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

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.
- One person exerts power and control over another.
- IPV occurs within heterosexual or same-sex relationships and does not require sexual relations.
- In Bangladesh, 1 in 2 women 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, hitting, kicking, or beating
- Throwing things, pushing, or shoving
- Threatening with, or using a weapon
- Constant criticism and humiliation
- Shifting responsibility for abuse
- Choking or burning on purpose
- Preventing and controlling access to money
- Forcing one into unwanted sexual acts using coercion
- Isolating survivors from loved ones and regular activities.

THE CYCLE OF VIOLENCE
- If you are in an abusive relationship, or you suspect that someone you know is in one, you may recognize the following pattern:

Calm -> Tension building -> Making up -> Violence

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:
- Talk to them in a safe space in a non-judgemental manner with no pressure. Let them know:
  - Their feelings are normal - it is safe to express them
  - They have a right to live without fear or violence.

YOU SHOULD SAY:
- “It is not your fault. You are not to blame.”
- “It is okay to talk.”
- “Help is available.”

YOU SHOULD NOT SAY:
- “But he/she loves you anyway.”
- “It will go away if you just bear it.”
- “You should leave your family.”
- “You should tolerate it for the sake of your children.”

AVAILABLE SERVICES FOR UN STAFF IN BANGLADESH
In the event of an emergency, you can contact UNDSS:

UNDSS Help line (24/7): +880 175 8777 777
UNDSS IPV Focal Point: +880 171 4164 530
Ms. Soma rita Ibrahim: somarita.ibrahim@undp.org
UN Medical Doctor: +880 171 3032 083

Counselling and Stress Management and Referral Support:
Ms. Sabiha Jahan: +880 191 1007 215
sabihajahan@yahoo.com
Mr. Md. Amir Hussain: +880 181 9467 397
saju1704@yahoo.com
National Hotline (24/7): 109 (Toll Free)