

# Intimate Partner Violence: Things you should know as a UN staff member



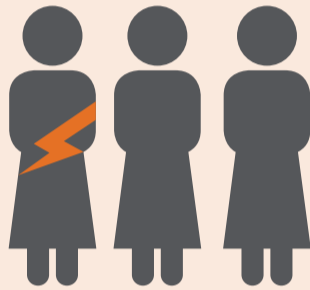
You can download the full resource book from: <http://bit.ly/IPVresourcebook> or scan this QR code to download.

If you want to contribute to this resource book, please contact: [asia-pacific.unite@unwomen.org](mailto:asia-pacific.unite@unwomen.org)



## WHAT IS INTIMATE PARTNER VIOLENCE (IPV)?

- IPV consists of **a pattern of assaultive and coercive behaviours**, including physical, sexual and psychological attacks, as well as economic coercion, by a current or former intimate partner.
- IPV occurs within heterosexual or same-sex relationships and does not require sexual relations.
- Globally, **1 in 3 women worldwide** experience physical or sexual violence in their lifetime, by their intimate partners.



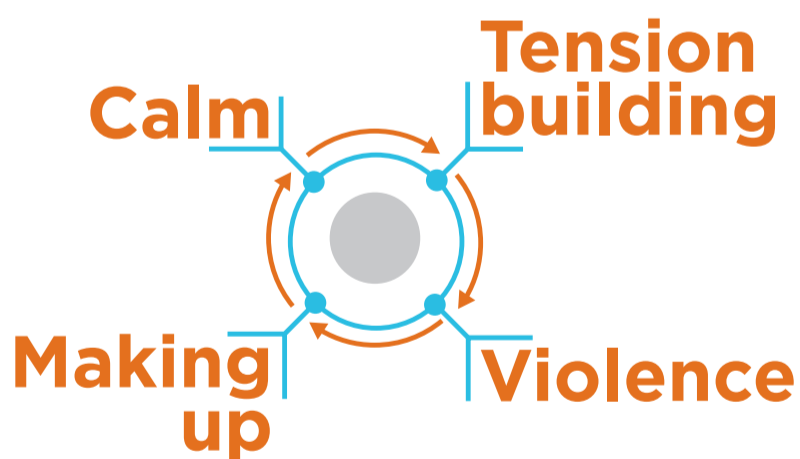
## WHAT DOES IPV LOOK LIKE?

IPV may include but not limited to:

- Slapping
- Throwing something
- Choking
- Threatening, making someone feel afraid
- Forcing to have sexual intercourse
- Humiliation in private and/or public
- Shifting responsibility for abuse
- Preventing access to money
- Controlling access to money earned
- Preventing someone from getting or keeping a job

## THE CYCLE OF VIOLENCE

- If someone is in an abusive relationship, you may recognize this pattern.



## IF YOU ARE EXPERIENCING IPV,



**ALL FORMS OF VIOLENCE  
ARE UNACCEPTABLE**

**YOU ARE NOT ALONE**

**IT IS NOT YOUR FAULT**

**HELP IS AVAILABLE**



- Identify what is happening - recognize signs and the cycle of violence.
- Know that you are not alone, it is not your fault, and that help is available.
- Make a safety plan in case of a life-threatening situation.

## IF YOU KNOW SOMEONE WHO IS EXPERIENCING IPV:

- Find a private space to talk with the person in a non-judgemental manner and without pressure.

### YOU SHOULD SAY:

“It is not your fault.  
You are not to blame.”

“It is okay to talk.”

“What happened has no  
justification or excuse.”

“No one deserves violence  
in a relationship.”

### YOU SHOULD NOT SAY:

“But the children need their  
father/mother.”

“But he/she loves you.”

“It will go away  
if you just bear it.”

“I think it is your  
personal matter.”

## IF YOU ARE BASED IN THAILAND:

For any UN staff members, you can contact the UN Security & Safety team for immediate support.

- **UN Security & Safety : 02-288-1102 (24 hours)**
- **UN Emergency : 02-288-1100 (24 hours)**

For foreign nationals in Thailand, you may wish to contact your Embassy in the first instance.

If you want medical care with/without proceeding a police investigation, you may wish to contact the One Stop Crisis Center in the Police General Hospital.

- **Hotline: 1300 (English service available yet limited)**  
(More resources are available in the full resource book)