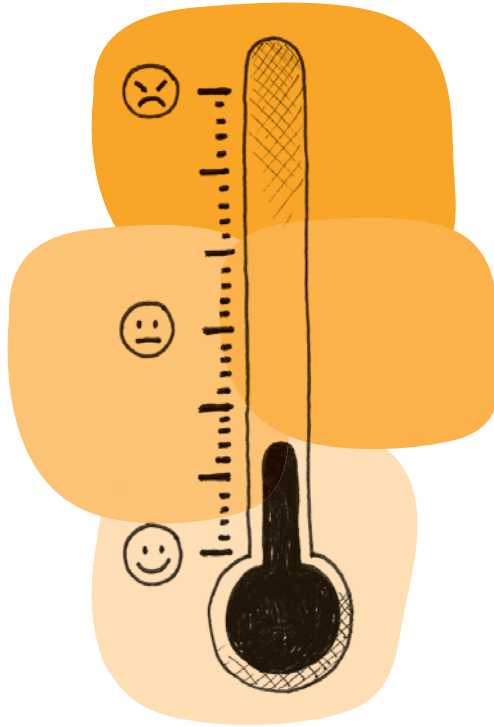


# The violence scale



## 🎯 Objectives

The aim is to enable participants to (re)understand the types of violence they may encounter, and to offer them the opportunity to respond collectively.

**The goal?** This tool can be adapted to different audiences: it can be used to understand the type of violence that women face, but also to collectively consider ways of overcoming violence.

## 📄 Content description

The violence scale is a self-assessment tool for sexual and gender-based violence. It is used as a prevention and information tool on the subject of domestic and intra-family violence. It can also be used to run awareness-raising and training sessions, as is the case with Cenca in Peru.



**1h to 1h30**  
for each activity

## Practical use

### Let's get started!

Two versions of the activity exist for using the violence scale with a group of 10 to 15 women.

**One is for use with women who have not previously received support on the subject of violence**, and will enable the different types of violence that women may face to be discussed, and to raise their awareness of the need to develop healthy relationships between women and men.

**The other version is run with women who have already received initial support** on the subject of violence and will enable them to classify the violence and look for actions to combat it.

> **For each activity, print out a violence scale to display at and several violence scale to hand out to participants, as suggested in the appendix.**

### FIRST VERSION

> **Before the workshop**, prepare sheets of paper with examples of violence or a brief description of a conflict or violent situation.

Here are a few examples to inspire you, that can be adapted to your context:

- *Your partner raises his voice when he gets annoyed. He often uses insults.*
- *Your husband manages the household money and doesn't always leave you enough to take the bus.*
- *Your partner slapped you during an argument, but has since apologised.*

**Indicate positive situations on certain sheets.**

*For example:*

- *You feel able to talk about anything with your partner.*
- *Your husband trusts you.*

> **At the start of the workshop**, all the sheets are folded so that their contents cannot be read, and placed in an open box.

Each participant is then given a printed copy of the violence scale, as shown in the appendix.

> The women are asked **to pick out a piece of paper and read out the situation on their sheet**. You then ask them to match the situation described on their sheet with the corresponding box on the violence scale.

*Example: «Your partner raises his voice when he gets annoyed. He often uses insults» can be compared to levels 16 and 17.*

*The participant explains why she had chosen to classify the situation she had chosen in this way.*

> The rest of the group is asked **to comment on the proposal made by the first participant**. Together, the group makes the final decision.

> When all the sheets have been collected, make another list of all the conflicts or violent situations that appear in orange and red on the violence scale. You can then **inform the participants of the legal, social and psychological mechanisms** that exist to support them if they are confronted with some of these violent situations.

> **Before finishing the workshop**, it is a good idea to list the positive situations that have been picked out by the candidates again. You can then stress the importance of building a healthy, violence-free relationship within a couple.

## SECOND VERSION

This 2nd way of working with the violence scale involves **4 stages**:

### 1. IDENTIFY THE TYPES OF VIOLENCE

Form two groups. Each group is asked to list what they think constitutes violence (not having access to money, being hit, shouting, etc.). As a group, the women list these different forms of violence and write them down on sheets of paper.

### 2. RANKING TYPES OF VIOLENCE

Once all the types of violence have been identified, ask the participants to rank them. You then ask the participants, still in groups, to draw up their own rankings.

*Example: from the most harmful in the development of the empowerment process, to the most mundane form of violence, depending on the age at which women encounter this violence (from birth to adulthood),...*

The aim of this is to enable each group to rank the violence they experience according to their own perceptions. As the process continues, the group arranges the sheets on the floor so that the two violence scale represented by both groups are side by side.

### 3. COMPARE THE VIOLENCE

Ask each group to explain its classification system. The women take the floor to explain the progression of their violence scale. Each group can question the other group about the way they have organised their ideas, the representations and the impact underlying these forms of violence.

### 4. RESPONDING TO VIOLENCE

Once the types of violence have been identified and classified, ask each group to share the actions they are taking or think they could take to combat this violence!

## What is the final word?

Once the activities are completed, you can inform the women about the legal, social and psychological support available to them.

**If you have resource people on your team (lawyers, psychologists, etc.), women can be offered**

**individual follow-up sessions after this group workshop.**

If you don't have in-house resources, don't hesitate to refer women to the appropriate structures to guide them through the process



#### *A brief theoretical reminder*

*For further information, please refer to the insert entitled «What about gender violence?» in the «I want to understand» section.*

## Key words

VIOLENCE  
GENDER STEREOTYPES  
EMPOWERMENT

## HEALTHY

Your relationship is healthy when he...

1 Respects your decisions and opinions

2 Accepts your friends and family

3 Trusts you

4 Is happy when you are fulfilled

5 Seeks your agreement on the things you do together

## BEWARE. SAY "STOP!"

It is violence when he...

6 Ignores you on the days he is angry

7 Emotionally blackmails you if you refuse to do something

8 Belittles your opinions and plans

9 Mocks you in public

10 Manipulates you

11 Is constantly jealous

12 Controls when you go out, your behaviour, your makeup

13 Checks your texts, emails and socials

14 Insists you send him intimate pictures

15 Cuts you off from your family and friends

## PROTECT YOURSELF, ASK FOR HELP

You are in danger when he...

16 Makes out you are mad when you criticize

17 Explodes when he doesn't like something

18 Pushes you, pulls you, slaps you, shakes you, hits you

19 Threatens to kill himself because of you

20 Touches your intimate parts without your consent

21 Threatens to give out intimate pictures of you

22 Forces you to watch pornography

23 Forces you to have sex

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