



# The gender based violence (GBV) in times of COVID – 19

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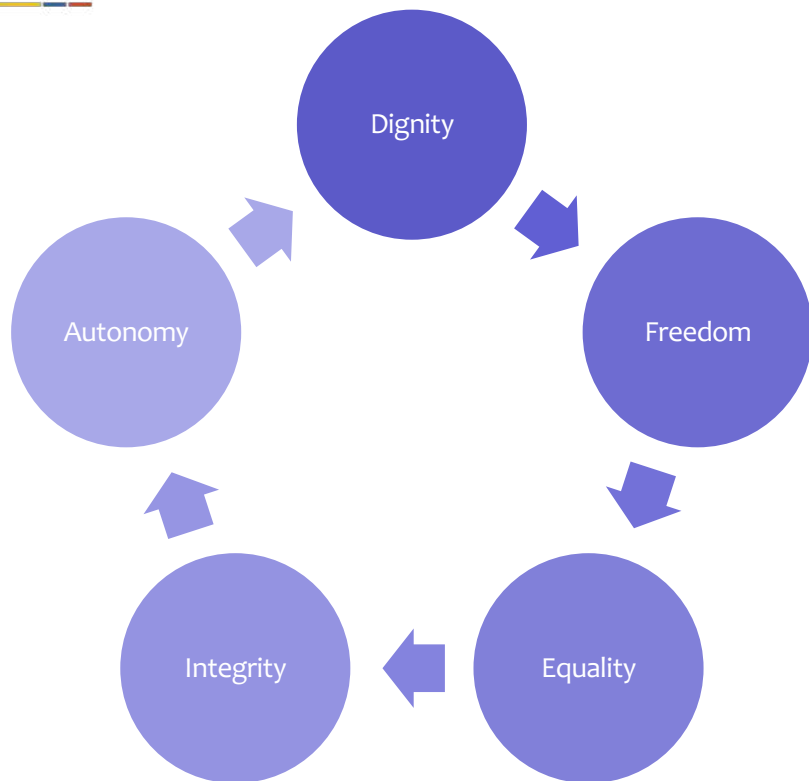
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## Objectives

- To present the continuum of violence as a latent problem in the world and its increase in the framework of the current Pandemic COVID 19
  - To set out some key aspects involved in the increase of the violence in lockdown context.
- 
- Present the main challenges of tackling this phenomena from psychology and social policies, within the COVID 19 framework.

## GBV: Human Rights Issue



These are the fundamental rights that are affected in the victims of violence:

This human rights are related with psychological competences and skills:

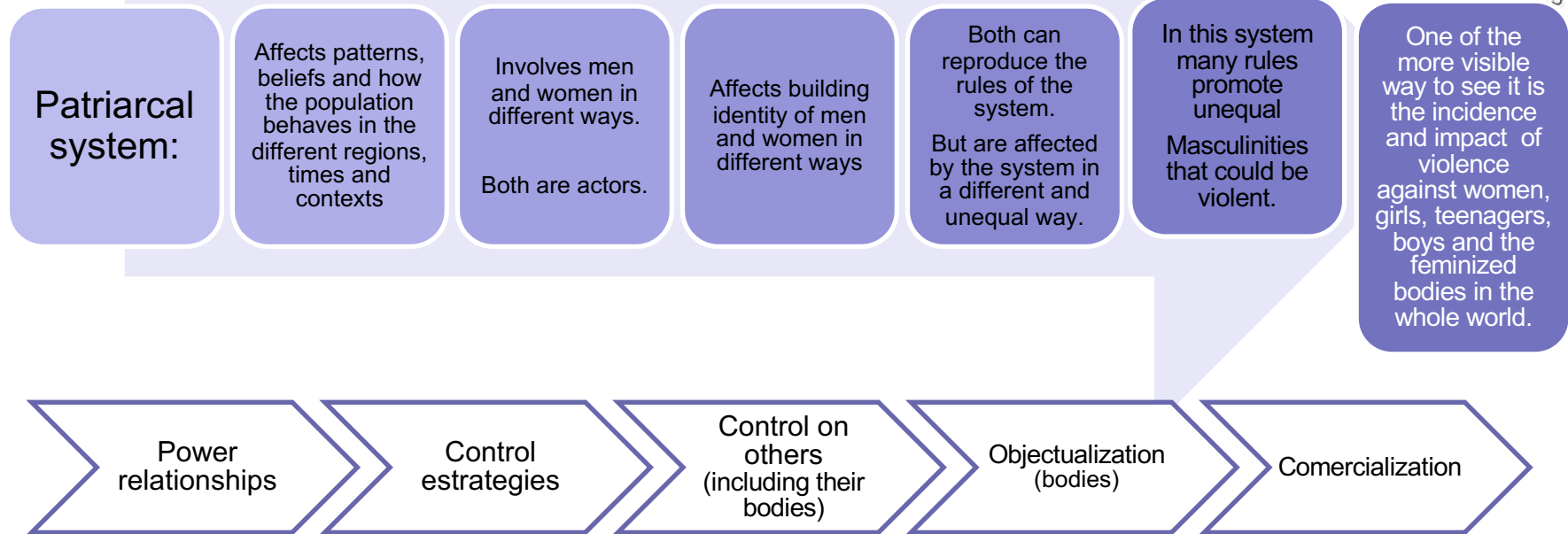
Dignity: Self value and self steem

Freedom: Capacity to make decisions

Equality: Related with others, recognizing my own value and yours.

Integrity: Connection between the body, mind, emotions and behavior.

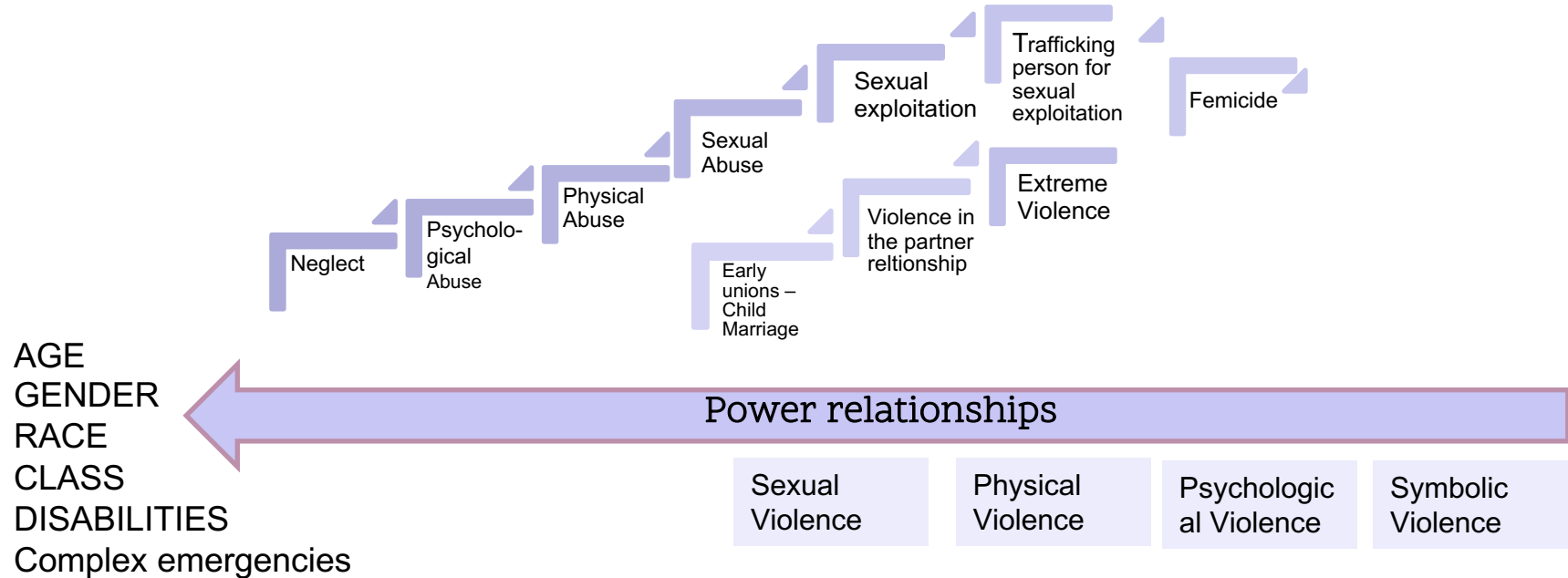
Autonomy: Ability to self manage



Sometimes the patriarcal system aparently is not so visible in some countries. But the control strategies are moved to other regions. (tourism, trade...)

What we have seen in people who have suffered the most strong violence is:

Who are the perpetrators?





- The prevention and mitigation measures of the spread of COVID-19, such as quarantine, social isolation or estrangement, and mobility restrictions, have exacerbated violence against women, boys and girls.
- In the world we have seen an important increase of emergency calls that have been increased exponentially with the time of confinement.

Some examples:

Calls of women in different call services

- Spain the first two weeks 26% now: 46%
- Portugal: 32%
- Cyprus, increase of 30% the first week
- Brazil: 40%
- UK Domestic Violence Helpline increased by 25% in the first seven days
- EU: 49 %
- Colombia the first two weeks: 46% Now after 6 weeks: 176%

About sexual abuse and sexual exploitation the numbers have increased too.

- Sexual abuse in domestic context (the perpetrators are close to the victims)
- Sexual abuse online (people paying for others doing physical and sexual abuse against children for seeing the images)
- Sexual exploitation of girls, adolescents, women and boys.
- Trafficked women and adolescent in confinement with pimps and perpetrators.

### Emergencies

There are challenges for all in the emotional management. There are so many things happening at the same time that it needs a big skill of adaptation.

### Who is prepared?

Who have good competences and skills for handling their own emotions can face better this situations.

### Who is not?

Normally the perpetrators and victims don't have these skills.

### Violence

In all the emergencies we see the increase of the violence.

### Types

- Physical and Sexual Violence against Children and adolescent.
- Violence against women in domestic and social contexts.
- Social violence

# What we know about violence and COVID 19?

Survivors are locked up with their aggressors with opportunities very limited leaving their homes or searching help.

- As part of the impact of the violence the victims experienced a lack of self efficacy and fear.

The perpetrators experienced changes that they cannot solve as consequence of the confinement, the change of social conditions, the time that its at home can generate a feeling of loss of power.

- This can increase the frequency and severity of the domestic violence, as well as harmful and abusive behaviors reflected in a possible increase of sexual harassment, in home, online or on the streets when they go out.
- The time that expenend consuming pornografy. **The pedophile searching images in the dark web is increased in 507%**

Preventive isolation measures or confinement have reinforced the isolation of victims of domestic violence by part of the perpetrators. (Many times their own partners)

- The victims loose the social institutional, social and family support.

The COVID 19 creates additional barriers to victims / survivors in accessing services of health and protection

- These barriers are related to mobility restriction and social isolation, or the fact that health, police, and justice institutions are overloaded and are focusing their operations on the response to COVID-19
- The NGO and services programs, refugees have a limited access by the pandemic too.
- The women can have fear to be contagated in the case to go out.

Girls, boys and can be witness or victim of this violence

- We can expect in them the impact of those violent environment, post traumatic stress, depression, anxiety and long-term impacts on their development.

The sexual exploitation and forced marriages can increase too.

- We have to be prepared for a big number of teenager pregnancy consequence of different kind of violence.
- Early unions and childhood marriage
- Sexual explotaition
- Online Sexual explotaition





# Moving forward



## What Psychologists need to know:

- Psychologist must be trained in Human rights and in the intersectional approach to violence.
- Need to better understand the gender perspective in the understood of the violence against children, adolescent, women and LGBT groups.
- Need to know how the continuum of violence works and what kind of models of intervention work better for each one.
- Need to develop a strong knowledge about how to work with men who have violent behavior.
- The comprehensive care to this phenomena needs the clinical, social psychology besides the forensic and juridic psychology.
- The psychologist need to be involved in the building of public policies that protect the most vulnerable population related of violence.

## About COVID Situation:

- Make the most of attention that this issue has today for creating permanent strategies for assuming it. To get the economical resources for generate permanent programs of prevention and comprehensive care in GBV.
- To do advocacy with the governments for developing a equality gender policy. A good example es the policy created by Sweden in 1999 that has reduced the GBV using the education and all the fields of the society.
- Develop telephonic lines of help that can be permanent.





## What can Psychologist do...



- Develop strategies that take advantage of the new technologies for keep the following with the people (by groups). (whatsapp groups f.e.) Glocalization
- To establish strategies that women, girls and boys can seek help: 24/7 lines by phone, whatsapp, Facebook and social media. F.e. Super markets that are now part of the routes.
- Campaigns in social media and social groups for each kind of population. About how to recognize forms of violence and where look for help.
- Hotels can become in temporal refugees for women and their kids.

### For Physical Aggressors or men in risk to be aggressors:

- Telephone line for psychological support and emotional management (in the case that he wants to avoid the violent acts).
- Measures for following directed to aggressors who have been detected before the pandemic. And connect with therapy process and constant following.
- Places for the aggressors to be moved against to move the victim.

- Make the most of attention that this issue has today for creating permanent strategies for assuming it. To generate permanent programs of prevention and comprehensive care in GBV with a long term economical support.
- To do advocacy with the governments for developing a equality gender policies.
- Take action regarding the link between the sex industry and issues like the sexual abuse, sexual exploitation, trafficking of girls and women.



It is very important to continue working for women, empowering girls and supporting women, to guarantee their protection, recovering and safety.

But it is important too start to work with the young generation of men for moving the patriarchal behaves that promotes of violence. And intervention with those men who can make behavioral changes.



# Thanks

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