

The Project

The aim of the project Breaking the Cycle of Violence is to help vulnerable women who are in heightened risk of domestic violence or victims to break from the cycle of violence.

The project has identified four target groups – LGBTI women, disabled women, migrant women and victims of domestic violence – who were given specialised mentoring sessions on identifying signs of violence, support services available to them amongst other topics. Apart from this, the project included an awareness raising campaign for the general public, a train the trainer programme with Malta Girl Guides (MGG) and Scouts Association Malta as well as information sessions with advocates, HR personnel and public service employees.

Il-Proġett

L-għan tal-proġett Breaking the Cycle of Violence huwa li jgħin lil nisa vulnerabbli li jinsabu f'riskju akbar ta' vjolenza domestika jew vittmi biex ikissru ċ-ċiklu tal-vjolenza.

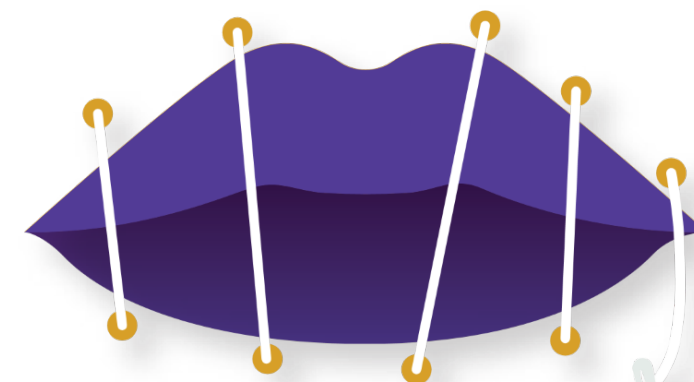
Il-proġett identifika erba' gruppi fil-mira – nisa LGBTI, nisa b'diżabilità, nisa migranti u vittmi ta' vjolenza domestika – li ngħataw sessjonijiet ta' mentoragg' speċjalizzat dwar l-identifikazzjoni ta' sinjali ta' vjolenza, is-servizzi ta' appoġġ disponibbli għalihom fost sugġetti oħra. Minbarra dan, il-proġett inkluda kampanja ta' sensibilizzazzjoni għall-pubbliku ġenerali, programm ta' taħriġ għal min iħarreġ mal-Malta Girl Guides (MGG) u l-Assocjazzjoni tal-Iscoots ta' Malta kif ukoll sessjonijiet ta' informazzjoni ma' avukati, persunal tar-rizorsi umani u impjegati tas-servizz pubbliku.

Professional Services

Supportline	179
Emergency Line	112
Legal Aid	25674330
Victim Support Malta	21228333
Social Work Unit Gozo	21556630
Mental Health Malta	23304313
Dar Merħba Bik	21440035
Dar Emmaus	21552390
SOAR Support Group (SJAF)	21808981
Women's Rights Foundation	79708615
Rainbow Support Service (LGBTIQ)	21430009
Fondazzjoni Dar il-Hena	27888211
Programm Sebħ-Dar Qalb ta' Ġesù	21482504
Kellimni	kellimni.com



MINISTRY FOR EUROPEAN AFFAIRS
AND EQUALITY



GENDER-BASED VIOLENCE AT THE WORKPLACE



Co-funded by the Rights, Equality and
Citizenship (REC) Programme of the
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WHAT IS GENDER-BASED VIOLENCE?

Gender-based violence is a form of violence based on gender, wherein most victims are women or girls.

VIOLENCE AT THE WORKPLACE

- Discrimination based on race, gender, religion, disability, sexual orientation, age, etc.
- Inappropriate/ offensive comments, humiliation, intimidation.
- Threatening behaviour.
- Intrusion in personal life.
- Isolating, belittling, discrediting.
- Inappropriate sexual jokes/ gestures or offering opportunities in exchange for sexual services.

RESPONDING TO VIOLENCE

1. Create a safe space for victims to speak up and do not be judgemental.
2. Empathise and do not blame the victim.
3. Analyse whether there is immediate danger to the victim.
4. Give information about available services.
5. Build awareness on domestic violence and gender-based violence at the workplace.



SIGNS OF VIOLENCE

Violence manifests itself in different forms, such as:

- Physical
 - Hitting
 - Strangling
 - Use of weapons
 - Murder
- Psychological Abuse
 - Threats
 - Humiliation
 - Forcing isolation
 - Jealousy
- Sexual
 - Sexual jokes
 - Forced prostitution
 - Rape
 - Unwanted physical contact
- Economic
 - Maintaining control over financial resources
 - Forbidding employment
 - Limiting career progression
- Coercive Control

SINJALI TA' VJOLENZA

Il-vjolenza tidher f'forom differenti, b'hal:

- Fizika
 - Swat
 - Qbid mill-ghonq
 - Użu ta' armi
 - Qtil
- Abbuż Psikoloġiku
 - Theddid
 - Umiljazzjoni
 - Sfurzar ta' iżolament
 - Ghira
- Sesswali
 - Čajt b'konnotazzjonijiet sesswali
 - Prostituzzjoni sfurzata
 - Stupru
 - Kuntatt fiżiku mhux mixtieġ
- Ekonomika
 - Żamma ta' kontroll fuq ir-rizorsi finanzjarji
 - Tičhid ta' impjeg
 - Limitazzjoni tal-progressjoni fil-karriera
- Kontroll Koercittiv

VJOLENZA ABBAŽI TAL-ĠENERU

Vjolenza abbaži tal-ġeneru hija forma ta' vjolenza bbažata fuq is-sess, fejn il-bičča l-kbira tal-vittmi huma nisa jew tfajliet.

VJOLENZA FUQ IL-POST TAX-XOGHOL

- Diskriminazzjoni bbažata fuq ir-razza, is-sess, ir-religjon, id-diżabilità, l-orjentazzjoni sesswali, l-età, eċċ.
- Kummenti mhux xierqa/offensivi, umiljazzjoni, intimidazzjoni.
- Imġiba ta' theddid.
- Indhila fil-hajja personali.
- Iżolament, disprezz, diskreditar.
- Čajt/mossi sesswali mhux xierqa jew għoti ta' opportunitajiet bi skambju għal servizzi sesswali.

KIF TWIEĠEB GĦALL-VJOLENZA

1. Ohloq spazju sikur għall-vittmi biex jtkellmu u tiġġudikahomx.
2. Empatizza l-vittma u tagħthiex it-tort.
3. Analizza jekk hemmx periklu immedjat għall-vittma.
4. Aġhti informazzjoni dwar is-servizzi disponibbli.
5. Ibni għarfien dwar il-vjolenza domestika u vjolenza abbaži tal-ġeneru fuq il-post tax-xogħol.