person dealing with GBV and those around him or her. It is important that people do not rush into disclosure but think it through carefully. Make sure to help people comfortably choose when, where, and to whom they would like to share their story with when they choose to disclose parts of their experience.

2. Not all survivors will react the same way to the abuse.
   Be sensitive about the individual needs and reactions of each survivor as you provide help and support. Be mindful not to cause further harm intentionally or unintentionally to the individual who has already been traumatized. Remembering that every survivor’s responses will be different is critical to provide sensitive support.

3. Be aware of the different feelings a survivor will have.
   These will change and fluctuate each day, and over time. Some survivors may find their experience shameful and distressing and may not want to talk about the details immediately. Do not force a survivor to talk if they do not want to.

4. Tread gently and with dignity, respect, and compassion.
   When she or he or they are ready to talk, use active and non-judgmental listening with empathy. You may need to find someone that the survivor is comfortable with and trusts before they talk about what happened and how they are feeling.

5. Provide help and support but do not take over.
   Do not advise her or him or they what to do because every survivor’s situation is different. It is up to the survivor to make decisions about what action to take. Give privacy and allow the survivor to choose their own course of action.

6. Take the survivors’ fears and feelings seriously.
   Assure them that their feelings are normal.

7. Remain calm at all times and try not to transfer your distress to the survivor.
   Telling people that they are not alone, and you will be there for them is valuable.

8. Responsibility for the violence lies with perpetrators.
   Acknowledge that only perpetrators of violence are responsible for the abuse and for stopping it, discuss how accountability and justice will be fought for if possible.
မိုးအပ်မှုတွင် အက်းအမြေသောစာရင်းကို ကျင်ကျင် စိတ်ချည်အဖြစ် ထီးလွန်းမည်။

ဥ အက်းအမြေသောစာရင်းမှာ အားလုံးအရေအတွက် သုံးနွေးမည်ကို သေချာစေသည်။

ဥ အက်းအမြေသောစာရင်းကို သုံးနွေးမည်ကို သေချာစေသည်။

ဥ အက်းအမြေသောစာရင်းကို သုံးနွေးမည်ကို သေချာစေသည်။

ဥ အက်းအမြေသောစာရင်းကို သုံးနွေးမည်ကို သေချာစေသည်။

ဥ အက်းအမြေသောစာရင်းကို သုံးနွေးမည်ကို သေချာစေသည်။

ဥ အက်းအမြေသောစာရင်းကို သုံးနွေးမည်ကို သေချာစေသည်။
These two images below also give some additional tips. They have been developed for health workers, but are relevant for families, friends and others interacting with survivors. Please AVOID doing the following which can escalate danger or increase entrapment.

- **Violating confidentiality**: Interviewing in front of family. Telling colleagues issues discussed in confidence without her or his consent. Calling the police without their consent.

- **Trivializing and minimizing the abuse**: Not taking the danger seriously. Assuming that if she or he has lived with it for years, it’s not serious. Insisting that the family be kept together.

- **Blaming the victim**: Asking what she or he did to provoke the abuse. Focusing on her or him as the problem: “Why don’t you just leave? Why do you put up with it? Why do you let him do that to you?”

- **Not respecting their autonomy**: “Prescribing” divorce, sedative medicines, going to a shelter, couples counseling, or law enforcement involvement. Punishing the patient for not taking a doctor’s advice.

- **Ignoring a need for safety**: Failing to recognize a sense of danger by not asking: “Is it safe to go home? Do you have a place you could go if the situation escalates?”

- **Normalizing victimization**: Failing to respond to her or his disclosure of abuse. Acceptance of intimidation as normal in relationships. Belief that abuse is the outcome of noncompliance with patriarchy.
မယ်စောင်းနှင့်အချက် ဥပမာအပြင် လက်ရှိမှုအရေးကြီးများကို အဖွဲ့အစည်းများအဖြစ် ရှာဖွေရာတွင် အချိန်ကြီးများစွာ ပြုလုပ်ကြသည်။ မိဘတ်ရေးသားဖြစ်သော လူမှုအစီအစဉ်များအဖြစ် ရှာဖွေရာတွင် အချိန်ကြီးများစွာ ပြုလုပ်ကြသည်။

နိုင်ငံတော် စနစ်တကျပြုလုပ်မှုကို ပေးထားသော တရားများအားလုံးကို ထိုင်သော လေ့ကျင့်သော လူမှုအစီအစဉ်များအဖြစ် ရှာဖွေရာတွင် အချိန်ကြီးများစွာ ပြုလုပ်ကြသည်။

လူမှုအစီအစဉ်များအဖြစ် ရှာဖွေရာတွင် စိုက်ထားသော လေ့ကျင့်သော လူမှုအစီအစဉ်များအဖြစ် ရှာဖွေရာတွင် အချိန်ကြီးများစွာ ပြုလုပ်ကြသည်။

အပြင်ဘက်မှ လူမှုအစီအစဉ်များအဖြစ် ရှာဖွေရာတွင် စိုက်ထားသော လေ့ကျင့်သော လူမှုအစီအစဉ်များအဖြစ် ရှာဖွေရာတွင် အချိန်ကြီးများစွာ ပြုလုပ်ကြသည်။

ဆောင်ရွက်မှုကို ပေးထားသော လူမှုအစီအစဉ်များမှ ရှာဖွေရာတွင် စိုက်ထားသော လေ့ကျင့်သော လူမှုအစီအစဉ်များမှ ရှာဖွေရာတွင် အချိန်ကြီးများစွာ ပြုလုပ်ကြသည်။

မိဘတ်ရေးသားဖြစ်သော လူမှုအစီအစဉ်များမှ ဆောင်ရွက်မှုကို ပေးထားသော လူမှုအစီအစဉ်များမှ ရှာဖွေရာတွင် စိုက်ထားသော လေ့ကျင့်သော လူမှုအစီအစဉ်များမှ ရှာဖွေရာတွင် အချိန်ကြီးများစွာ ပြုလုပ်ကြသည်။
ပြည်သူ့မွှေးကျင်းပြီးနောက်ပေါ် ခေါင်းစဉ်မှာ အခြေခံပြုပြင်ကာကွယ်ရှိသူက
မှတဆောင်ခြင်းဖြစ်ပါသည်။ အကကမ်းဖက်ဦးပြု၍ ကကံြုခတကျားြေွဲ့ျားကူးစချင်လိုသည်။
တိုက်ခစ်ကျားြေံေမှုသည် အမ ြုျားသျားမက ်းစို်းမှုအို ်ြေ ြု ်မှုက ိုမှုထက်ခေါ်လသည့်အချိန်မှာ အချိန်ခါင်းစိုးမှု
ထက်ခေါ်လသည် ိုမ နော်အက ြုျားဆက်ဟို ံိုကကည်ပြေင်ျား။

- “စိုက်ညီခြင်းကို သိရှိပါသလဲ?”

- “စိုက်ညီခြင်းကို သိရှိပါသလဲ?”

- “စိုက်ညီခြင်းကို သိရှိပါသလဲ?”

- “စိုက်ညီခြင်းကို သိရှိပါသလဲ?”

- “စိုက်ညီခြင်းကို သိရှိပါသလဲ?”

- “စိုက်ညီခြင်းကို သိရှိပါသလဲ?”

- “စိုက်ညီခြင်းကို သိရှိပါသလဲ?”
Please **UTILIZE** the following strategies in supporting the survivor which can promote her empowerment.

- **Respecting confidentiality**: All discussion must occur in private, without other family members present. This is essential to building trust and ensuring her or his or their safety.
- **Believing and validating experiences**: Listen to survivors and believe them. Acknowledge feelings and let the person know they are not alone.
- **Acknowledging the injustice**: The violence perpetrated against them is not their fault. No one deserves to be abused.
- **Respecting autonomy**: Respect their right to make decisions about their situation, when they are ready. They are best placed to know what is best under the circumstances.
- **Helping plan for future safety**: What has she or he or they tried in the past to keep themselves (and family members) safe? Is it working? Does she or he have a place to go if they need to escape?
- **Promoting access to community services**: Know and share resources in the community, a hotline, a shelter for women escaping violence, counselors, support groups, legal services, etc.
အကြမ်းအရောက်တွင်များသည်ယူဆရာများ၏ အလိုအလျောက် အမှတ်တရားလိုက်တာကြောင့် အားလုံးကို ပါဝင်သော အထောက်အကူများကို သေချာတာကြောင့် အသက်ရှေ့နှင့် စိတ်ကူးစိတ်ကူးအပေါ် အခြေခံအရာများကို လေ့လာနိုင်ပါမည်။

ပြုလုပ်သည့်အချက်အလက်များကို သိရှိရန်အတွက် အခြေခံအရာများကို ပြည်သူ့အကြောင်း အသိအမှတ်အရာများကိုလည်း ယူဆရာများကို ဖောက်ပြပါမည်။ အခြေခံအရာများကိုလည်း အသိပြုရန်အတွက် ပြုလုပ်သည့်အချက်အလက်များကို ဖောက်ပြပါမည်။
4. What are some mental health tips for navigating challenging thoughts and feelings with a survivor-centered approach?

Techniques for survivors to support their mental health:
**Establishing the sense of safety with present-focused grounding techniques** to manage trauma responses and extremely distressing thoughts/feelings: These grounding techniques like the “5-4-3-2-1” method use body sensations to come back to and focus on the present moment. By intentionally engaging with the reality through their senses (vision, touch, hearing, smell, and taste), the survivor practices to feel safe in their body in the moment right away, which has been shown to effectively reduce trauma symptoms. When the survivor has thoughts and feelings related to trauma event, please practice this activity with them to be grounded and relaxed in the present moment.

**See 5**: Acknowledge (verbally state and mindfully focus on) five things that you can see around you.
**Touch 4**: Acknowledge (verbally state and mindfully focus on) four things that you can touch around you.
**Hear 3**: Acknowledge (verbally state and mindfully focus on) three things you can hear around you.
**Smell 2**: Acknowledge (verbally state and mindfully focus on) two things around you that you can smell.
**Taste 1**: Acknowledge (verbally state and mindfully focus on) one thing around you that you can taste.
ကကံြုခတ ှေ့ြေွဲို့ေသူထံတင်ပင်ျားထန်ထတ်လနို့်တိုန်လှု်မှုငို့်ဆက်စ်သညေ့်အခတ်များနေငို့်ခနါက်များကို (၅)
သအော်နည်ျားလမ်ျားကိုသံိုျား၍စတ်တည်ပငမ်ခစပျားသက်ခတငို့်သက်သပဖစ်ခစေန်ခဆင်က်နိုင်သည်။
အပမင (၅) - အတွေ့အကြုံခံျားနိုင်သည်။
အျားကဲ့သို့(၄) - သငို့ခဘျားနိုင်သည်။
အနံ (၃) - သငို့ခဘျားနိုင်သည်။
အရသ (၁) - သငို့ခဘျားနိုင်သည်။
2 Establishing sense of control: if survivors are constantly bombarded with the thoughts and images of the assault, they may need to practice feeling a sense of control in budgeting time to journal or cry for themselves. They can practice intentionally to be available to cry or process these feelings, and then try to engage in other meaningful activities for the rest of the day. For example, they can make time one hour at night to honor their feelings and feel into all of their feelings- while also knowing they got through their day and were able to do important things. This means survivors may tell themselves: ‘I’ve put aside time for processing this in the evening (or I will make time to cry/journal this evening) but right now I’m focused on making dinner/cooking with my family/changing a diaper, etc. This way, they are practicing rewiring their brains so that even in the midst of being bombarded with negative images and feelings, they are still able to be functional by both making time to cry and engaging in activities that are important or meaningful to them.

3 Rebuilding hope and finding peace: In moments of emotional turbulence, allow the survivor to say self-affirmations or coping thoughts (or for some, they may say prayers based on cultural beliefs) to find peace and hope again. Allow the survivor to feel all of their feelings but at the same time help them recognize they deserve moments of peace in the midst of all their struggles. Discover which thoughts/reminders/images would be helpful to remember for them to find hope again. Example affirmations may look like: “I am deeply sad right now but I hold on to hope that healing is possible in time.” “I am noticing that I am beating too hard on myself again, I am going to practice small acts of self-compassion/say a prayer to get a moment of peace,” etc. It is most effective if the survivor can personally produce the statements/reminders that are most likely to give them hope or feel at peace even in the midst of struggles.
4 - Rebuilding self-trust: It is important for the survivors to practice rebuilding a sense of self that is grounded in self-trust and self-empowerment with acceptance and strength. For example, one quotation of a survivor states that “I stopped believing in me due to my assault, so I took the backseat of the car for my life. But when I decided enough was enough I climbed back, I changed the roles around and when I decided enough was enough I climbed back, I changed the roles around and I feel like I am in the driver’s seat of my life, but I am still trying to make dinner for my children. I know and trust that I am a strong, loving mother.” Additionally, help the survivor to build and strengthen self-trust by affirming themselves in things they know for sure they are trusting by affirming themselves in things they know for sure they are grounded in self-grounded in self.
5- Physical self-care: Following a traumatic event, it is normal that survivors experience distressing thoughts, feelings, and psychological struggles. It is easy to forget about physical self-care routines such as nutrition, sleep, exercise, and other routines. It is important to incorporate a physical self-care routine if possible.

It is even harder for survivors who are living in a conflict affected area with restrictions on mobility, communication, service, and food shortages. In these circumstances, to the extent possible, survivors should try some techniques to gain control over physical self-care needs. One way to overcome distressing thoughts and feelings and the dire situation under which one finds oneself is visualization. This is a good technique to overcome terrible conditions and it offers some degree of self-control and some elements of positivity even in physical pain, distress, and difficult circumstances.

Gratitude exercise is another good technique when faced with difficult times. This technique requires counting three simple things that one is grateful for before going to sleep. For instance, the fact that a survivor is no longer in the hands of perpetrators and that a survivor now has some type of support system and a relatively ‘safe’ space in which to live, etc. should be made known to the survivor.
လက်အခပြေအခန်အချက်တွင်အခက်စိတ်ပမှည်နေကောက်စိုက်စိုးခြောက်လို့ကောင်းစွာရှိသည်လည်းကောင်း၊ြေက်ြေွဲခသောအချက်အချက်များကိုတင်နှင့်များစွာစာသားသည်။

Please see more tips below on self-care practices that survivors can utilize daily to continue promoting their mental health and wellbeing.

• စာသား၏ဆိုင်မှုများကိုယူဆရာများ၏တိုင်းများအတွက်ပေးထားသောသင်ယူခြင်း
• စာသားများသည်ရှိနေသောနှင့်များသောသင်ယူခြင်းအားလုံးအတွက်တိုင်းများအတွက်ပေးထားသောသင်ယူခြင်း
• အရှေ့ဖောက်ခြင်းမှာ ဆုံးဖျင်မှုအတွက် အကူအညီး ကြည့်ရှုရာတွင် အခြေခံများကို ချဉ်မှုများချင်ပေးပါမည်။ (လူမဲရာ = အခြေခံများကို ကြည့်ရှုရာတွင် အချက်အလက်များကို ကြည့်ရှုရာတွင်)

• အများအားဖြင့် လွန်စီးချင်ပြီး အခြေခံလေ့ လာစေရန် ရည်ရွယ်ပါသည်။ ကြောင့်သူထဲမှ ကူညီပေးမှုများကို လေ့လာခြင်းများနှင့် ကူညီပေးမှုများအတွက် ဒေါတ်မှုများကို လေ့လာခြင်းများကို ထောက်ပံ့ပါသည်။

• ချစ်သော လွန်စီးချင်ပြီး မိမိမှာ သိရှိရာတွင် လွန်စီးချင်ပြီး အချက်အလက်များကို လေ့လာခြင်းများကို ထောက်ပံ့ပါသည်။

• သိရှိခြင်းလေ့လာမှုအတွက် မိမိမှ လွန်စီးချင်ပြီး သိရှိသော အချက်အလက်များကို အခြေခံများကို ထောက်ပံ့ပါသည်။ အချက်အလက်များကို လေ့လာခြင်းများကို ထောက်ပံ့ပါသည်။
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