

Girls Action On VIOLENCE PREVENTION

Recognizing and naming the violence that girls and young women experience every day is a necessary step towards violence prevention.

GIRLS ACTION FOUNDATION believes that through violence prevention, change *is* possible.

RECOGNIZING & NAMING VIOLENCE

working towards VIOLENCE PREVENTION

What does violence look like?

Violence is normalized in girls' lives so that they and their parents, teachers, peers may not even recognize it.



Internal

shame, fear, self-injury, eating disorders

Relational

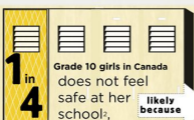
physical, sexual, emotional, verbal abuse and/or racist, sexist, and homophobic bullying

Systemic

through policies, programs, and practices that permit and promote discrimination based on race, gender, sexuality, age, or socioeconomic status

"It is not only one person making Aboriginal women feel worthless, actually, it's the generally accepted stereotype surrounding them that does."

GET THE FACTS



SCHOOLS CAN BE A KEY SITE OF VIOLENCE FOR GIRLS

Girls who are isolated because they are "different" are at much higher risk of being victims of bullying.

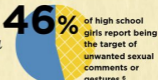
13% of racialized and immigrant girls in Grade 10 are bullied because of race.³

8% of girls in Grade 10 are bullied because of religious beliefs.⁴

Lesbian and bisexual youth are at greater risk of being bullied, if they have come out.⁵

Obese girls are more at risk of being bullied and becoming bullies themselves.

Harassment with sexual overtones is a daily reality for girls in Canada



4x more girls than boys are sexually abused



75% of the time it is by a family member or friend.⁷ *THE SITUATION IS WORSE FOR GIRLS WITH DISABILITIES⁸*

Young women under 25 experience the highest rates of partner violence of all age groups.⁹

Racism, both overt and subtle is one of the most pervasive forms of violence experienced by girls

Sometimes violence is self-inflicted.

Girls 15-19 were shown to have the highest hospitalization rates for self-injury.

More than **2x** the rate for boys the same age.¹⁰

WHAT HAPPENS WHEN GIRLS EXPERIENCE...

Bullying Sexual abuse **Racism**
VIOLENT RELATIONSHIPS Sexual harassment

Mental, emotional and physical health problems
Social isolation
The cycle of intergenerational violence continues

"It took a while until I realized I wasn't the only one, and that it wasn't my fault. I used to think, 'this' is just what happens, that the nasty words and hitting were normal."

The GIRLS ACTION FOUNDATION Approach

- Applying popular education; this means marking the specific experiences of violence in the lives of girls and young women as the starting point for violence prevention.
- Facilitating gender-specific spaces in order to learn and foster solidarity. Creating a space for girls and young women to talk about violence helps show that violence is a societal not an individual problem.
- Using an integrated feminist approach to social justice. This means recognizing that social change requires engagement individually but also from the community, its institutions, and society as a whole.
- Building girls' self-esteem, personal power and ability to advocate, we support them to be changemakers to reduce violence in their lives and others'.

HOW Girls Action Can Support YOU to Take Action

- Start a girls group in your community!
 - Attend an Amplify Training to learn more: girlsactionfoundation.ca/en/amplify
 - Consult the Amplify Toolkit: girlsactionfoundation.ca/en/resource-center for information and tips on facilitating safer spaces for girls.
 - Blog about issues related to violence prevention. Check out the blogs on Kickaction.ca for inspiration
- Why Girls? Find out more about issues related to Violence Prevention for girls: girlsactionfoundation.ca/en/why-girls



RECOGNIZING & NAMING = working towards VIOLENCE Prevention

Additional Resources

- ✓ Healthy Relationships 101 from the Canadian Women's Foundation: www.canadianwomen.org
- ✓ The "Week Without Violence", an annual series of community events hosted by YWCA Canada: www.weekwithoutviolence.ca
- ✓ Leave Out Violence - L.O.V.E., a national organization with the mission to reduce violence in the lives of youth: www.leaveoutviolence.org/about-us

References

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GIRLS ACTION FOUNDATION

Founded in 1995, GIRLS ACTION FOUNDATION is a charitable organization that supports the empowerment, leadership and healthy development of girls and young women across Canada. In collaboration with a network of 300 community partners, Girls Action reaches 60,000 girls and young women annually. Our work is to inspire girls and young women to reach their potential and create change.