

WEBINAR **SERIES**



**Promoting
health throughout
the life-course
during the
COVID-19
pandemic**

**WEBINAR-6:
COVID-19 PANDEMIC – CHALLENGES
AND OPPORTUNITIES FOR ADOLESCENT
HEALTH**

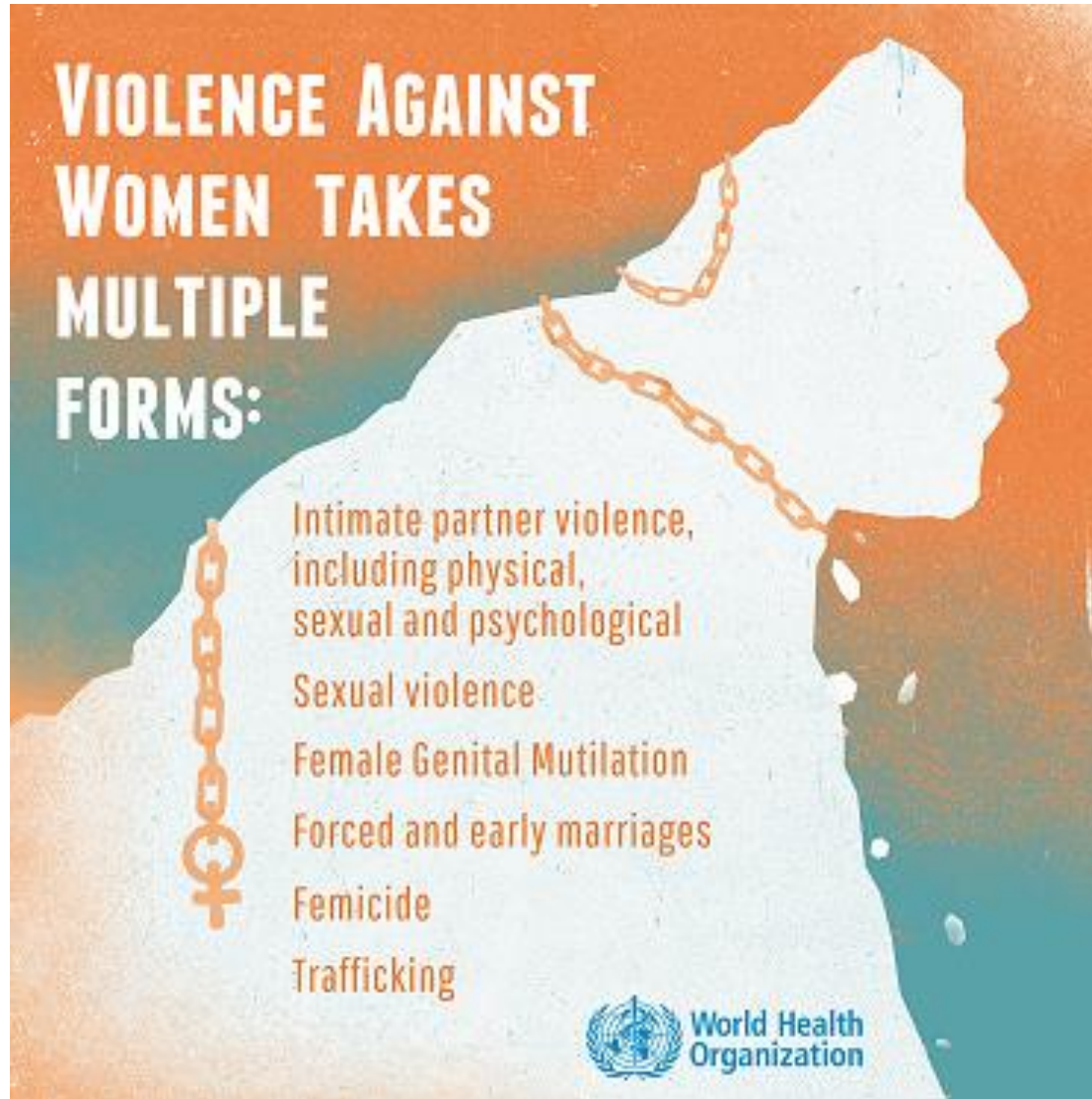
**Domestic violence among
adolescents – Prevention and
Management**



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Violence against women & adolescent girls...

...takes many forms



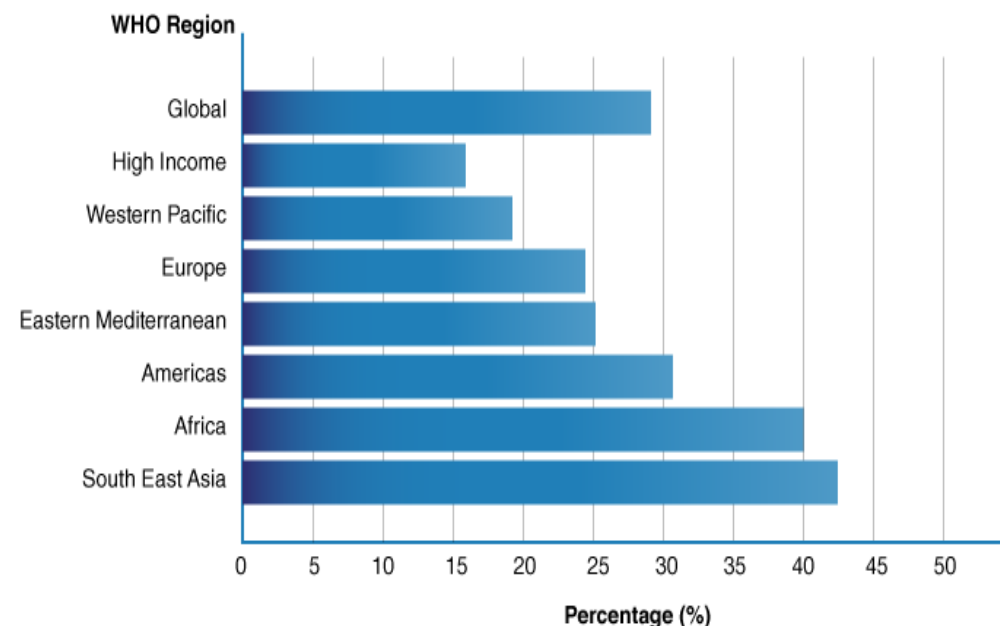
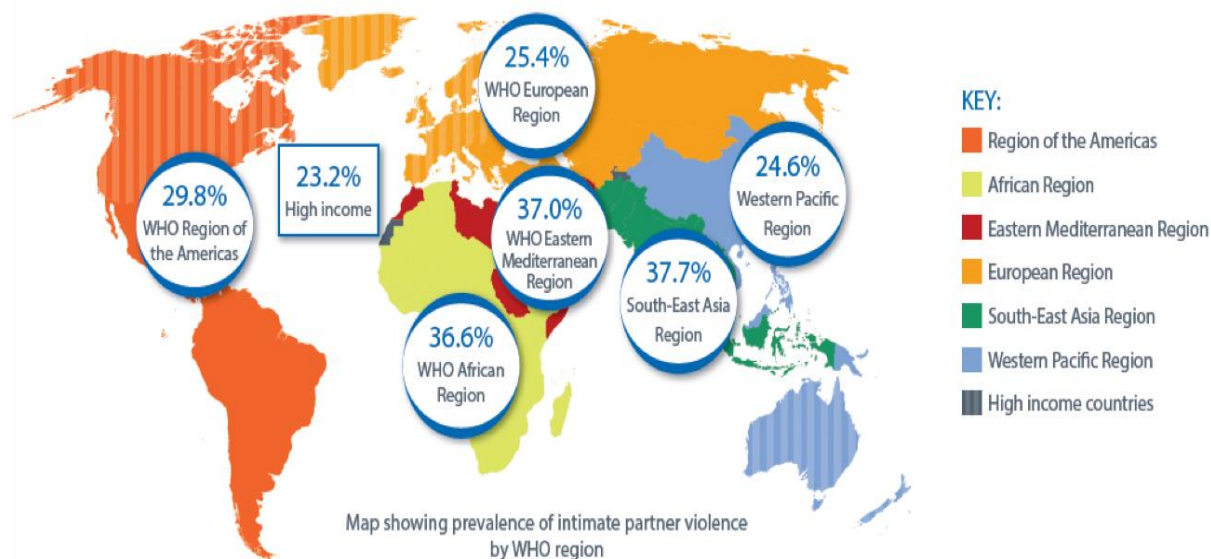
**Intimate partner
violence/domestic
violence:**

most common form of
violence, incl against
older adolescent girls

Intimate partner/domestic violence against adolescent girls already widespread

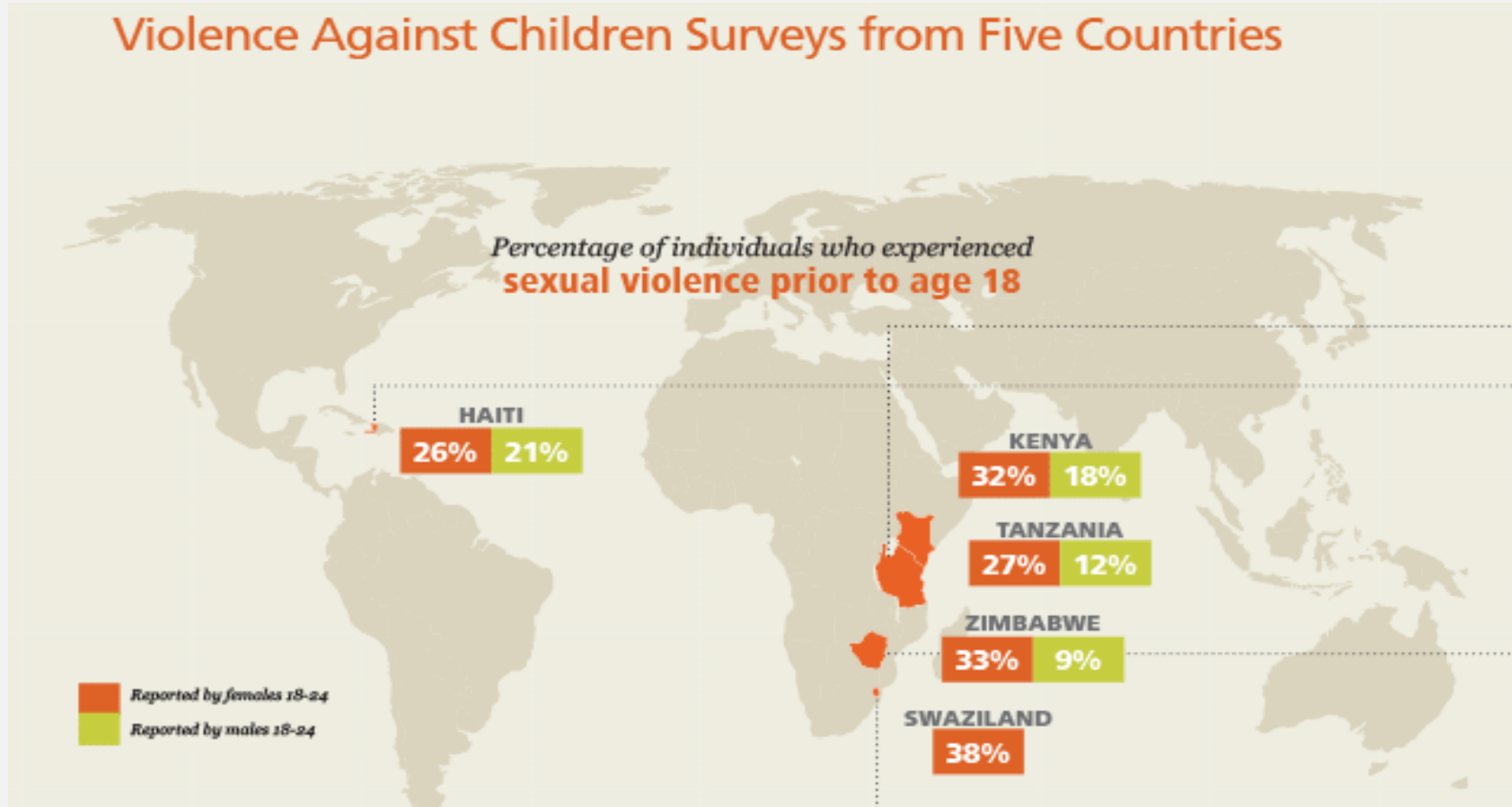
1 in 3 women

throughout the world will experience physical and/or sexual violence by a partner or sexual violence by a non-partner



Lifetime prevalence of physical&/or sexual violence by intimate partner among ever-partnered girls age 15-19

Sexual abuse of children and adolescents is highly prevalent



- Global estimates:**
- 18% girls
 - 8% boys

> 1 in 4 girls in these 5 countries have experienced sexual abuse
120 million girls worldwide have experienced sexual abuse

VAW increases in all emergencies including epidemics

Reports from many countries suggest an increase in reporting of domestic violence cases since COVID-19 outbreak

- In Jianli County, in Hubei province of China, a police department reported a tripling of cases of domestic violence in February 2020 (compared to the year prior) & estimated 90% related to COVID-19 epidemic.
- In USA, a National Domestic Violence Hotline noted an influx of calls in which husbands and partners were using social distancing measures to further isolate their partners from resources and services
- In the UK, in Avon & Somerset, police reported a 20.9% increase in domestic abuse incidents prior last two weeks (26 mar 2020).

Likely pathways?

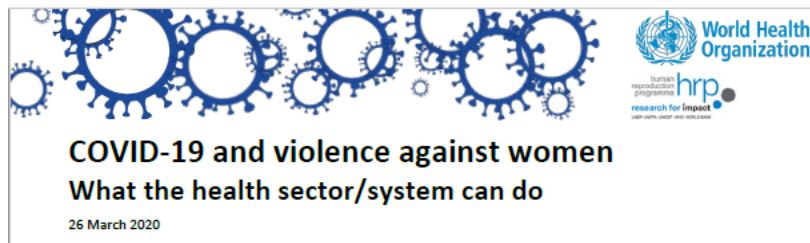
- **Stress**
 - As people stay at home, families spend more time in close contact, exposure to violence increased.
 - As resources become more scarce, women & girls may be at greater risk for experiencing economic abuse.
 - Disruption of livelihoods & economic activities will decrease access to basic needs, increasing stress, with the potential to exacerbate conflicts & violence.
 - Perpetrators may restrict access to items such as soap and hand sanitizer.
 - Perpetrators may exert control by spreading misinformation about the disease & stigmatize partners.

Likely pathways?

- **Disruption of social and protective networks**
 - Women & girls bear the brunt of increased care work.
 - School closures further exacerbate this burden and place more stress.
 - Women & children may have less contact with family and friends who may provide support and protection from violence.
 - Perpetrators may use restrictions due to COVID-19 to exercise power and control over their victims to further reduce access to services, help and psychosocial support from both formal and informal networks.

Likely pathways?

- **Decreased access to services**
- Access to essential sexual and reproductive health services, including for women & girls subjected to violence, will likely become more limited.
- Other services, such as hotlines, crisis centers, shelters, legal aid, and protection services may also be scaled back, further reducing access to the few sources of help that survivors might have.



<https://www.who.int/reproductivehealth/publications/emergencies/COVID-19-VAW-full-text.pdf?ua=1>



17 June 2020

ADDRESSING VIOLENCE AGAINST CHILDREN, WOMEN AND OLDER PEOPLE DURING THE COVID-19 PANDEMIC: KEY ACTIONS

file:///C:/Users/amina/Downloads/WHO-2019-nCoV-Violence_actions-2020.1-eng.pdf

COVID-19 has placed an immense burden on health systems: What can Health Systems do?

Health workers can help women survivors of violence during COVID-19



स्वास्थ्य सेवा प्रदाता हिंसा से पीड़ित महिलाओं की **कोविड-19** के दौरान सहायता कर सकते हैं



Health systems can help women survivors of violence during COVID-19



स्वास्थ्य संस्थाएं हिंसा से पीड़ित महिलाओं की सहायता **कोविड-19** के दौरान कर सकते हैं



HOW HEALTH PROVIDERS CAN SUPPORT WOMEN WHO HAVE EXPERIENCED VIOLENCE



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Listen closely, with empathy
and no judgment.

Inquire about their
needs and concerns.

Validate their experiences.
Show you believe
and understand.

Enhance their safety.

Support them to connect
with additional services.

Do no harm. Respect women's wishes.



**First-line support –
job aid for all
Frontline Responders
(health workers,
hotlines, helplines)**

What can Governments do?

Governments can help protect women and their children from violence during COVID-19

Include violence against women essential services in COVID-19 emergency preparedness and response plans



Support hotlines, shelters and other specialized services to provide services in the context of COVID-19 prevention measures



कोविड-19 के दौरान महिलाओं और बच्चों पर होने वाली हिंसा को सरकार रोक सकती है

कोविड-19 की आपातकालीन तत्परता और प्रतिक्रिया योजना के अनिवार्य सेवाओं में महिला हिंसा की सेवाओं को **सम्मिलित** किया जाए



हॉटलाइन, आश्रय गृह और अन्य महिला विशेष सेवाओं को कोविड-19 के दौरान प्रचलित करना एवं **सहायता** प्रदान करना



What can communities & perpetrators can do?

- **Humanitarian response organizations:** include VAWC services in COVID-19 response plans and gather data on reported cases.
- **Community members:** be aware of the increased risk of VAWC; keep in touch and support survivors; have information about where help is available; Be discrete; be prepared to call emergency services
- **Perpetrator:** Deep breathing if you feel angry; talk to trusted friend, relative; seek help from health, specialized services; eliminate alcohol consumption; manage stress respectfully and safely

Make a **safety plan** for you and your children:

If you are experiencing violence at home and need to leave in a hurry

Identify a friend, neighbour, relative, or shelter you can go to



Plan how to get there



Keep ready essential personal items to take with you



यदि आपको **कोविड-19** के दौरान **हिंसा** का सामना करना पड़ रहा है

ऐसे व्यक्ति जो आपकी मदद कर सकते हैं जैसे- परिवार के सदस्य, सहेली पड़ोसी या स्वयं सहायता समूह **तक पहुंचें**



हॉटलाइन पर **फोन करें** या ऑनलाइन जानकारी को देखें



पास की स्थानीय सेवाओं की **मदद लें**



If you are experiencing **violence** during **COVID-19**:



Reach out to supportive family, friends or neighbours



Call a hotline or access information online if possible



Seek out local services for survivors



Tips for adolescents experiencing violence

• Reducing stress

- Seek information from reliable sources
- Seek support from family and friends via phone, email, text
- Maintain daily routines incl physical activity and sleep.
- Use relaxation exercises to relieve stressful thoughts & feelings.
- Engage in activities that have previously helped with managing adversity.

• Staying Safe

- During an argument between parents, try not to draw attention to yourself
- Inform & arrange with the trusted adult to help you alert the relevant authorities