

YOU CAN HELP END THE CYCLE OF GENDER-BASED VIOLENCE

WHAT IS GENDER-BASED VIOLENCE?

Gender-based violence is any action that harms or injures another person by using power and control. There are many forms of GBV of which the main forms are:



Physical violence



Sexual violence



Emotional and Psychological violence



Socioeconomic violence

If you have experienced GBV, you can do the following:

- Get to a place of safety;
- Seek medical assistance;
- Seek help from a social service professional;
- Report the incident to the relevant authorities.

For support contact the Department of Social Development (DSD) Monday to Friday, toll-free on **0800 220 250**.



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STEPS TO FOLLOW IF YOU SUFFER FROM ABUSE



STEP 1

If you choose to report the case to SAPS a docket will be opened.



STEP 2

You can access help from Thuthuzela Care Centres, DSD, public health facilities or NPOs.



STEP 3

You have an option to apply for a Protection Order at the nearest court where you live or work.



STEP 4

Social workers are available to help you through the healing process and look at your safety options.



STEP 5

You can access after care services or connect with support groups.

USEFUL CONTACTS

SAPS: 10111

Childline: 116

**DSD Services:
(including shelter
service)**

Toll-free 0800 220 250

**National Shelter
movement: 24 hour**

0800 001 005

#EndGBV