

# 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.



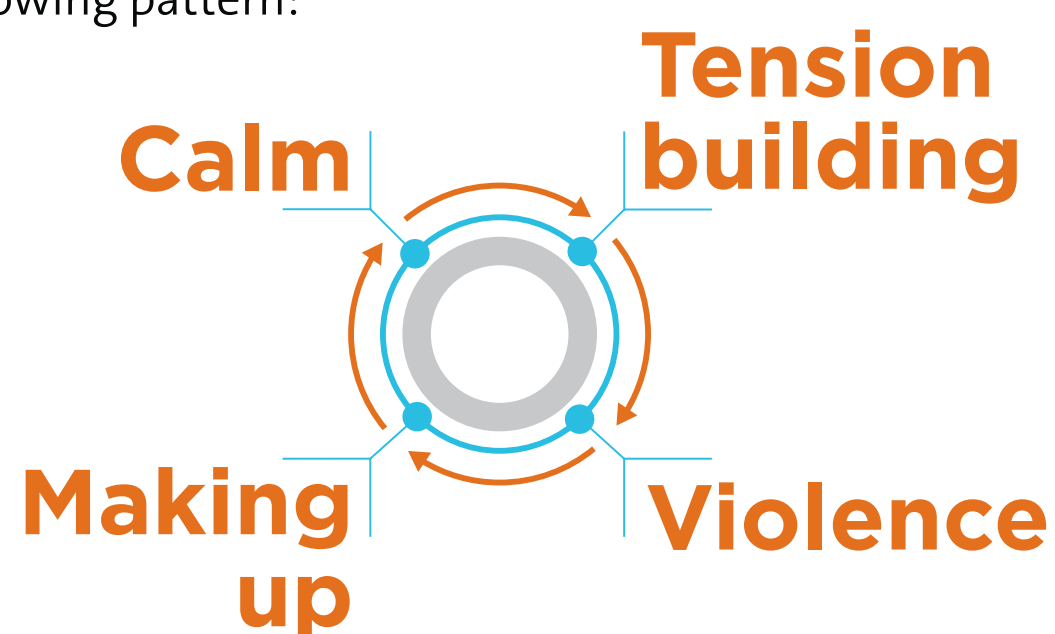
## WHAT DOES IPV LOOK LIKE?

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:



## 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 not 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 Helpline (24/7):	+88o 175 8777 777
UNDSS IPV Focal Point:	+88o 171 4164 530
Ms. Soma rita Ibrahim	somarita.ibrahim@undp.org
UN Medical Doctor:	+88o 171 3032 083

### Counselling and Stress Management and Referral Support:

Ms. Sabiha Jahan:	+88o 191 1007 215 sabihajahan@yahoo.com
Mr. Md. Amir Hussain:	+88o 181 9467 397 saju1704@yahoo.com

**National Hotline (24/7): 109 (Toll Free)**