

Introduction

Violence takes place throughout modern society, and it occurs in many forms. In its broadest sense, violence refers to the unjust use of force and power. This definition implies much more than physical forms of violence and includes social norms, values, political and economic policies. Many acts of violence towards women evolve as part of women's subordinate status in society. Forms of abuse that affect multiple women in certain populations include female genital mutilation, female infanticide and trafficking of women for sexual exploitation.

Violence often results in mental and physical consequences, including long-term disability or death. Violence is a leading killer of young people. Women are disproportionately victims of violence throughout the world. It is estimated that more than 2.5 million females experience some form of violence each year.

Definition of violence

According to United Nations Commission on the Status of Women, in September 1992:

Any act of gender based violence that results in, or is likely to result in physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivations of liberty, whether occurring in public or private life.

Types of Violence

In the Family

Physical, sexual and psychological violence that occurs in the family, including battering; sexual abuse of female children in household; dowry related violence; marital rape; female genital mutilation and other traditional harmful practices; non-spousal violence; and violence related to exploitations.

In the Community

Physical, sexual and psychological violence that occurs within the general community, including rape; sexual abuse; sexual harassment and intimidation at work, in educational institutions and elsewhere; trafficking in women; and forced prostitution.

In the government

Physical, sexual and psychological violence ^{comit crime.} perpetrated or condoned by the state wherever it occurs like police custodial violence, women in situation of armed conflict, violence against women migrant workers, refugees and displaced women.

Types of violence during life span

Phase	Type of violence present
Pre-birth	<u>Sex selective abortion</u> (China, India and republic of Korea) <u>battering during pregnancy</u> (emotional and physical effects on the women, effects on birth out come) <u>coerced pregnancy</u> (for example, mass rape in war)
Infancy	<u>Female infanticide</u> , emotional and physical abuse, <u>differential access to food and medical care for girl infants</u>
Girlhood	<u>Child marriage</u> , <u>genital mutilation</u> , <u>sexual abuse by family members and strangers</u> , <u>differential access to food and medical care and child prostitution.</u>
Adolescence	<u>Dating and courtship violence</u> (acid throwing in Bangladesh, date rape in U.S.A) , sexual abuse in the work place rape, <u>sexual harassment</u> , <u>forced prostitution</u> , <u>trafficking in women.</u>
Reproductive age	Abuse of women by intimate male partners, <u>marital rape</u> <u>dowry abuse and murders</u> , <u>psychological abuse</u> , <u>sexual abuse in the work place</u> , <u>sexual harassment</u> , <u>abuse of women with disabilities.</u>
Elderly	<u>Abuse of widows</u> , <u>elder abuse</u> (in the U.S.A the only country where data are available, elder abuse affect mostly of women.

Source :(Heise, Lori, Violence against women. The Hidden Health Burden, Washington, D.C: The World Bank, 1994.

▪ Patriarchal system

In patriarchal system where woman is considered subordinate of her male counterparts, she is used as commodity; Violence on women is usually used as a tool to control her. From very beginning of her birth she has to realize that she is inferior to that of her male counterparts by many examples like son preference, so these attitudes promote violence in the society.

▪ Legal injustice

There are many laws and rules against violence but there is no proper system to implement such laws and policies. Many laws and policies are discriminatory like Hudood laws, which is a great example of discrimination against women in Pakistan. In spite of providing security police is also indulged in exploitation of women and violation of law, police custodial violence is an example. This kind of attitude on behalf of police, encourages the criminals instead of providing security to victims of violence promotes violence. So people are less likely to report such cases.

Strategies to eliminate violence

A. Provide services for women and girl child

1. Form women's groups which can counsel and represent women and girls who are victims of abuse, pressure govt. in to changing and enforcing laws and conventions and undertake programs of public education on the prevention of violence against women and girl child.
2. Have a women's groups do an audit of the kinds of violence against women most prevalent in their communities they should then prioritize the problems, brainstorm solutions for them, and set up a critical path to realize their solutions.
3. Create shelters for the safety of battered women until they can find long-term solutions. In situations where there is long-term danger for women, create second stage housing for them.
4. Design and present workshop for women and girls, advising them of their human rights to bodily integrity, naming the violence, and

Encouraging them to discuss ways of addressing violence in their own lives.

5. Train medical personnel to recognize and treat victims of violence and ensure that these situations are investigated.
6. Develop appropriate counseling, techniques and services, which are available to all women and girl child victims of violence.
7. Support the education and training of girls and women into economic self-sufficiency in order that they will not be financially obliged to stay in dangerous situations with abusers.
8. Cultivate independent income sources for women by forming cottage industries, credit groups and cooperatives.
9. Create women police forces and police stations so that women victims of violence will be more confident in coming forward with their problems.

B. Change men's behavior

1. Implement gender sensitive education at all levels of schooling, from grade school to high school and within public institutions of higher learning. Such education could emphasize the positive interaction of girls and boys in study and in play, offer equal opportunities to girls and boys to study the same subjects, and stress the importance of adult role models, both women men, from various culture, economic, ethnic, political, racial and religious backgrounds.
2. Some research indicates that if men participate fully in family life, they are less likely to be violent and economically irresponsible to their wives and children. Some of the ways of enhancing men's role in family life include encouraging them to be present at the birth of their children, cultivating close relationships between men and their children, and having men share in household tasks. Some of the problems of this kind of solution raises are that it challenges long-held traditions and may create resistance, which it renders men more vulnerable in the workplace, and that men have no role models for this kind of change.
3. Bring about change by creating a legal and ethical framework that fosters social and economic justice in marriage and in the parent-child relationships.

4. Increase the price men pay for their violence through laws that fine them, imprison them, and banish them for acts of violence against women and girl child.
5. Establish therapeutic treatment programs for abusers. Although the success rate of these programs is often low and the dropout rate is high, it still might be worthwhile creating such programs as part of abusers' prison treatment.
6. Set up programs of popular education, which promote gender equity, responsible fathering and alternative masculine role models.

C. Alter legal practices

1. Form women's groups to examine and change the laws in their communities in order to protect women from violence. These groups will learn how to pressure legislators for change.
2. Develop liaisons between law enforcement officers and women's groups.
3. Train law enforcement officers to ensure that initial police response to violence does not lead to revictimization of the victims.
4. Educate lawyers, judges and legislators about violence in its many guises, and about the human rights issues related to violence. Pressure them to establish an appropriate protocol regarding how they will address violence against women.
5. Lobby government to ratify and implement international human rights agreements and treaties, to remove inappropriate reservations, and to support the pursuit of international criminal justice.