

# Introduction to Gender-Based Violence - Virtual Lesson Plan 1

## Introducing Gender-Based Violence

Gender-based violence is all of the violence that happens because of gender stereotypes.

- The violence that women and girls experience because they are considered “weak” or “less than” and to keep them out of power.
- The violence the men and boys experience as a way to make them “tougher” or more “masculine”.
- The violence that people who are LGBTQ experience for not fitting our society’s expectations about sexuality and gender expression.

Gender-based violence happens because of cultural norms and values. Dating/domestic violence and sexual violence are examples of gender-based violence. Every year, WISE supports an average of 1,300 unique individuals from our Upper Valley community who have been impacted by gender-based violence. WISE’s prevention and education program works with the community to end gender-based violence.

To learn more about gender-based violence watch the two videos below and complete the worksheet. There are additional resources at the bottom if you are interested in learning more about gender-based violence and the cultural norms that support it.

## Watch

- The Sexy Lie: <https://youtu.be/kMS4VJKekW8>
- We Believe: The Best Men Can Be: <https://youtu.be/koPmuEyP3a0>



## Activity / Worksheet

**Directions:** Find the following statistics

Hint, look here: [www.cdc.gov/violenceprevention/pdf/2015data-brief508.pdf](http://www.cdc.gov/violenceprevention/pdf/2015data-brief508.pdf)

or here: [www.cdc.gov/violenceprevention/pdf/cdc\\_nisvs\\_victimization\\_final-a.pdf](http://www.cdc.gov/violenceprevention/pdf/cdc_nisvs_victimization_final-a.pdf)

How many U.S. women are sexually assaulted in their lifetime?

How many U.S. men are sexually assaulted in their lifetime?

How many U.S. children are sexually assaulted in their lifetime?

How much more likely are people who are LGBTQ to experience sexual violence in the U.S?

How many U.S. women will experience domestic/dating violence?

How many U.S. men will experience domestic/dating violence?

Visit [www.wiseuv.org](http://www.wiseuv.org) to find the following information,

What is WISE's mission?

What kind of support might a victim of domestic or sexual violence get from WISE?

### Additional resources for learning more about Gender-Based Violence:

- Violence Against Women: [www.youtube.com/watch?v=KTVSfeCRxe8](http://www.youtube.com/watch?v=KTVSfeCRxe8)
- If Women's Roles in Ads Were Played By Men: [www.youtube.com/watch?v=2SrpARP\\_Moo](http://www.youtube.com/watch?v=2SrpARP_Moo)
- World Health Organization: <https://www.who.int/news-room/feature-stories/detail/violence-against-women>