

VIOLENCE AND SEXUAL VIOLENCE

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VIOLENCE is the intentional use of force, power or threats against people.

Violence harms physical and moral health as well as the development and dignity of individuals.



There are **4 main forms of violence**:

Physical violence is any action causing physical harm or pain (hitting, biting, burning...);

Sexual violence is defined as any type of violence related to one's sexuality or private parts;

Emotional violence occurs when someone constantly criticizes, threatens, rejects or yells at another person—until their self-esteem is damaged;

Neglect occurs when a person (usually a child, a senior, or a person with special needs) in the care of another person or group does not receive enough attention, food, housing, medical care....

SEXUAL VIOLENCE is defined as any imposed act (by force, coercion, threat, surprise, etc.) related to the sexuality or to the intimate parts of a person.

There are 3 main forms of sexual violence:

- **Sexual violence with contact**: it can be touching a person's private parts, forcing a person to touch another's intimate parts or objects with a sexual connotation, physical violence related to sexuality or rape;

- **Sexual violence without contact**: it can be looking at the private parts of a person without their knowing or accepting it, forcing someone to look at someone else's private parts or sexually explicit images, unwanted messages or looks with a sexual undertone;

- **Sexual exploitation**: it is when there is sexual violence and there is also an exchange of money, goods or services (protection, gifts, diplomas, housing ...).