



WHY NOT *YOU?* WHY NOT *NOW?*

# SPARK

CHANGEMAKER MAGAZINE

**06** What is  
GBV?

**12** How we can  
Prevent GBV

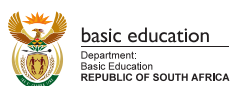
maifundes  
**CHANGE  
MAKER**  
NETWORK

# Masifunde's Changemaker Network

masifunde's Changemaker Network aims to capacitate learners with knowledge on relevant social topics such as leadership, prevention of gender-based-violence, bullying or the creation of safer schools. Through the network, the participating learners are empowered to spark change in their schools and communities.

Firstly, masifunde in partnership with 40 NGOs run activation workshops in Grade 9 classes in over 250 schools. In these workshops, the learners select changemakers within their class. The selected learners then participate in a changemaker training, where they learn tools on how to run campaigns and share their knowledge with their peers.

Afterwards, the now trained changemakers, run advocacy school campaigns and hand out SPARK magazines to their peers.



Implemented by



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[www.changemaker-network.org](http://www.changemaker-network.org)

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More on Masifunde

[www.masifunde.org](http://www.masifunde.org)

More on the Changemaker Network

[www.Changemaker-Network.org](http://www.Changemaker-Network.org)



# FORE WORD

Why are voices and  
leadership of young  
people important in  
ending gender-based  
violence?

Preventing violence is key, since violence represents a threat to development and well-being of children and young people into adulthood.

Empowering children on child rights, participation and gender equality is at the core of prevention of GBV and that is why MCN Changemaker are so important. Children and young people can contribute innovative ideas and have made calls to prioritize re-evaluating of schools' safeguarding guidelines, strengthening protection and prevention mechanisms, and ensuring learners and adolescents have the agency to speak up for themselves. Ending GBV requires a "whole school" approach that is inclusive and mindful of every learner's thoughts, ideas and actions in designing solutions and actions.

Schools can play an important role in prevention of GBV including approaches that prevent violence and promote gender equality in the curriculum, as well as training education staff to give them the tools to prevent and respond to GBV. Importantly there needs to be safe spaces for learners and activities as entry points for addressing GBV-MCN can lead on these and the SPARK magazine can support those activities. This all needs to be supported by school leadership and community engagement to create safe, gender-sensitive learning environments to ensure that no one is left behind. Children and young people that are part of the MCN Changemakers network are at the forefront of leadership and activism for preventing GBV. This means transforming gender and intersecting power, breaking down harmful gender stereotypes, understanding the key roles not only ours as youth, but also the roles of teachers, school administrators, stakeholders, and governments to be able to achieve a safe and equitable learning environment that each learner and young person deserves.



**Dr Tanya Jacobs**  
Gender and Intersectionality Consultant  
to the VCP Programme

[www.changemaker-network.org](http://www.changemaker-network.org)



# MCN IN ACTION



**Masibambane and Mzonstundu High School Changemakers campaigning at the Parent-Child Wellness Day at Mosaic.**



**Indwe High School Changemakers, Eastern Cape**



**Tyhilulwazi High School, Anti-Bullying Campaign**



**FAMSA Vhembe - Thase Secondary School, Limpopo**



**FutureLift Foundation - Emadwaleni Secondary School, Gauteng**



**Waterberg Welfare Society - Meetsetshehla, Limpopo**

# Intro

A key part of moving towards gender equality and a safe and inclusive South Africa is preventing gender-based violence (GBV), as it makes our homes, communities and schools unsafe. It is a pervasive global issue; we know that around one in three students report experiencing physical violence at or around school when asked about the previous month. There are similar prevalence rates for bullying, on one hand, and psychological violence, on the other hand, with each affecting around one in three students (UNESCO, 2019), however it is difficult to measure because of different definitions and the normalisation of GBV. In South Africa, Intimate partner violence is reported by 32% of women in population-base studies and rates of femicide are six times the global average. Violence against children and adolescents is equally rife with national estimates of sexual abuse against girls at 15% and boys at 10%.

Schools are meant to be safe havens, where children meet friends, socialize and learn how to shape their futures. If GBV is normalized in the home or within a society, it can likely be normalised in schools too. Schools reflect the gender dynamics in society. Behavioural expectations for boys and girls in all their diversity often reflect gender roles, and deviations from those expectations – for example, boys with perceived submissive or feminine traits – may be met with bullying, abuse or punishment. Inequitable gender norms and expectations, and their interactions with other factors like race, class, ability etc normalize violence against the less powerful.

# WHAT IS

## Gender based Violence?

### Definition

Gender Based Violence (GBV) is violence directed at a person because of their gender or sex and can be emotional, physical, mental or sexual harm or threats thereof.

GBV is used by the perpetrator as a tool of power and control over someone else.

GBV is then violence perpetrated on a person on the basis that they are a woman/girl or Man/Boy or non-binary person or person from other marginalised group such as the LGBTIQ community.

### DIFFERENCE BETWEEN:

- ▶ Sex ▶ Gender ▶ Sexual Orientation
- ▶ Gender Identity and Expression

Gender, sex, and sexual orientation are terms that are often used interchangeably but have different meanings



**SEX** refers to the biological and physical characteristics that distinguish males, females, and intersex typically defined by reproductive organs. It is usually assigned to individuals at birth based on their anatomy, chromosomal makeup, and hormonal levels.



**GENDER**, on the other hand, is a social and cultural construct that encompasses the identities, roles, expectations, activities, behaviours, and what society considers appropriate for men/ boys and women/ girls. Unlike sex, gender is not solely determined by biological factors but by personal identifications and expressions and socialisation.



**SEXUAL ORIENTATION** refers to an individual's emotional, romantic, or sexual attraction to others. It is a personal and internal experience that can be described along a spectrum, including heterosexual (attraction to people of the opposite gender), homosexual (attraction to people of the same gender), bisexual (attraction to both same and opposite genders), and even asexual (lack of sexual attraction to others).



**GENDER IDENTITY AND EXPRESSION** refers to how you see, identify, and express yourself as a person. Importantly, gender identity and sexual orientation are independent of one another. Gender identity relates to an individual's sense of their own gender, which may or may not align with the sex assigned at birth.

## ACTIVITY

[Check your understanding]



Fill in the words in the in the correct categories:

Boy	Gay	Female	Woman	Bisexual
Non-binary	Girl	Male	Asexual	Heterosexual
Homosexual	Lesbian	Men	Intersex	

SEX	GENDER IDENTITY	SEXUAL ORIENTATION	SEXUALITY

While these concepts are often interrelated, it is important to recognize and understand the differences to foster inclusion, respect, and appreciation for the diversity of human experiences.



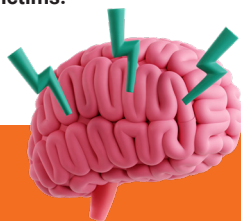
# TYPES of GBV

Some people experience violence because of their gender identity, sexual orientation and expression. Gender Based Violence can manifest in many forms such as physical, sexual, psychological, social, and even economic violence. Abuse can advance if intervention does not occur and the cycles of violence may repeat. Breaking the cycle of violence is important by reporting abuse and getting necessary help. These are some of the acts and tactics (in no particular order) of GBV that abusers use to gain and maintain power over victims.



## PHYSICAL

- ▶ Slap ▶ push ▶ scratch ▶ kick
- ▶ choke ▶ beat ▶ weapon use
- ▶ poison ▶ throw objects ▶ burn
- ▶ sleep deprivation ▶ punch
- ▶ rape ▶ force drug use
- ▶ deny physical needs ▶ murder



## PSYCHOLOGICAL

- ▶ Manipulation ▶ control
- ▶ defamation ▶ isolation ▶ insults
- ▶ threats ▶ accusation
- ▶ blaming activities ▶ humiliation
- ▶ degradation ▶ monitoring
- ▶ bullying etc



## SEXUAL

- ▶ Sexual and sexist jokes
- ▶ embarrassing comments
- ▶ unwanted touching
- ▶ forced to look at pornography
- ▶ forced marriage
- ▶ sexual exploitation ▶ incest
- ▶ rape ▶ sexual grooming
- ▶ stealthing ▶ sexual assault

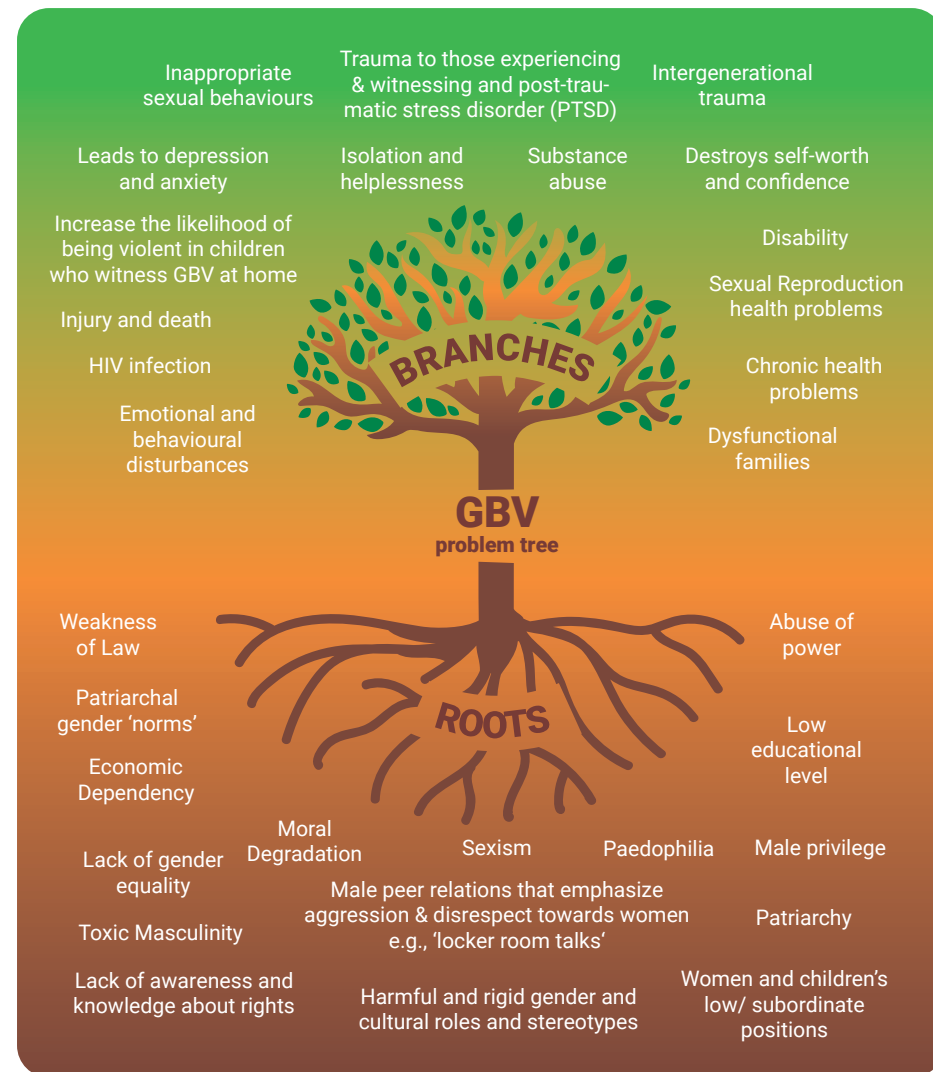


## ECONOMIC

- ▶ Denial of education and opportunities based on gender
- ▶ control finances ▶ unpaid labour
- ▶ deny access to work
- ▶ property damage

The different forms of GBV can have short- and long-term effects on a victim or survivor. Gender based violence is not exclusive to gender, biological sex, social or economic background, region, or nationality. Although, GBV can happen to anyone, a majority of victims and survivors are women and girls. According to many statistics, the perpetrator is often known to the victim or survivor, it could be an intimate partner, a family member, a teacher, a friend, or someone who holds a leadership position to the victim.

Let us look at this GBV Problem Tree analogy to help us better understand the causes and consequences of GBV. (With the causes being the roots and the branches being the consequences of GBV)



**Can you think of any other causes and consequences of Gender-based violence that are not mentioned on the GBV tree?**

# The GBV Pyramid

The GBV pyramid explains how the lower end allows the tip and top of the pyramid to thrive. One may say "it was just a joke, why do you care?", it is the sexist jokes that contribute to a culture of violence against vulnerable groups.



The incidents on the pyramid are not isolated incidents. The attitudes and actions on the bottom reinforce those on the upper part.

## South African Laws and human rights regarding GBV

In South Africa, several laws protect against gender-based violence. GBV is a criminal offence and a human rights violation.

There are laws aim to protect victims and ensure that perpetrators are held accountable for their actions. It's important to know that laws alone cannot solve the problem. Education, awareness, and cultural change are also necessary to address gender-based violence effectively.

Also, the South African Bill of Rights, which is enshrined in the Constitution, contains provisions that protect against gender-based violence. Human rights should provide a strong foundation for addressing and combating GBV in South Africa.





# Ways to prevent GBV



GBV is not an individual issue. We all have a role in preventing it; therefore, it is important to be Changemakers and take responsibility to end the violence.

## What we should do

### Understanding Consent

Consent is permission through words and actions from both parties Be respectful

### Challenge yourself

Reflect on actions. Be honest and commit to changing the way you think and act if it is unfair towards vulnerable people.

### Bring an end to sexism

Sexism is discriminating, stereotyping, or being prejudiced against someone simply because of their sex.

### Come up with an action plan

Sometimes it's easier to interrupt and stop the abuse when you know what you will say and how you will approach the situation beforehand.

### Encourage empathy and respect for diversity.

Become practical about promoting gender equality.

### Use social media

Use social platforms to spread the word and make a change by empowering others with educative content and reporting content that condones Gender-Based Violence.

### Promote Healthy Relationships

Provide information on building healthy relationships based on mutual trust, respect, and open communication and practise it.

### Report

Reaching out for help from friends and loved ones can be your first step for support but it should not be your last if there is no support or help, reach out to organisations and the police.

### Educate yourself

Provide information on where victims and survivors can get further support and safety.



## What we should stop

### Stop street harassment

Don't look the other way either! Instead, interrupt and challenge such actions.

### Stop rape culture

Stop normalising rape jokes, tell those who do them that it is not okay.

### Stop victim blaming

Don't blame victims for how they choose to dress or judge their behaviour.

### Stop using sexist/homophobic language

Changing the way you speak can change the way you think. Words are powerful.

### Stop normalising and condoning violence

It is not a private matter; it is a human rights violation.

### Stop stereotyping men's and women's roles

Examining your social role, learning ways to express feelings directly and non-violently, and managing conflict can help to create deeper and more meaningful relationships.

# MY SAFETY PLAN

Remember asking for help is not a weakness, it is the right thing to do.

## What are my warning signs?

(When do I feel unsafe and scared)

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## Coping skills I can use:

(What can I do to remove myself from danger) e.g., manage conflict positively, avoid drugs, reach out for help, etc

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## A list of people I trust that I reach out to for help or advice

Identify – a friend, teacher, neighbour, relative, social worker, or organisation. Write down their names and contact details

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## Ways I can keep myself safe

e.g., Be cyber safe, do not share personal information online, or meet up with strangers. Let someone know of my whereabouts

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# MY ACTION PLAN

Hi Changermaker, come up with an action plan to prevent GBV.

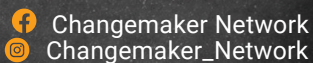
You can refer to the to page 9 and 10 for ideas.







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**Hi Changemakers :)**

*Please like our Facebook page and join our Facebook group. Ask your family and friends to do the same!*

*You can also find us on WhatsApp by following the Masifunde Changemakers Network channel!*

Cover page artwork by Lwando Lunika,  
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