



# 100 VOICES

LEADING FOR CHANGE



## WHAT IS 100 VOICES?

100 Voices aims at mobilizing youth networks by creating a platform for youth advocates to empower 100 of his or her peers, with evidence and knowledge on sexual and reproductive health, and gender-based violence through community based activities and social media engagement. The campaign hopes to create a ripple effect among young people in fostering greater interest and knowledge on youth rights, gender-based violence (GBV) and sexual and reproductive health (SRH).

A young man with dark hair and glasses is looking directly at the camera. He is holding a large, bright orange rectangular sign that covers the lower half of the frame. The background is a plain, light-colored wall.

## The 100 Voices campaign supports in:

- **Empowering Youth** - Disseminating the 100 voices handbook to youth leaders, empowering them with evidence and knowledge on gender-based violence and, sexual and reproductive health of young people to carry out activities in their schools, youth societies, rural development societies and communities to raise greater awareness about the issues.
- **Disseminating Knowledge** - 12 key messages on gender-based violence and, sexual and reproductive health are disseminated among adolescents and youths.
- **Policy Advocacy** - Engaging youth networks to debate and discuss the importance of young people being engaged in policy advocacy to address gender-based violence and sexual and reproductive health.
- **Going Social** - Using Social Media platforms to engage young people to express their opinions on sexual and reproductive health and gender-based violence through pictures and video messages.
- **Recognizing youth facilitators** - Recognizing 100 youth, who could educate the society about youth rights, sexual reproduction and gender-based violence.



# Reproductive Health

- An estimated **290,000 women die** each year in developing countries from preventable causes related to pregnancy, and **2.9 million newborns die** in their first month
- About 1.5 million women living with HIV become pregnant each year.
- Annually around **200 million women** are infected with one of the four major curable sexually transmitted infections such as chlamydia, gonorrhea, syphilis and trichomoniasis. Most do not know that they are infected and therefore they do not receive treatment.
- Annually, it would cost **\$7 per person (less than Rs 1,000/-)** in the developing world, to provide all women with a total package of sexual and reproductive health care.
- At least 222 Million women in developing countries have unmet needs for family planning. That means they do not use contraceptives even though they want to avoid pregnancy.

## In Sri Lanka

Child Mortality Rate  
(per 1000 live births) - 8.20

Maternal Mortality Rate  
(per 100,000 live births) - 33.8

Percentage of families that follow family planning methods - 66.45%

Out of 1,000 women between the age of 15 to 19 years, 30 will become pregnant under-aged.

50% of youth are not aware of sexual and reproductive health.  
(Source: Department of Census and Statistics)

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# Gender-based Violence

- One out of three women have experienced Gender-Based Violence
- Among 203 countries in the world, only 52 have criminalized rape within marriage. (This category does not include Sri Lanka)
- 2.6 billion women and girls are vulnerable to marital rape and violence.
- 4.5 million people are victims of forced sexual exploitation. 98% of them are women and girls.
  - 700 million women who live in the world today have married before age 18
  - Girls in poor families are 2.5 times more likely to marry in childhood as opposed to girls in wealthy backgrounds
  - 133 million girls and women in present times have undergone female genital mutilation
  - In 2012, out of every two homicides of women in the world, one was committed by the immediate partners or the family.
- Two third of the world countries have criminalized domestic violence. Sri Lanka is one such country.

## Gender

Every human being and any living being is naturally divided into the categories of either male or female by birth (generally). The sexuality of a person is decided as such. Beyond sexuality, society induces men and women, the characteristics, traditions, roles, expectations, behavioural patterns language and stereotypes. That is called gender.

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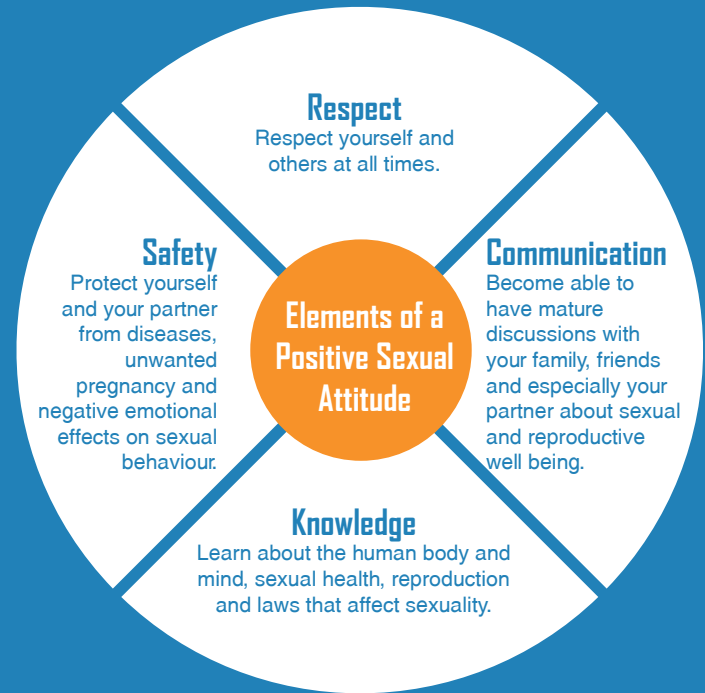
# Sexual and Reproductive Health

If you acquire following competencies, you will acquire sexually healthy means.

- You are able to take responsibility to protect yourself and your partner from infections, illnesses and unintended pregnancies.
- You have the confidence and competencies to make choices that are right for you, to enable you to develop positive relationships and to make decisions on sexuality safely and appropriately.
- We are able to talk about our feelings, emotions and sexual desires openly.
- You respect yourself and others and the probability of being bullied or coerced is minimal.

## Did you know?

- Communicable diseases are the type of illness spread most widely in the world. The second most widespread type of disease among the women is related to the reproductive health.
- Lack of access to family planning results in some 76 million unintended pregnancies every year in the developing world alone.



To have a positive and healthy sexuality, you first need to have positive sexual attitudes.



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- Right to Life
  - Right to Personal freedom and protection
  - Right to health including the right for sexual and reproductive health
  - Right to deciding the number of children and the age gap among them
  - Right to consent to marry and for the equal rights in marriage
  - Right to privacy
  - Right to equality and for being free from discrimination
  - Right to be free from harmful practices against women and girls
  - Right not to be subject to torture inhuman or cruel treatment
  - Right to be free from sexual and gender-based violence
  - Right to access to information on sexual and reproductive health education and family planning
  - Right to enjoy progress of science.

# 12

## Sexual Rights

# My Thoughts

1. Should women have equal access to contraceptive methods? Why?

2. How can youth be more aware about reproductive health?


3. Can you meet a doctor to discuss about your sexual health?

4. Why should girls and boys have equal rights to decide when to marry/not to marry and how to plan a family?.....

## Do I Know?

1. What is the legal age of marriage in Sri Lanka?
2. What are contraceptive methods?
3. What are the contraceptive methods that you are aware of?
4. Are contraceptive methods important? Why?
5. How can youth access contraceptive methods?



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- 23% of the population of Sri Lanka, numbering to 4.4 million is youth, (2012)
  - 54.4% of the age group between 15 - 19 possesses computer literacy (2014)
  - Majority of the youth use mobile phones.

Young people have access to high speed internet and social media through computer and mobile phones. Sri Lankan youth have become increasingly tech savvy and IT literate over years.


# Youth in Sri Lanka

- Legal Age of marriage in Sri Lanka is 18 years for both boys and girls. (However, this law is not relevant for Muslim community.)
- Individuals below the age of 18 cannot get married even with parental consent. The legal age of consent for sexual activities is 16. Any sexual activity conducted with / by an individual below the age of 16 is hence illegal; and against the law.

Sri Lankan youth show limited understanding about the difference between the legal age of marriage and the legal age of consent to sex.

- Adolescents of the school age have poor knowledge of contraceptives. 29.2% have indicated that they know about condoms whereas 24.2% know about contraceptive pills.
- A 2004 UNICEF study indicated that 38.2% in the 15 - 19 year age group were able to spontaneously name at least two modern methods of contraception.

Sri Lankan youth indicate poor understanding about contraception and reproductive health.



Any kind of harassment faced by a woman or a man based on their gender identity is gender-based violence or in simple terms GBV.

The UN Declaration on the elimination of violence against women offered the first official definition of gender based violence in 1993 as follows:

#### Article 1 - Varieties of Violence

- Physical harm
- Sexual harm
- Psychological Harm
- Threats
- Coercion
- Arbitrary deprivation of liberty

#### Article 2 - Violence occurs and can occur within family, community and State

- Beating and intimidation
- Sexual harassment against children
- Dowry-related violence
- Marital rape
- Female genital mutilation / Other customary practices harmful to the life of women
- Rape
- Sexual exploitation
- Sexual harassment and intimidation in workplaces and educational institutions
- Trafficking and forced prostitution

# Gender Based Violence

Most Vulnerable Women (All women are more vulnerable compared to men)

- Women in armed conflicts
- Women belonging to minority communities
- Elderly women
- Displaced women
- Indigenous women
- Refugee women
- Migrant women
- Women living in impoverished, rural or remote areas
- Women in detention
- Disabled women
- Women who are heads of households
- Women who are disaster victims
- Girls

1995 Beijing Platform for action concluded:

- Systematic rape
- Sexual slavery
- Forced pregnancy
- Forced sterilization
- Forced abortion
- Forced use of contraceptives
- Prenatal sex selection
- Female infanticide

### Social, religious and cultural factors

- Uphold power and control over the victim
- Hide GBV incidents considering them private and minor matters
- Hiding facts because of close kinship ties
- Superiority, authority and patriarchal attitude
- Social expectations, behaviour and customs related to marriage and dowry
- Mythical beliefs, customs and attitudes regarding women
- Putting the blame on the victims and the lack of social sensitivity
- Gender and socialization

### Economic

- Poverty
- Economic dependence and low educational level
- Salary anomalies, property ownership and management

### Demography

- Family size
- Young age of the victim
- Duration of the marriage

### Personal traits and behaviours

- Ignorance, fear and helplessness
- History of child abuse in the family
- Consumption of alcohol and drugs
- Family disharmony, conflicts and violence
- Neglecting children
- Poor mental conditions
- Poor understanding of personal relations and expected roles of men and women in relationships
- Use excessive power to control

## Factors Influencing Gender-based Violence

The basic factor for the gender based violence is the power imbalance between the perpetrator and the victim, which can be intensified by various other factors.

### Legal / Health System

- Disorderly and scarce coverage actions by legal and police entities
- Services by Legal / Health / Protection system are insufficient and substandard in quality
- Delay and loopholes in Legal system

### Contextual

- War situation
- Slavery
- Lower income and dependency conditions

# Domestic Violence

“I thought he was very much in love with me. He even stopped his bad habits like smoking and drinking after we started our relationship. We met during our A/L tuition classes, married soon after we finished graduating from university and happily started our new life together looking forward to lead a comfortable life. It was not merely a year into our marriage. I had never imagined that he would start beating me up for the smallest disagreements we had. He would beat me up for cooking fish instead of chicken, for talking to my friends over the phone, for visiting my parents, for asking to change the TV channel and the reasons grew one by one. He started to drink, argue with me and beat me up whenever he felt it was time. I even got beaten while I was expecting our first child. I started to realize, this is not love; this is violence.”

Both men and women are subject to domestic violence, while the majority who suffer are women. Various studies on domestic violence in various sectors in Sri Lanka revealed that around 17-22% of women have faced intimate partner violence

- 72% of women in plantations face domestic violence
- 60% of women in Western Province face domestic violence
- Out of 4,004 women in 11 districts, 52.2% have faced domestic violence.

(Domestic violence does not restrict to husband and wife and that can happen among various other relations in the family set up including physical, sexual and psychological violence.)

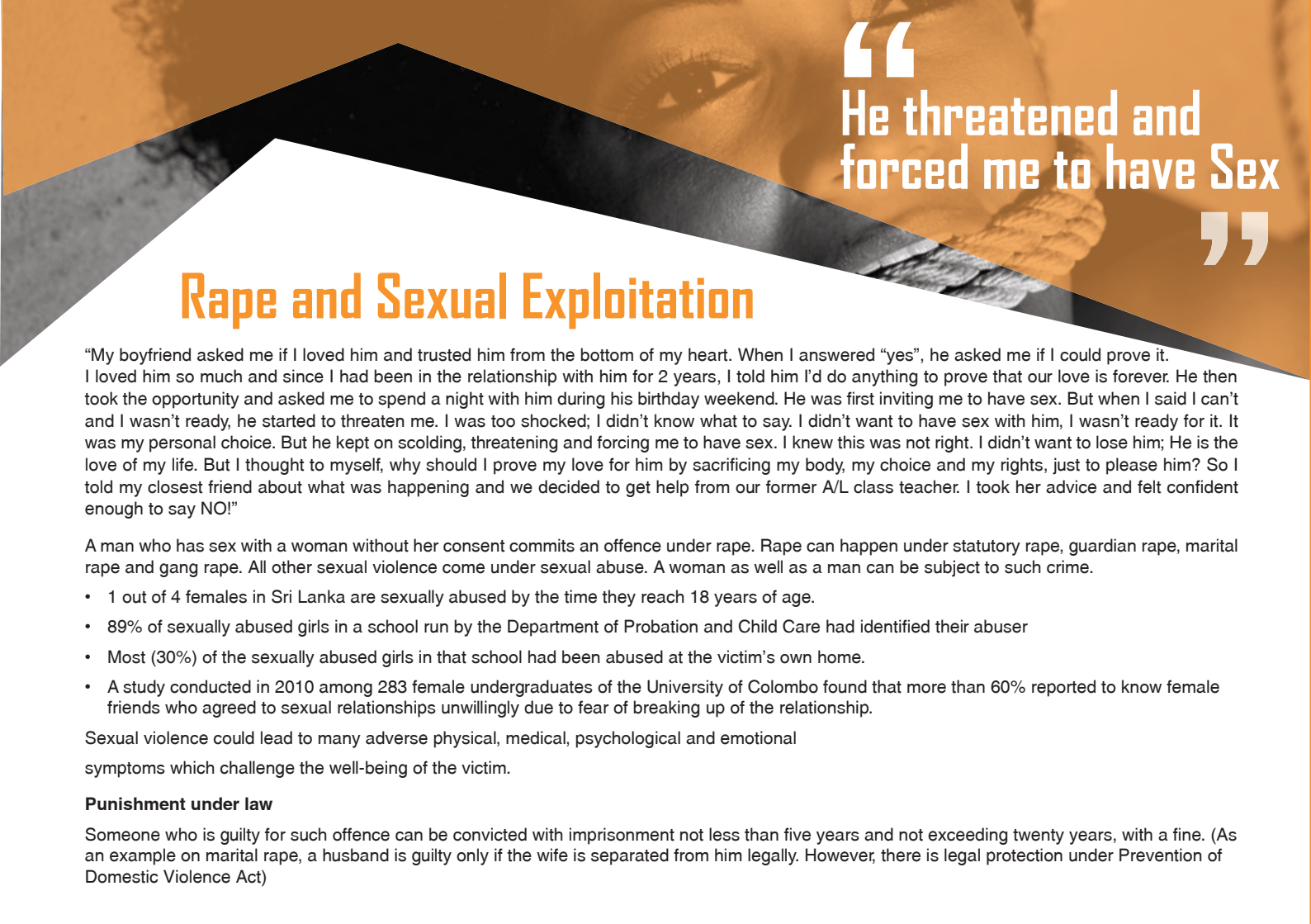
## **Legal provisions against domestic violence:**

Prevention of Domestic Violence Act No 34 of 2005 paves way for a civil procedure. Apart from mediation, if any criminal offence has taken place, legal action can be taken. Certain violence in the domestic environment such as beating, rape, rigorous sexual abuse, sexual harassments and any kind of physical harm can be categorized under criminal offences.

The victims can obtain an interim prevention order from a magistrate's court against such offences under the said act.

“  
This is not love.  
This is  
violence.  
”





“  
He threatened and  
forced me to have Sex  
”

## Rape and Sexual Exploitation

“My boyfriend asked me if I loved him and trusted him from the bottom of my heart. When I answered “yes”, he asked me if I could prove it. I loved him so much and since I had been in the relationship with him for 2 years, I told him I'd do anything to prove that our love is forever. He then took the opportunity and asked me to spend a night with him during his birthday weekend. He was first inviting me to have sex. But when I said I can't and I wasn't ready, he started to threaten me. I was too shocked; I didn't know what to say. I didn't want to have sex with him, I wasn't ready for it. It was my personal choice. But he kept on scolding, threatening and forcing me to have sex. I knew this was not right. I didn't want to lose him; He is the love of my life. But I thought to myself, why should I prove my love for him by sacrificing my body, my choice and my rights, just to please him? So I told my closest friend about what was happening and we decided to get help from our former A/L class teacher. I took her advice and felt confident enough to say NO!”

A man who has sex with a woman without her consent commits an offence under rape. Rape can happen under statutory rape, guardian rape, marital rape and gang rape. All other sexual violence comes under sexual abuse. A woman as well as a man can be subject to such crime.

- 1 out of 4 females in Sri Lanka are sexually abused by the time they reach 18 years of age.
- 89% of sexually abused girls in a school run by the Department of Probation and Child Care had identified their abuser
- Most (30%) of the sexually abused girls in that school had been abused at the victim's own home.
- A study conducted in 2010 among 283 female undergraduates of the University of Colombo found that more than 60% reported to know female friends who agreed to sexual relationships unwillingly due to fear of breaking up of the relationship.

Sexual violence could lead to many adverse physical, medical, psychological and emotional symptoms which challenge the well-being of the victim.

### **Punishment under law**

Someone who is guilty for such offence can be convicted with imprisonment not less than five years and not exceeding twenty years, with a fine. (As an example on marital rape, a husband is guilty only if the wife is separated from him legally. However, there is legal protection under Prevention of Domestic Violence Act)

# Statutory Rape

"I fell in love with my sister's friend. We went to school in the same school van. We met every morning and after school, and enjoyed each other's company. She was 15 when we started our relationship. We started to see each other at my friend's restaurant. My friend said it was a safe place, so I never expected the police would raid the restaurant. They arrested both of us while we were inside the room. Since then I have been sentenced to prison for 5 years. I never knew having sex with a girl under 16 years was a criminal offence, even if she was willing to have sex."

- The legal age of consent for sexual intercourse is 16 years. Any sexual intercourse conducted with / by an individual below the age of 16 is illegal and against the law.
- Legal age of marriage in Sri Lanka is 18 years for both boys and girls
- An individual below the age of 18 cannot get married even with parental consent according to the Sri Lanka domestic law.
- Statutory rape is defined as sexual intercourse with girls under the age of 16.
- Among 71 case studies, 49 reported to be cases of statutory rape (69%) with majority being between 14 - 15 years of age. (Case studies on early marriage and statutory rape by Dr. Harini Amarasuriya)
- In the majority of statutory rape cases, the perpetrators are known to the victim. (Eg. father, grandfather, uncle, step father, neighbor.
- Statutory rape leads to disruption of a girl's education. It may cause social, emotional, psychological, mental as well as medical difficulties. Statutory rape leads to teenage pregnancies too.
- Muslim girls under 16 years are exempted from this law since the legal minimal age to marry is not 18 years in accordance with the Muslim marriage law.
- The offender will be sentenced to 15 years rigorous imprisonment, if the victim is below 16 years and a blood relative of the perpetrator. This offence is called 'incest'.

**" I never knew  
having sex with a girl  
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even if she was  
willing to have sex. "**





# Harassment on public transport and on streets

## Street Harassment

Street harassment is a form of sexual harassment that consists of verbal harassment such as making unwanted comments, wolf whistles, cat calling and physical harassment such as expressing unwelcomed gestures like touching, leaning, rubbing and other actions by strangers in public spaces including public transportation.

“Few months ago, I had fallen asleep in the bus while reading a book. This was one of those buses with tall seats, where no one might know even if you get strangled, and on this particular day there were only about less than 10 people in the bus. I was sitting near a window and woke up to feel a hand reaching through the gap between the window and the seat. The hand was about to touch my waist. I could feel it almost touching me. I turned to see middle-aged man who was trying to touch me. He was then pretending to be fast asleep.”

Survey by UNFPA in 2015 revealed that 90% of the women who used public transport had been subjected to sexual harassment at least once in lifetime. 97% declared that these harassments were induced by men. 74% said that deliberate rubbing and touching of body parts were common. 92% of those who had been harassed on public transport did not seek legal assistance. 60% were unaware of punishments in line.

Under Section 345 of the Penal Code, sexual harassment is an offence punishable with imprisonment of five years and/or a fine.

It is the duty and the human responsibility of the bystanders to intervene through legal means to stop such harassments.





## Sexual harassments at workplaces and educational institutes

“My first employment was with a reputed firm in Colombo. I was the only woman in that particular section. Initially I was of the opinion that my boss was a well behaved and a decent person. Once, when I was working on the computer, he came behind me and touched my shoulders. I was so excited. Then, he asked me “Are you afraid? Just forget and work”. I thought the incident was over. Unfortunately when opportunity arose, he used to touch me unethically. I am afraid to tell this nuisance to the others.”

Everybody has the right to keep up the dignity without subjugation to harassments. There are different forms of sexual violence, but the majority reported are sexual harassments.

Sexual harassment is defined as unwelcome requests to the recipient for sexual favours, and other verbal or physical conduct of a sexual nature.

- 62.3% out of 321 employees in industrial sector experienced unacceptable and unwelcomed sexual conducts (Adhikaram 2005)
- 40.5% of the women worldwide have experienced some form of sexual harassment at workplace (European Union)

Employers and the senior officers in the organizations are responsible to prevent sexual harassments. Their duty is to have an environment free from violence. Credible and immediate actions are necessary in case of any such incident.

**Any victim has the right to complain in accordance with the rules and regulations of the institution and/or to the nearest police station individually or as a group.**

**Sexual harassment is an offence of the perpetrator and it is never a fault of the victim. Legal actions can be taken against sexual abuse in accordance with Penal Code, Act to Eliminate Ragging and other Forms of Violence in Educational institutions and Bribery Act.**

# WHAT IF ?

## I AM / MY FRIEND IS SUBJECTED TO HARASSMENT

1. Talk to a family member - immediately inform a family member, close relative or friend.
2. Call police hotline 119 — for security assistance
3. Call children's hotline 1929 — for the protection of the rights of all children (Under 18)
4. Call Women Help Line 1938 — for legal, psycho-social, security, medical advice and assistance for women over aged 18
5. Call Women in Need - via 011 2671411 for psycho-social assistance. Address: 25, Tickell Road, Colombo 8
6. Seek medical assistance and advice from your nearest hospital
- 1) Out Patient Department (OPD) of a government hospital
  - Go to the nearest hospital and report to the OPD
  - Inform the OPD about the harassment
  - OPD will assist you medically and inform relevant authorities for psycho-social, legal and security assistance
- 2) Mithuru Piyasa

Mithuru Piyasa GBV help desk provides medical assistance and will be referred to other assistance as required.
7. Women and children's police desk at police stations: Security will be provided and will be referred to medical, legal and psycho social assistance.  
Head Office of Police Children's and Women's Bureau — TP 011 2828444 / 011 2768076



8. Family Planning Association — For STI/HIV services  
Counseling on GBV and Family Planning Services  
Centre for Family Health (CFH)  
37/27, Bullers Lane, Colombo 7  
Tel : 0112 555455  
Web : <http://www.fpasrilanka.org>
9. Sri Lanka Sumithrayo — for confidential psycho-social counseling  
Hotline: 0112 692909 Tel: 0112 696666  
No 60B, Hortan Place, Colombo 07  
Email : [sumithra@sumithrayo.org](mailto:sumithra@sumithrayo.org)
10. Advice regarding cybercrimes — In case of harassment immediately contact Sri Lanka CERT/CC  
Address: Room No 4 - 112, BMICH, Bauddhaloka Mw, Colombo 07  
Tel: 94 11 2691692 / 2695749 / 2679888  
Email: [cert@cert.gov.lk](mailto:cert@cert.gov.lk)

11. For legal advice and assistance - Sri Lanka Legal Aid Commission - Head Office (and 77 branches)  
No 129, Hulftsdorp Street, Colombo 12  
Tel: 011 5335329 / 011 5335281  
Email: [legalaids@sltnet.lk](mailto:legalaids@sltnet.lk)
12. For advisory, temporary accommodation and other assistance please contact Children's and Women's Development Units at District and Divisional Secretariats. (This unit includes women development officers, child protection officers, probation officers, sisters-in-relief, psychologists and social services officers)

Identify socio economic organizations and NGO's which provide services (shelter, psychological, economic and other emergency services) for the victims and seek assistance.

# Physical Abuse

“We started our relationship just like any other couple. He was very caring, protective and sometime overprotective. One day I was waiting for him at a bus stop when one of my friends called me and I was talking to my friend over the phone. He came to me, grabbed my mobile and smashed it on the floor. I did not see him coming closer to me since I was engaged in a very interesting conversation with my friend over the phone. But that was no excuse. He threw my phone away, grabbed me by my hand and pushed me into a trishaw. He got into the trishaw with me and slapped on my face. He was shivering with temper. He accused that I was cheating on him because he saw me talking to someone so cheerfully on the phone. That is when I realized that protectiveness and abusiveness are poles apart.

Physical abuse is either enforcement or harassment focused upon an individual from small scratch to beating till death. This is done with the physical power of the body as well as arms, ammunitions and other equipment.

Negligence and non-provision of food to children and elderly parents and exposing children to risk come under physical abuse.

- Physical abuse is reported under majority of the incidents of domestic violence.
- Survey conducted in 2010 among 283 female undergraduates of the University of Colombo revealed 57.2% had known about friends who had experienced physical violence from their boyfriends.
- Nobody has the right to engage in physical abuse. Mentality of committing such act with the purpose of correcting another person is myth and such acts amount to violence.

“Protectiveness and abusiveness are poles apart”





# Verbal Abuse

Verbal Abuse includes shouting, scolding, screaming, using filthy words, threatening, intimidating and insulting

Among 283 female undergraduates at the University of Colombo in 2010, 57.2% knew female partners being verbally abused by their boyfriends,

“I do not think that you can do well in this exam. You are not a very smart girl. Why do you want to continue your studies? I can give you enough means to eat, drink, buy clothes and enjoy life. Why do you need to study more or do a job? I do not think that you can be strong enough to do a job like a man. Only men can do jobs and earn good money. So why do you think you can sit for this exam? I really do not think you will do well. I am saying because I do not want you to fail.”

Emotional abuse is a pattern of cruel, inhuman, degrading, humiliating and ill-treating conduct of serious nature directed towards a person, undermining one's sense of self-worth and esteem, destroying relationships.

Emotional abuse is not a gesture of love, affection and protection. It is a type of violence most young people do not often realize when they are in dating relationships.



# Emotional Abuse



# Cyber Abuse

"I met him online; he was just after A/L so he had enough time to speak to me every single day. Soon after I came home from school, he would chat with me for hours, he would call me every night and talk to me till I fall asleep. He told I was the most beautiful girl, he had ever seen. He sent me many gifts, some were beautiful dresses. I wore them and sent him pictures so that he knew I loved his gifts. Although we had never met, I knew everything about him; he had sent me few photos of himself, he was very handsome. After few months, he said he wanted to meet me in Colombo. I was confused. He suggested a small boutique hotel. I hesitated at first. He then threatened me that he would get out of me if I wouldn't see him. So I agreed. I went there and I couldn't find him. I called him and I heard his phone ringing. I saw him. He was not what I thought of him to be and not the one whom I saw in photographs. He looked like of my father's age. I called the police on 119. The Police came and arrested him. Then I came to know he was a part of an organized group which blackmailed and kidnapped girls and asked for huge ransoms from their families."

## **Tips to avoid cyber harassment**

1. Avoid contact with unknown individuals on social media.
2. Protect your privacy by refraining from exposing your contact details; address, mobile number via social media and email.
3. Refrain from sharing personal contact details, details of the family and information on credit cards with anyone online.
4. Refrain from talking to unknown individuals through Skype. Use video calls only to speak to close friends or family relatives.
5. Ensure privacy settings on your social media profiles. (eg. make all photos friends only)



# Know More

## Preventing unwanted pregnancies

1. Condom
2. Emergency contraceptive pill (Commonly used brand name in Sri Lanka - Postinor1 and Postinor2)

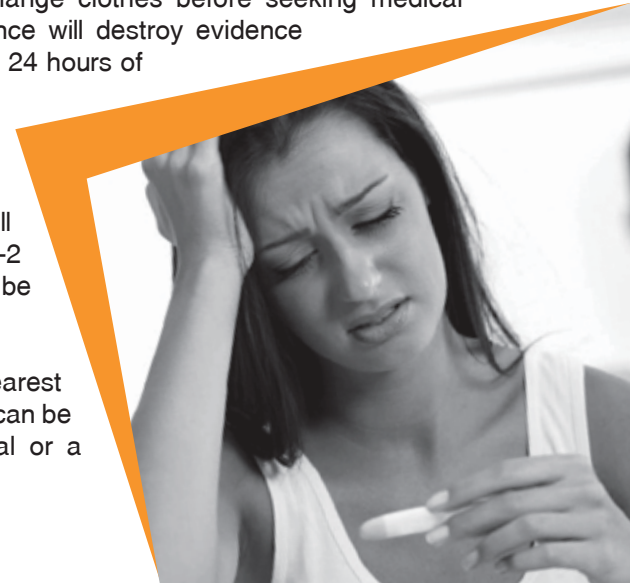
Above mentioned facts are methods of prevention and not methods

## Keep in mind at a Rape

**1. EVIDENCE** - Do not wash your body or genitals and do not change clothes before seeking medical assistance. Washing your body/genitals or delaying medical assistance will destroy evidence against the perpetrator. Make sure you seek medical assistance within 24 hours of the incident.

**2. PREGNANCY** - Use emergency contraceptives to prevent pregnancy. Take one pill of Postinor-1 or take 2 pills of Postinor-2 within 72 hours after the incident to prevent pregnancy. Otherwise, take one pill of Postinor-2 within first 72 hours and thereafter take another Postinor-2 within next 12 hours. This is not an abortion. These contraceptives can be purchased from any pharmacy.

**3. ASSISTANCE** - Seek immediate medical assistance from the nearest hospital in case of bleeding. Otherwise, medical advice and treatments can be obtained from a district hospital, a base hospital, a general hospital or a teaching hospital.



## GETTING THE RIGHT MEDICAL ASSISTANCE ON TIME

Here is a list of hospitals and their telephone numbers

|  |                          |
|--|--------------------------|
| GENERAL HOSPITAL, MATARA                     | 0412222451               |
| TEACHING HOSPITAL, KANDY                     | 0812222261               |
| BASE HOSPITAL, MARAWILA                      | 032225426                |
| TEACHING HOSPITAL,<br>MAHAMODARA             | 0912234951               |
| DISTRICT BASE HOSPITAL,<br>DICKOYA           | 0512222261               |
| BASE HOSPITAL,<br>THAMBUTHTHEGAMA            | 0252276262               |
| BASE HOSPITAL, TRINCOMALEE                   | 0262222226               |
| DISTRICT GENERAL HOSPITAL,<br>NUWARA - ELIYA | 0522222261<br>0522234393 |
| DISTRICT GENERAL HOSPITAL,<br>VAVUNIA        | 0242226706               |

|   |               |
|---|---------------|
| BASE HOSPITAL, AWISSAWELLA                  | 0362222261/62 |
| DE SOIZA HOSPITAL FOR<br>WOMEN COLOMBO      | 02696224      |
| BASE HOSPITAL,<br>KALMUNAI (NORTH)          | 0672229261    |
| BASE HOSPITAL, RIKILLAGASKADA               | 0812365261    |
| BASE HOSPITAL, VALACHCHENAI                 | 0652257721    |
| TEACHING HOSPITAL, BATTICALOA               | 0653647685    |
| KETHUMATHIE MATERNITY<br>HOSPITAL, PANADURA | 0382232361    |
| GENERAL HOSPITAL, KALUTHARA                 | 0342228755    |
| CASTLE HOSPITAL FOR<br>WOMEN, COLOMBO       | 0112696231    |

# What Can You Do To Prevent Violence?

- Do not blame yourself
- You have the right to oppose any kind of harassment
- Declare your unwillingness immediately
- Tell the perpetrator not to engage in such activity
- Inform to any responsible person
- Complain to the nearest Police Station
- Please keep notes on what happened to you with the description of location, date and time
- If you have any physical evidence to prove the harassment, please protect them and hand over for the investigation.

What should you do,  
if you are victimized?

What you should do  
if you are a witness  
of an incident  
of harassment.

- **Identify** - Majority does not intervene to prevent violence in view of being busy with own activities as well as because they are others' incidents. Despite all, observe and identify the incident
  - **Divert the attention** - Please approach the victim or the perpetrator and make an irrelevant question to divert his / her attention for a moment
  - **Declare the offence directly** - Tell the perpetrator directly that he / she is wrong and explain him / her that you are thoroughly disturbed by what he / she does and the aftermath repercussion.
  - **Get assistance from others** - Discuss with bystanders and inform police if need arises for protection
  - **Delay** - Observe the act of abuse and respond prudently to suit to the circumstances and intervene to provide relief to the victimized
- When intervening, do not panic and concentrate on your own protection. Please note that you can intervene before / during / after the harassment.

# Activity:

## Am I Harassing Someone?



### Cross the ones which are acts of harassments

- ☐ Threatening my girlfriend/boyfriend by saying “I will stop our relationship if you can’t spend a night with me”.
- ☐ Encouraging a friend to complain to the nearest police about the threatening anonymous emails she/he has been getting.
- ☐ Sending emails to a friend blackmailing him/her
- ☐ Pretending to be someone else/ faking the identity, on social media such as Facebook with the purpose of committing sexual harassment
- ☐ Confronting a man who is trying to harass a girl travelling on a public bus
- ☐ Discussing about the implications of sexual abuse with friends
- ☐ Beating and scolding my sister/brother for a mistake she/he did at home.
- ☐ Beating friend to express disagreement.
- ☐ Calling 119 and asking for assistance while my parents are physically and verbally fighting at home.

# Leading For A Change

## How can I be a youth leader during the 100 Voices campaign?

1. Learn more about GBV and Sexual and Reproductive Health
  - UNFPA publications: <http://srilanka.unfpa.org/en/publications>
  - Social Media: <https://www.facebook.com/UNFPASriLanka/>
2. Organize activities through schools and youth networks
  - Speak — Organize discussions among youths on GBV
  - Educate — Educate friends about GBV issues in Sri Lanka
  - Voice — Organize debate and policy dialogue on topics related to gender and gender-based violence among youth
  - Be creative — Organize poster, art, essay and drama competitions on gender-based violence and sexual and reproductive health of youth
3. Presentations in schools / work places / youth organizations
4. Talking to friends
  - Discuss with friends and peer groups about gender-based violence in Sri Lanka
  - Educate them on the ways to avoid violence
5. Social Media — Facebook, Twitter, Instagram
  - 100 Voices social media campaign — Sending/posting picture posts with messages on why gender-based violence should end

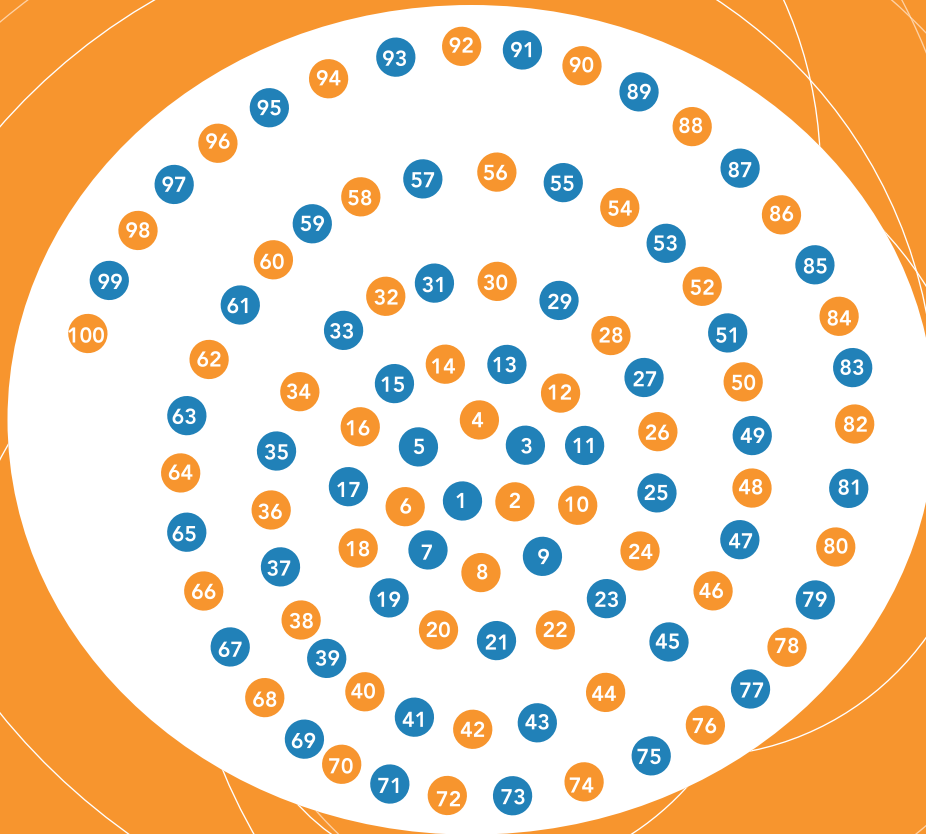


# Self-Reflection

1. How will you learn more about sexual and reproductive health as a facilitator?
2. Why is it important to educate youth about gender-based violence and sexual and reproductive health?
3. Is social media a suitable way of educating friends about sexual and reproductive health of young people?
4. What are the 5 most important facts that you will share with your friends when you educate them about sexual and reproductive health?
5. List 3 innovative ways you would use to educate friends?

| Activity | Description of Activity | Time Line |
|----------|-------------------------|-----------|
|          |                         |           |
|          |                         |           |
|          |                         |           |

# MY REPORT OF 100 VOICES



Count the number of friends you have empowered under leadership program.

Write down the activities you've done to educate your peers:

| No. | Activity | No. of peers reached |
|-----|----------|----------------------|
| 1.  |          |                      |
| 2.  |          |                      |
| 3.  |          |                      |
| 4.  |          |                      |
| 5.  |          |                      |
| 6.  |          |                      |
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| 20. |          |                      |

Don't forget to share YOUR STORY as a young change-maker, leading 100 Voices with UNFPA, Sri Lanka.

Write your experience and send it to us via Facebook at <https://www.facebook.com/UNFPASriLanka/>

# Evidence On Violence

| Author                                   | Year    | Prevalence                          | Type of GBV                           | Sample Size  | Respondents   | Study Area  |
|--|---------|-------------------------------------|---------------------------------------|--|---|---|
| Beddewela                                | 1995    | 81.3 percent of women workers       | Sexual harassment in public transport | 1,200 women  | Women workers in government departments   | Colombo   |
| Jayatunga                                | 1998    | 29 percent of women                 | Domestic violence                     | 212 women  | Women   | Avissawella                                       |
| Women's Right Watch                      | 1998    | 1,106 incidents                     | GBV                                   | Press Report during January to December 1998                                       | Not Applicable  | Sri Lanka   |
| De Silva                                 | 1998    | 18 percent boys; 12.3 percent girls | Childhood sexual abuse                | 899 pre-university and undergraduate students                                      | Pre-university and undergraduate students                                       | Sri Lanka   |
| Moonesinghe                              | 2002    | 18.3 percent of pregnant women      | Physical abuse                        | 1,200 pregnant women   | Pregnant women  | Badulla district                                  |
| Wijayatilake                             | 2003    | 83 percent of women                 | GBV                                   | 350 women  | Women   | Plantation sector                                 |
| Senanayake                               | 2003    | 68 percent of women                 | GBV                                   | 991 women  | Women   | Anuradhapura district                             |
| Amarasinghe et al.                       | 2004    | 94 percent of females               | Sexual harassment in public transport | 200 women  | School girls, girls attending higher educational institutions and working women | Maradana Railway Station                          |
| Muslim Women's Research and Action Forum | 2004    | 48 percent of women                 | Domestic violence                     | 357 Muslim families  | Families  | 15 districts in Sri Lanka                         |
| National Committee on Social Development | No date | 31 percent of victims               | Incest                                | 97 persons between the age 4 and 28 years of whom 95 girls/women youth and 2 boys) | girls/women youth and boys  | Anuradhapura, Polonnaruwa and Moneragaladistricts |

| Author                             | Year | Prevalence   | Type of GBV                                  | Sample Size   | Respondents           | Study Area  |
|------------------------------------|------|--|--|---|-----------------------|---|
| UNICEF                             | 2004 | 10 percent of the children aged 10-13 years; 14 percent of the children aged 14-19 years   | Sexual abuse                                 | 1,152 adolescents (both school-going and out-of school) | Adolescents           | Sri Lanka   |
| Perera & Ostyle                    | 2009 | 15.7 percent of female students were the victims of physical abuse; 31.3 percent of male students and 25.4 percent female students were subjected to emotional abuse | Physical and emotional abuse                 | 2,389 school going students                             | School-going students | Southern province   |
| Fernando & Karunasekera            | 2009 | 44 percent sexual abuse; 36 percent physical abuse   | Sexual and physical abuse                    | 1,322 undergraduates                                    | Undergraduates        | Sri Lanka   |
| UNOPS                              | 2011 | 51.2 percent of respondent indicated presence of domestic violence   | Domestic violence                            | 4,004 households  | Households            | Eleven districts (Jaffna, Mannar, Vavuniya, Killinochchi/Muallaitivu, Batticaloa, Ampara, Trincomalee, Anuradhapura, Polonnaruwa, Puttalam) |
| Jayasuriya, Wijewardena, and Axemo | 2011 | 34 percent physical violence, 30 percent controlling behavior, 19 percent emotional abuse, 5 percent sexual abuse  | Intimate partner violence                    | 750 ever-married women aged 18-49 years                 | Ever-married women    | Western province  |
| UNFPA                              | 2015 | 90% women  | Harassment Against Women on Public Transport | 200 women   | Women                 | In all administrative districts   |

A black and white photograph of a woman with dark hair and glasses, smiling and holding a large orange rectangular sign in front of her. The sign contains contact information for UNFPA Sri Lanka. The background is a plain, light-colored wall.

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