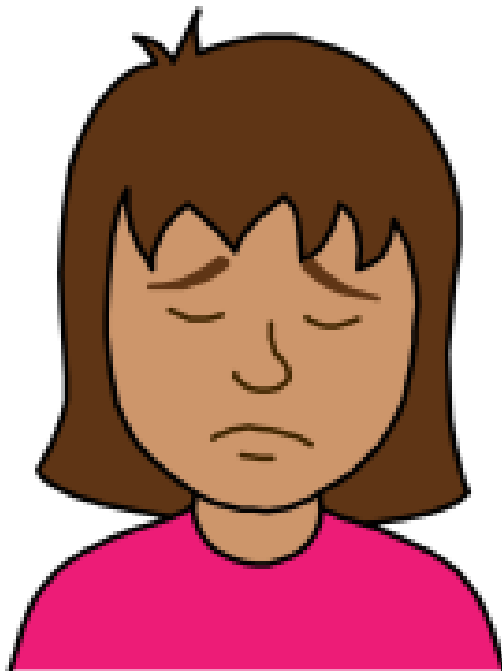




WOMEN'S  
REFUGEE  
COMMISSION

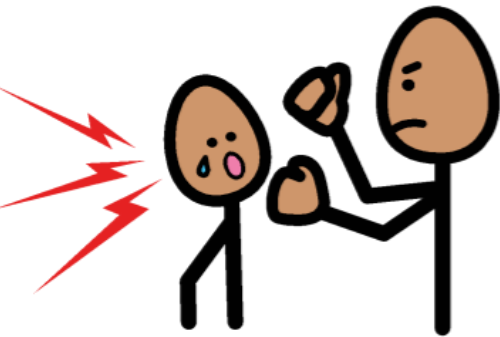
# Working with adults and children in Lebanon who have been hurt or treated very badly



# About this information

This information is about how to:

- support adults and children if violence or bad things happen to them
- help keep them safe



Violence is about hurting someone or doing bad things to them.



There are many kinds of violence.

This information talks about:

- gender based violence
- violence against children



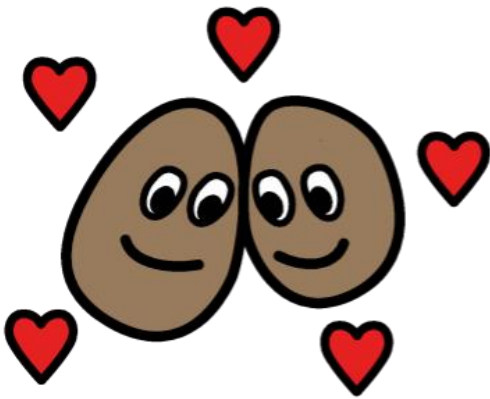
## 1. Gender based violence

This is when someone does something bad to women or girls because they are a woman or a girl.



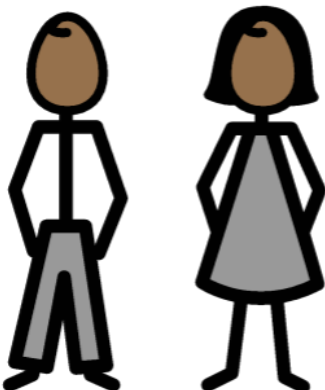
But it can happen to men and boys too.

And it can happen to people who may feel different things about being a boy or girl or about relationships.



For example, this could be:

- women who love women as more than a friend and men who love men as more than a friend
- people who were told they are a girl but feel they are a boy.  
Or the other way around

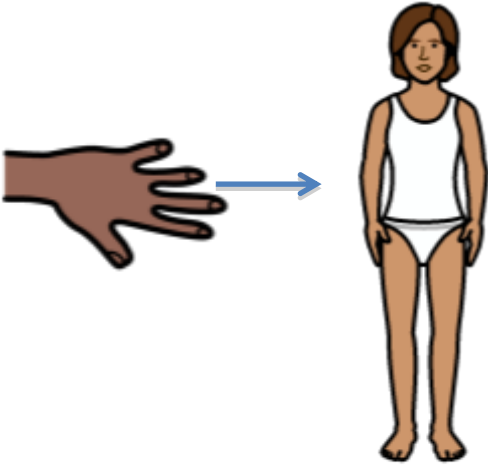


There are many kinds of gender based violence.

### **Doing something sexual**

This is when someone may try to:

- have sex with women or girls
- kiss them or touch their bodies
- touch their private parts  
or make women and girls touch their private parts



### **Forcing women and girls to do things**

Someone may try to force women and girls to do things they do not want, like:

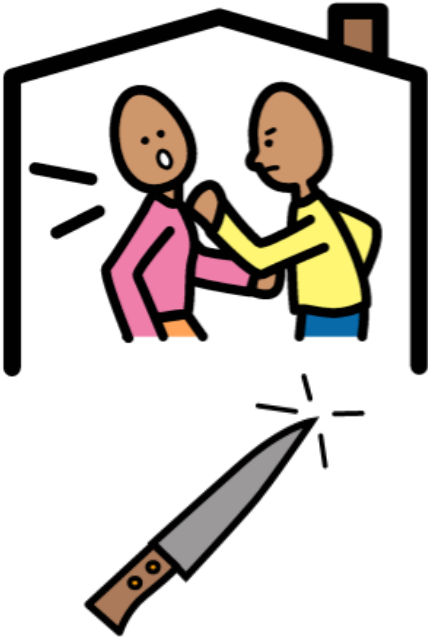
- work in a job they do not want or work for free
- get married
- have sex with them or other people



## Hurting their bodies

Someone may do things like:

- hit women and girls
- push them
- cut them between their legs
- hurt their bodies in other ways



## Saying nasty or scary things

Someone may say they will hurt women and girls or do something bad to them.



## Stopping women and girls from getting the things they need

Someone may stop women and girls from getting the things they need.

Like money, jobs, education or healthcare.



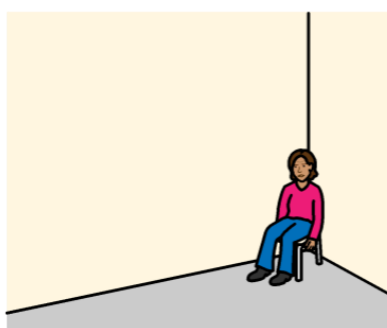
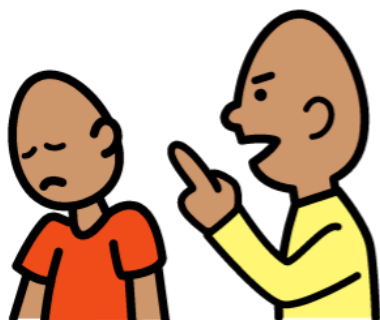
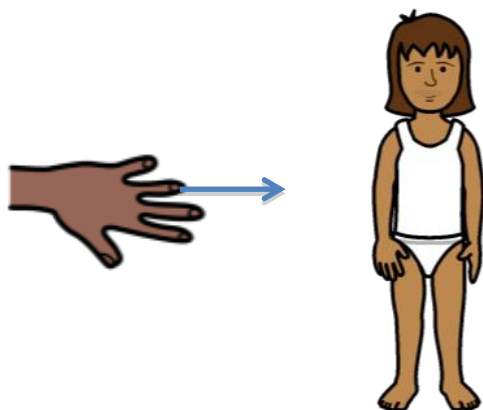
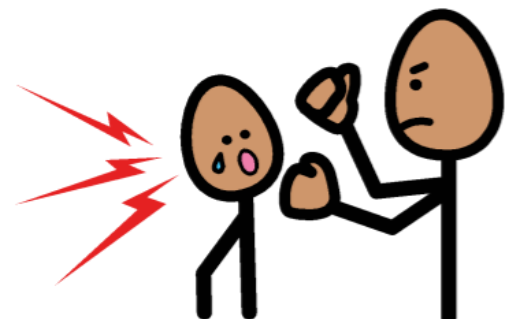
**All these things can be gender based violence.**

## Violence against children

People can hurt children in all the ways we have talked about.

For example, people may:

- hit children or hurt their bodies
- try to have sex with children or touch their private parts
- say or do nasty things to them
- force children to work or get married
- leave children without the things they need, like love, care, and enough to eat

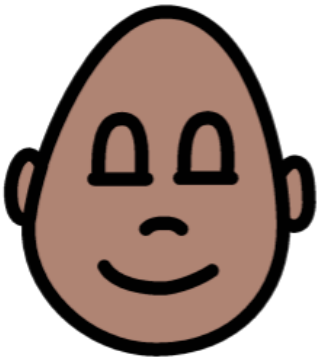


# How to support adults and children if bad things happen to them or they may be in danger

Here are some important things to remember:

1

## Make sure the person is safe at all times



Talk to the person about being safe and the different ways you can help them be safe.

Don't do anything that may hurt them or put them in danger.

2

## Keep the person's information private and safe



Talk to the person to agree:

- if they want other people to have information about them
- when it may be OK to share information about them

Don't tell anyone else what happened to the person without them saying yes first.

### 3

## Find out what the person needs and wants

It is important to make sure that:



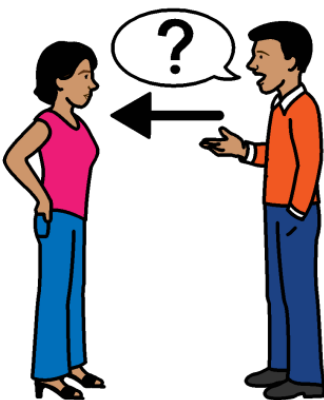
- you find out what the person wants and what is important to them
- the person is happy to take part in any meetings or talks



- the person is happy with all decisions
- the person gets their rights

### 4

## Treat everyone fairly



- **All** adults and children should get the care and support they need.
- People should get easy information about the support they can get.
- Talk to people to find out what they need. Do not decide for them.



# 5

## Think about what is best for each child



This means:

- thinking about who the child is and what they need
- finding out what the child wants too



Children should get:

- information they understand about what is happening
- support to speak up and make choices



Parents should also help with decisions, but not if they are hurting the child.

If they are, try to find another adult that the child trusts.

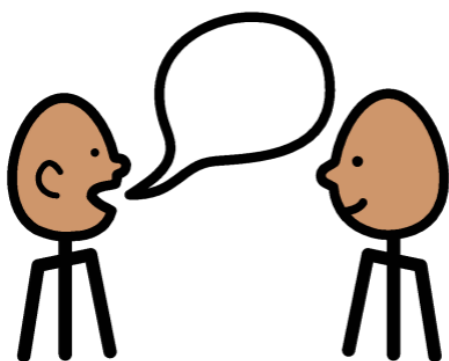
## What to do if an adult or child has been hurt and asks you for help



### Things to do



- Talk to the adult or child in a safe and quiet place.



- Listen to what they say and try to understand how they feel.

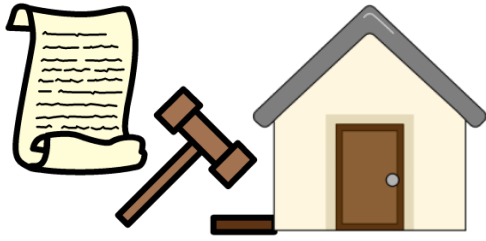
Say things to help them, like:

I believe you

I am sorry this happened to you



- Tell the adult or child what help and support they can get



- Tell the adult or child they can get free support with things like health, the law and a safe place to live.

Someone will help them with this.



For example, someone called a **case worker**.

They know how to give people the right support.



They know about the support people can get.

Ask the person if they want support from a case worker or some other support



- Make sure the adult or child understands what you tell them.
- Let them decide if they need any help and who they may want support from.



## Do not:



- Ask the adult or child questions about what happened to them. This may upset them a lot.



- Tell the adult or child what to do.

It is fine to give them information to help them choose.

But don't tell them what you think is best.



- Make any promises that may not happen.
- Talk to other people that the adult or child knows without asking them first.



## Case worker

If someone has been hurt and asks you for help you can contact the person below.

This person is called a **case worker**.

They can support the person who has been hurt.

Their name

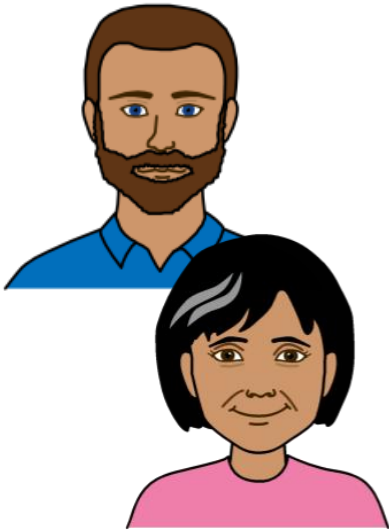
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Their phone number

---



## Some hard words you may need to know



### Gender

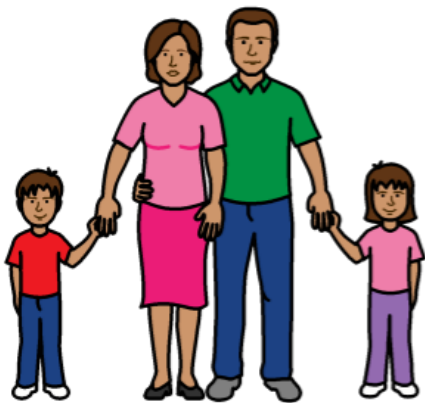
Gender is about being a man, a woman or something else.

It is about what people think men and women are like and what they should do.

For example, people may think that women should do certain things and men should do other things.

Some people may behave in a way that other people think is not like a woman or man should be.

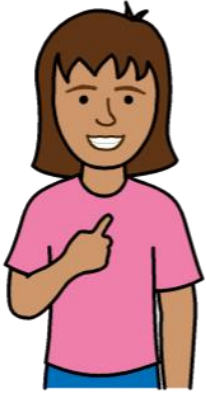
The idea of what women and men are like can change in different places and at different times.





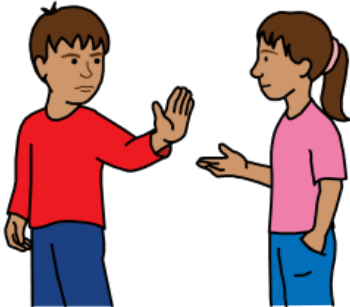
## Power

Power is something that people have.  
They can use it to help them do things.



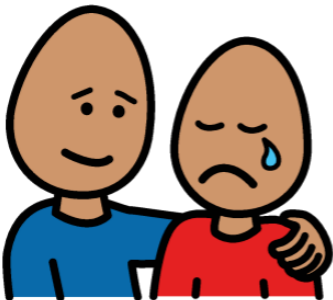
For example, you can have the power to:

- make your own choices
- change something you don't like



Power can be used in good and bad ways.

For example, someone could use  
their power to hurt someone or stop them  
doing something.



Or they could use their power to help  
someone.