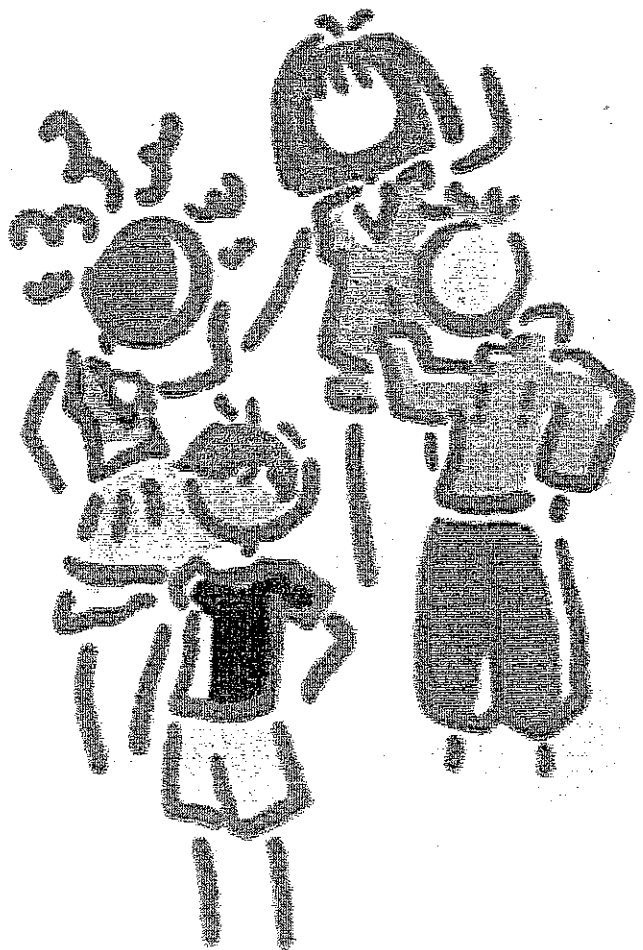


The ABC's of Violence Against Women

Produced by the Regional Multicultural Youth
Council (RMYC) for the Revolution Girl-Style/
Girl Power Program.



Foreword...

This Booklet was prepared by the Regional Multicultural Youth Council (RMYC) as a youth-led initiative to raise awareness about Violence Against Women. Violence is everyone's business because it affects our social, emotional and physical wellbeing.

With growing incidents of violence against females in society, the RMYC's Revolution Girl Style / Girl Power Program is involved in a campaign that focuses on the prevention of violence against women. Through simple words commonly used, we want to encourage discussion on relationships, and how violence affects family life and the well-being of children and youth.

We are sharing some basic ideas and thoughts in this booklet hoping that the youth, especially young women / girls will be empowered to make a difference. We feel that they need to know what is going on to enable them to make informed decisions and wise choices.

The challenge though, is taking charge of our lives. We should feel comfortable to talk with family, friends, or other adults we trust when violence occurs, and seek the supports we need to help us feel safe. The goal is to live a happy and healthy life free of abuse and violence.

Now, read on, discuss and learn more about creating healthy relationships!

A is for Abuse



Abuse can be inflicted through both actions and words; as well as injure one physically and mentally. Nevertheless, abuse bears side effects such as: immense pain and depression. Try to avoid abusive people. However, if one encounters an abusive individual, try to avoid anything that may provoke an abusive outlash.

B is for Blame



Blame is often the fuel of a violent flame. When one doesn't want to feel responsible for a problem, blaming another is often the first resort. To avoid a blame game, talking through problems and keeping things in the open is a definite solution.

C is for Crying



Instead of thinking that **crying** is a weakness, think of it as strength; as a way to let out stress and problems. Keeping in emotions can be dangerous. Side effects may include: depression, mood swings, or suicidal thoughts. Pretend that each tear is a problem rolling away.

D is for Divorce



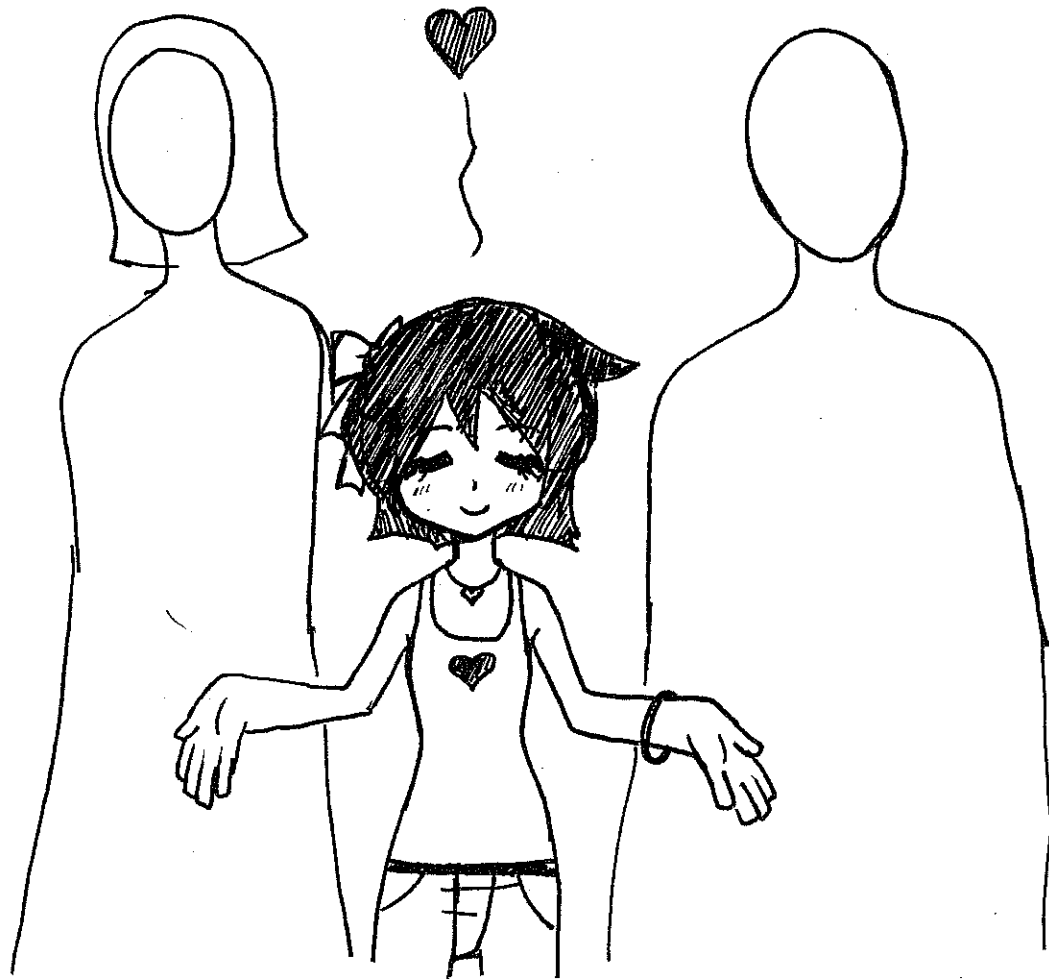
Divorce is the last resort for couples who cannot come up with a solution to repair their troubled marriage. Violence is often involving, coming in hand-in-hand with the development of alcohol and drug abuse. Divorce breaks both sides of the marriage, as well as the relationship between parent and child. Try to be open with your spouse.

E is for Ego



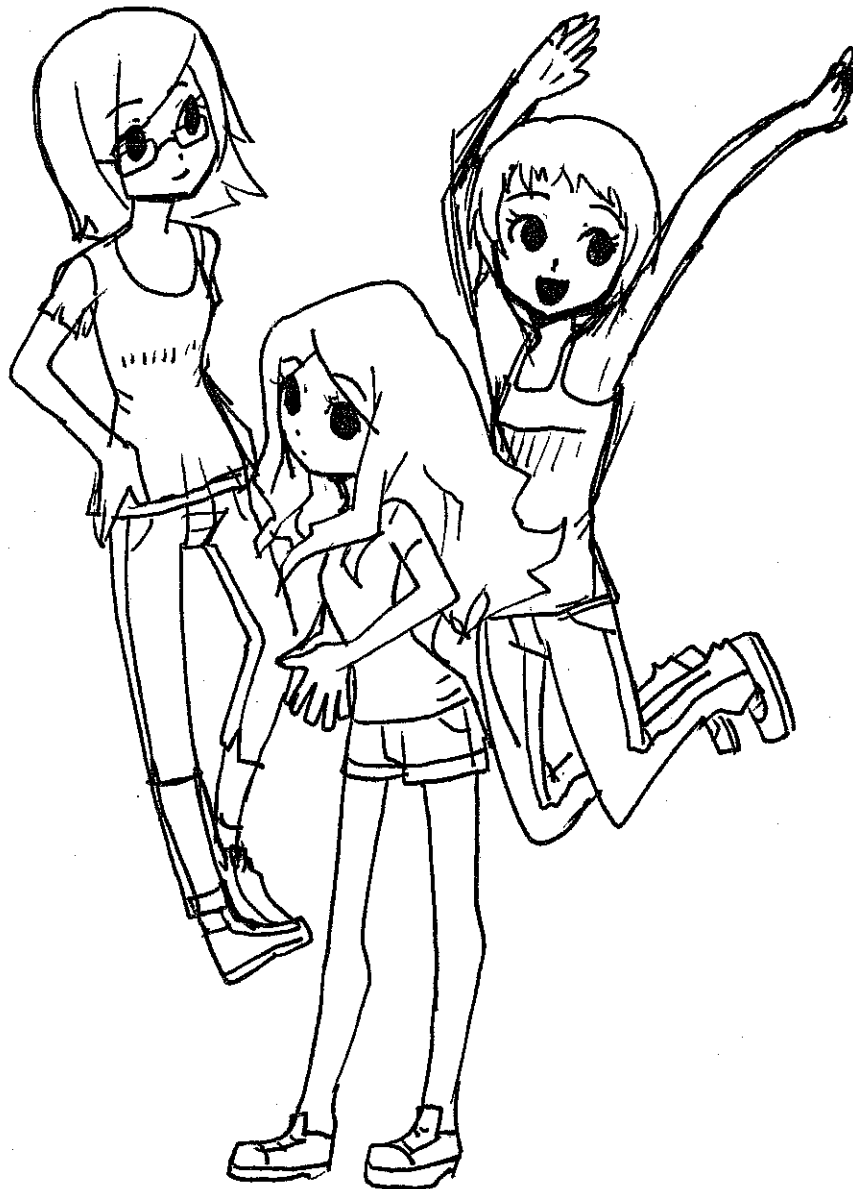
A person's **ego** is his personal pride and self-absorption. It can be hard to accept fault, so ignorance and violence are often set into play. Anyone can be a victim to an egotistical individual. Gloating, bragging, and putting others down are their prime weapons. Looking for praise from people and injecting misery into others for their glory are their main objectives.

F is for Family



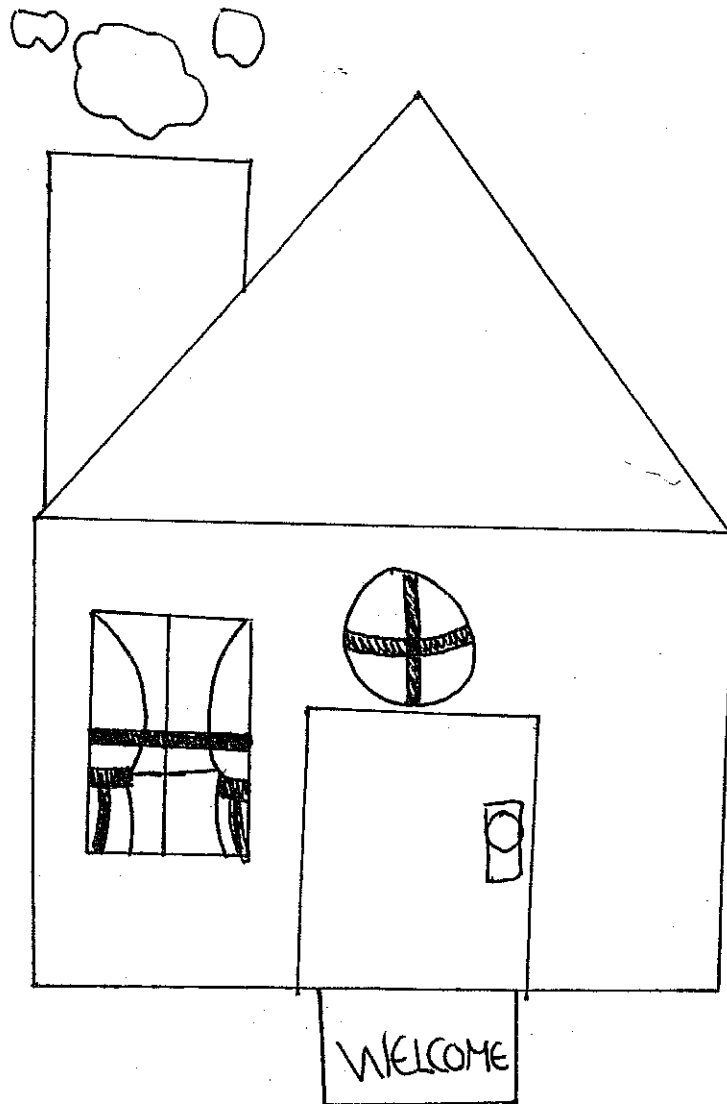
Nurture is very important to women. How a woman is raised can be traced back to her **family**. Abusive, absent, or even over-protective families can leave a negative imprint. When girl is young, good and bad habits develop by observing the people that are around who are family and friends. As the quote goes, "Keep your friends close, and your enemies closer." An alteration can be made by simply adding the finishing statement, "But your family a memory away." Never forget your family- even through the hardest times.

G is for Girl Power



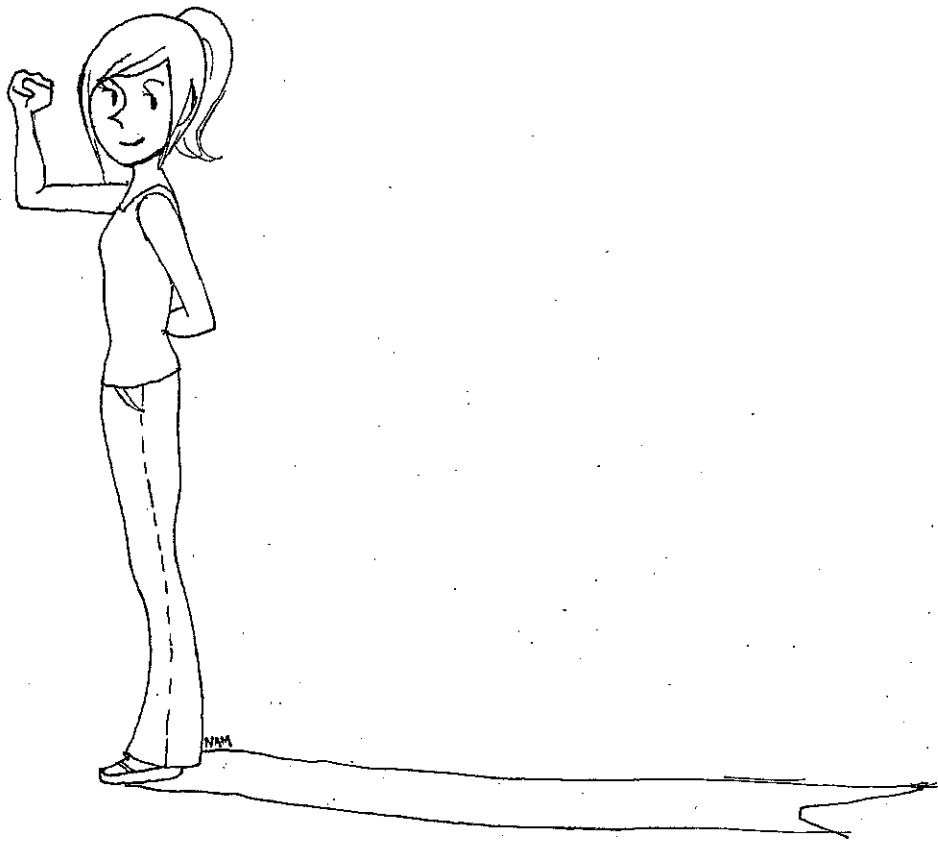
The RMYC developed a group called **Girl Power** in order to talk about issues girls face. The issues may be: self-esteem, peer-pressure, body image, or physical and sexual abuse. There are workshops put in place to help educate the girls. Girls face a lot of pressure by the media: to be beautiful, skinny, or to have the latest fashion. Girl Power helps educate and promote healthy relations between oneself and others.

H is for Home



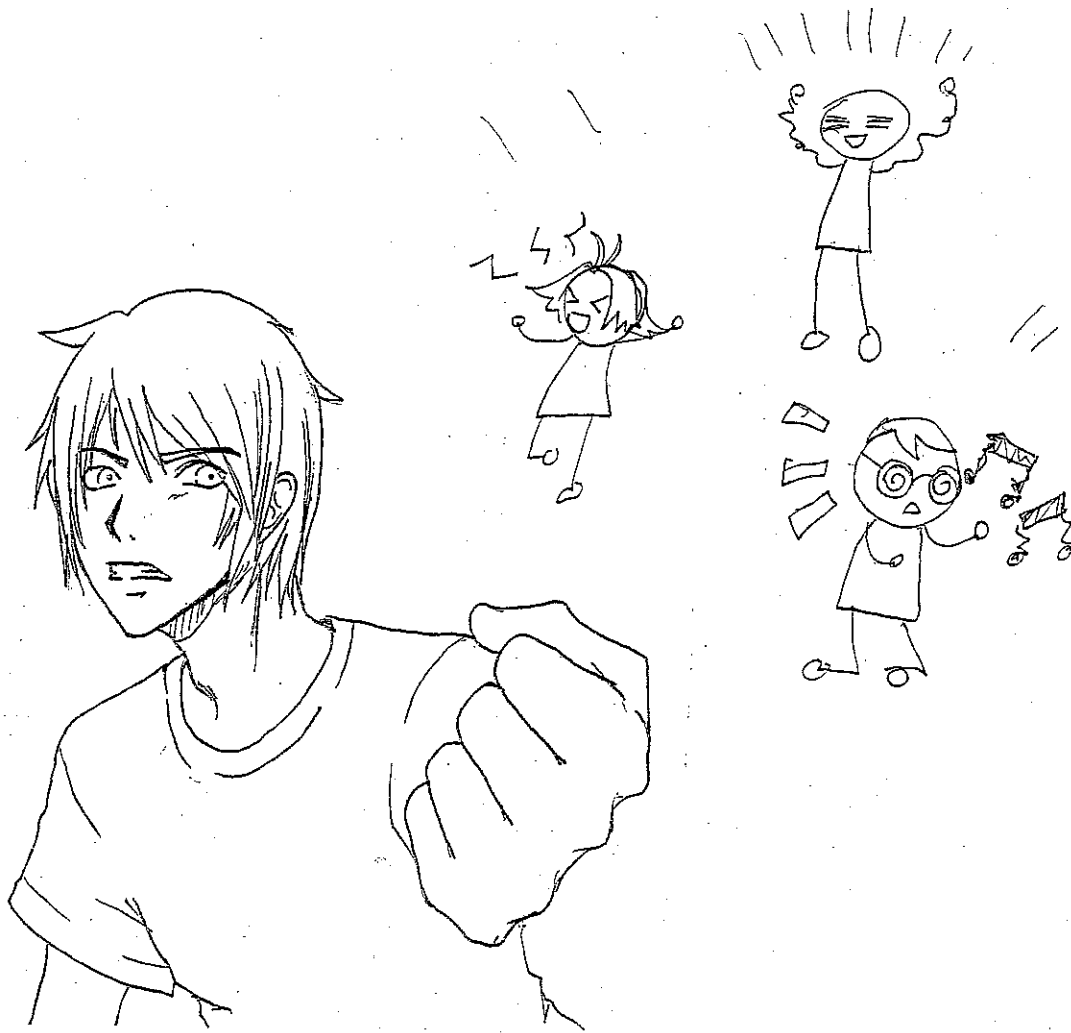
Home is an important aspect to women. A need for a place to belong and escape to is a definite requirement for being human. Everyone has problems, and the first thought one has is to escape home. Home is a haven for women and making sure it is clean and safe is very important. Remember, home is where one makes it.

I is for Independence



Independence from others is something women need from time to time. Alone time to think things through and over is greatly sought after; so when there is time to spend alone, savour the moment. Instead of waiting for some alone time, try creating it: walking, jogging, going to the spa, etc. One shows true colours when faced with time alone to reflect.

J is for Jealousy



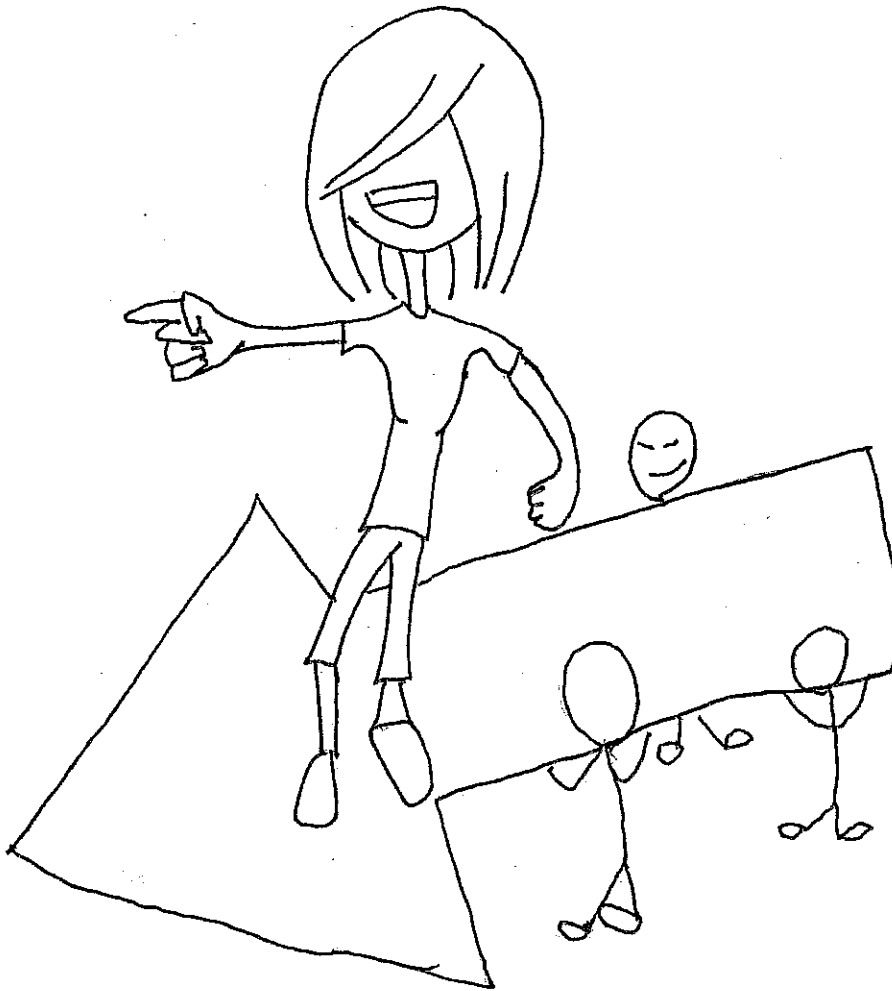
Jealousy is the main flame to violence against women. The fear of losing something dear and not wanting to share pinpoints the main fuel for the flame. A woman can be abused if her spouse/boyfriend is jealous.

K is for Knowledge



Knowledge comes with time and age. At birth, a baby knows who his mother is, and then he or she gradually learns how to walk and talk. Nobody ever stops learning, and learning can come from the littlest things to rocks. Humans are very curious, and education is one that is sought after. Learning may be difficult, but if one sticks to it many things may be learned.

L is for Leadership



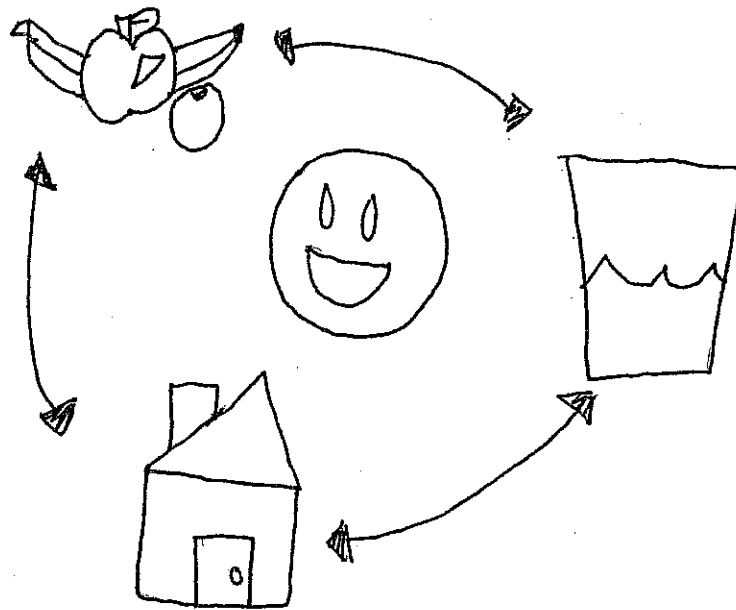
A woman who possesses **leadership** skills is good at listening, communicating, and motivating and influencing others. She has a vision and is a goal setter. She is aware of what she is doing as well as being conscious of what others are doing. Being a leader, she knows that team-building is as important as teamwork. In addition, she must have knowledge and experience of certain things.

M is for Media



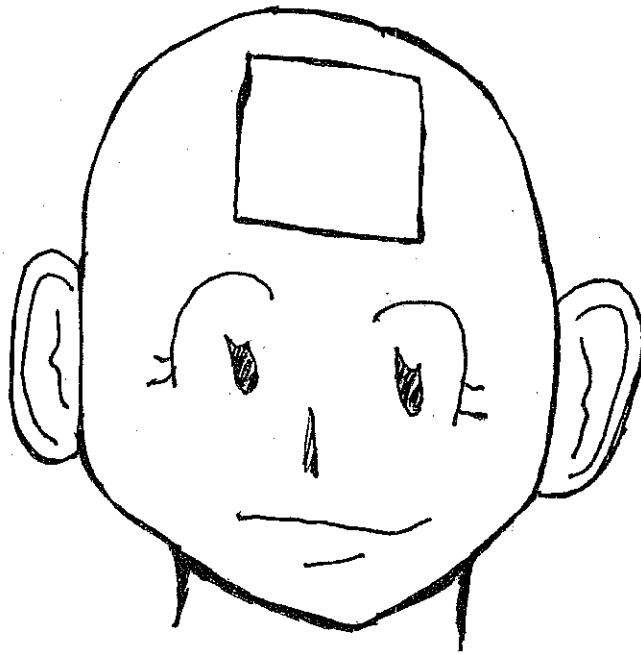
Media has a negative influence upon youth —mostly girls. It pressures women to be beautiful on the exterior and to buy the latest fashion and “fit into society”. However, the society that the media is portraying is fake. Not many people in the media talk about how they feel and that does not represent good influence. Try to ignore negative messages given by the media. One has to be herself, and enjoy the interior beauty of life.

N is for Necessities



Women need their bare **necessities** in life. A woman needs shelter, food, water, healthcare, and an education. If a woman does not have her bare necessities, she is missing out on basic life essentials. It is a must for women to have life essentials in order for them to live a good and healthy life and many contributions to society.

O is for Open



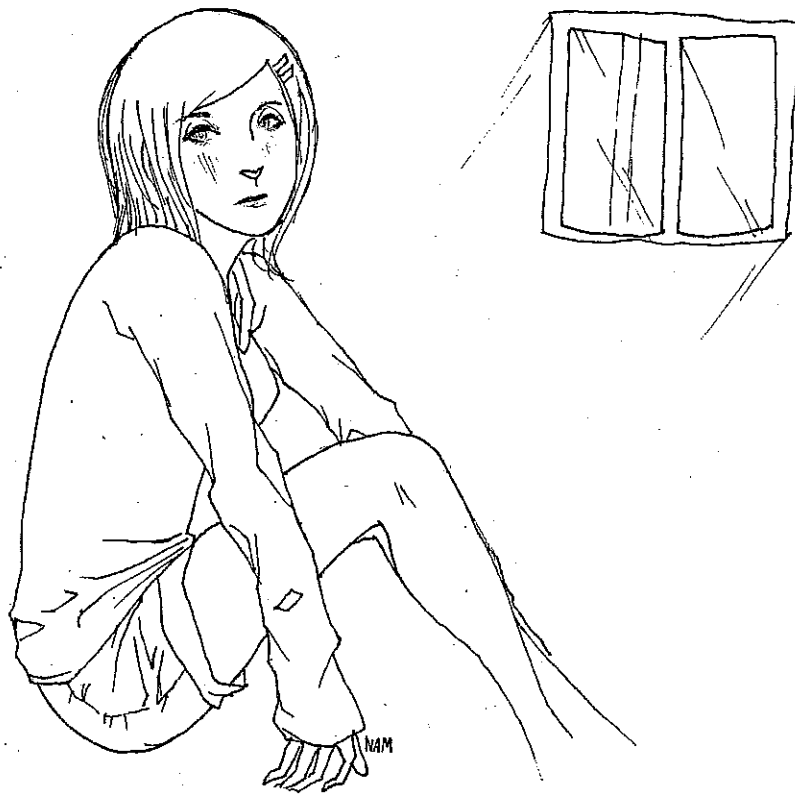
A woman must be **open** about the issues occurring in her life. For example, if a woman is being harassed at her workplace, she should seek help instead of being quiet because that would solve nothing. Openness about a woman creates a friendly persona rather than a reserved persona. A woman who is open is someone whom anyone can easily approach and feel comfortable. Being open is a good trait for anyone to possess.

P is for Poverty



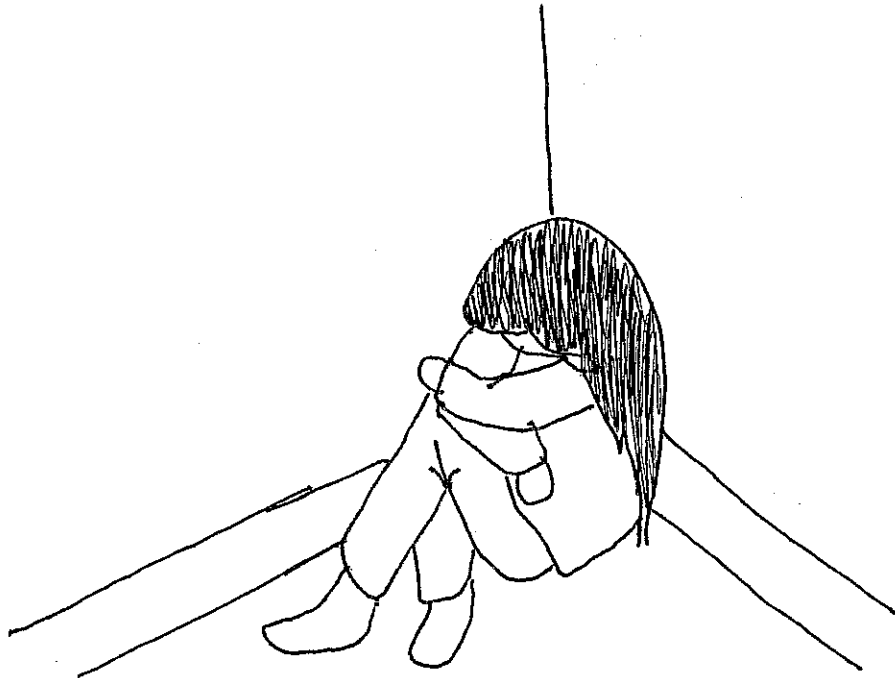
Poverty is when someone lives each day without the adequate bare necessities of life. An impoverished woman lives on the fringes of a country's standards. She survives on bare minimum resources which she uses to live another day. Aiding women who are impoverished is something anyone can do by donating or volunteering.

Q is for Quiet



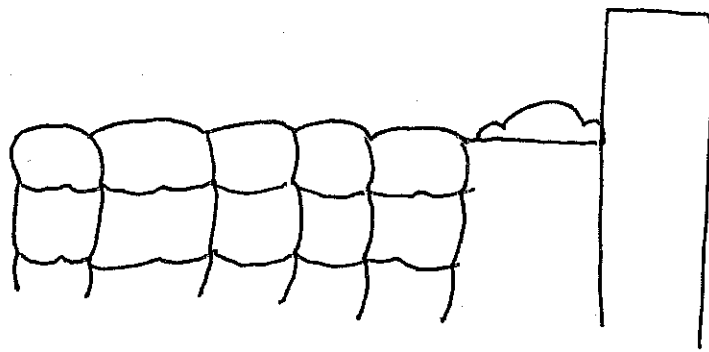
Silence, thinking, analysing, and contemplating are all done while one is **quiet**. Thinking about who one is and what one does is important. This makes one realise who she really is, and also the pros and cons about her. Quiet time is important and should be included to life.

R is for Rape



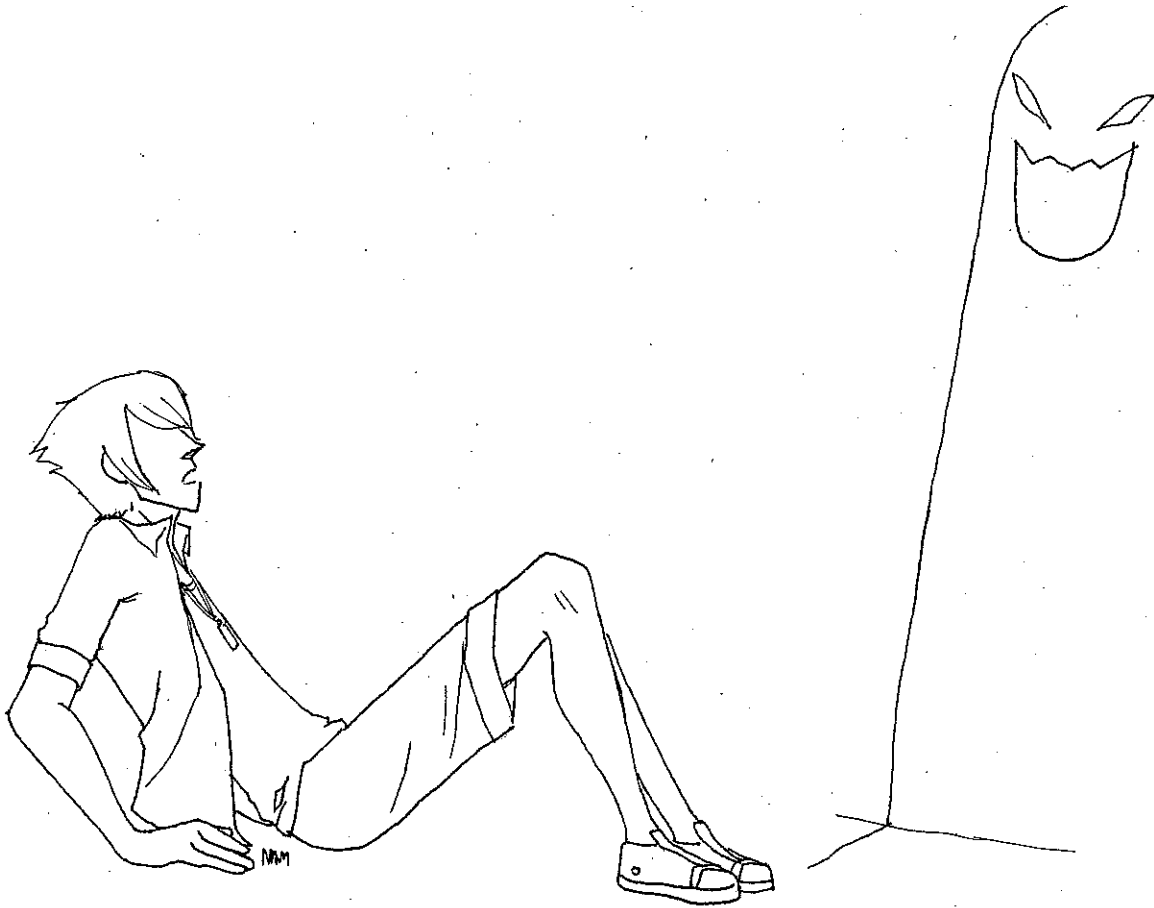
Rape is when one person forces sex on another without his or her consent. A woman who has been raped feels shame, anger, and more often than not, she will not tell someone about it and keep it to herself. If a woman gets raped, she should seek help right away whether from a friend, mentor, or counsellor. If a woman obtains aid from another person about her rape, the chances of something getting done about it are good. Something that could be done about the situation is that the rapist can be identified and be charged for rape. Another thing that is important in a rape situation is that the raped woman should not feel at fault by being raped rather she should feel that she needs to get help about her situation.

S is for Sex



A woman needs to be comfortable with her **sex**. Being a woman is not easy at times. A woman must feel comfortable in her skin and form a trust relationship between herself and her lover. She must make sure there is no drift between her and her lover in order for them to love each other non-physically and physically.

T is for Threatening



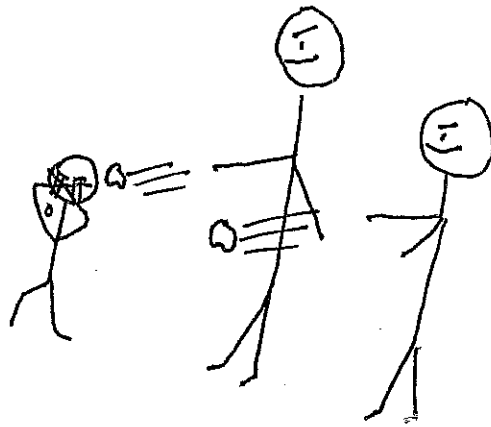
Threatening another individual is a major no-can-do. This shows that he or she is violent and uncaring of another individual's feelings. Feeding off fear and taking control upon fear is much disagreed upon. Examples of this are Hitler, Mussolini, and other dictators of the world. Rather than threatening an individual in order to accomplish something, ask politely or negotiate terms.

U is for United



United with a group of people that bear the same interests is what people call friends. Being together in a group provides protection as well as connection with people. When uniting with a group of friends, try to find people who have the same interests and will not get into trouble.

V is for Violence



Violence is a taboo. It should never be present in a healthy relationship. If an individual claims that his or her love is violence, he or she is mistaken. No amount of violence can equal to love. Love and violence are both contradictions to one another. Make sure violence is never a part of any relationship that may be encountered.

W is for Withdrawal



Withdrawal is not like having a simple quiet time. Withdrawal is getting away from society and just looking at the negative aspects. Never withdraw for anything. Face it head on with a positive attitude.

X is for Xenophobia



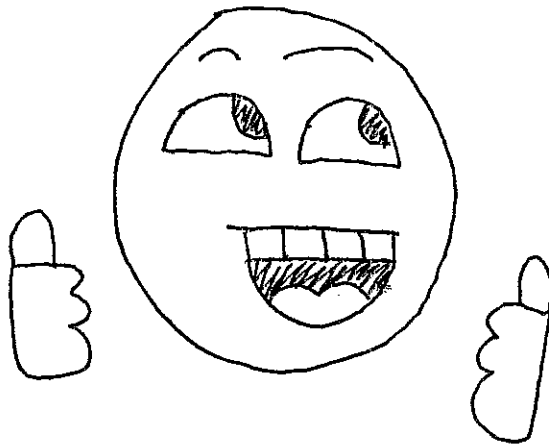
Xenophobia is the fear of people from different countries. One must be accepting and considerate of people and how they are raised. Rather than fearing their differences, look for the pros and similarities about the individual and hold onto them.

Y is for Youth



Women in their **youth** are vulnerable. Young women are susceptible to violence and can be taken advantage of by others. Young women need to seek help quickly if they are being targeted by another person with ill intentions. Youth is important and women need to ensure that violent influences do not corrupt their youth years because youth, once gone, is gone for a long time.

Z is for Zealous



Being **zealous** is a good trait, and a definite motivator. A person who is zealous is eager of doing whatever it is he or she is passionate about. A zealous woman could help out in the woman violence campaigns. She could be involved in many parts of the matter and her trait of being zealous could create a domino effect in establishing zealousness in the personality of other women, who could then put their efforts toward a common goal such as helping decrease the number of violence against women in the country.

Credits...

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You know your alphabet,
right? YES, you probably do.

But ever heard of the
Violence Against Women
alphabet?

...Probably not.

Well, you can learn it today!
All you have to do is open this
book and read it.

We hope that you'll learn
something from this ABC's
Booklet!

