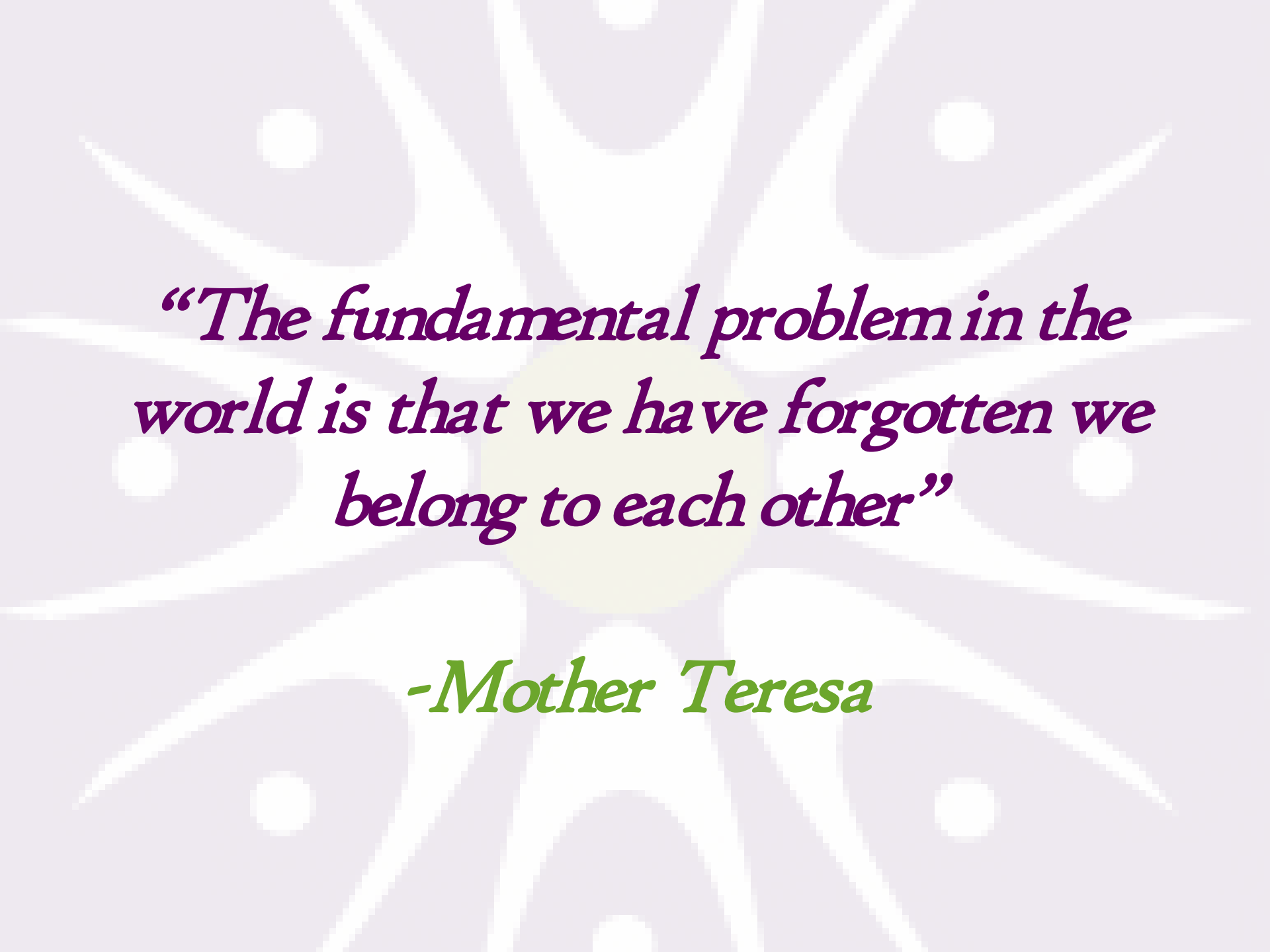


# Violence Against Women: The Difference We All Can Make



Colleen Sutkus, ICADV  
Marian Sasseti, MD, FAAFP  
Ave Zuccarino



*“The fundamental problem in the world is that we have forgotten we belong to each other”*

*-Mother Teresa*



*From Womb to Tomb*



**The vast majority of violence  
against women and girls is  
perpetrated by men.**



**The vast majority of violence  
against men and boys is  
perpetrated by men.**



The vast majority of men  
are *NOT* violent.



SO.....

We are all in this together

*and*

together can solve this pandemic.

# IMPACT



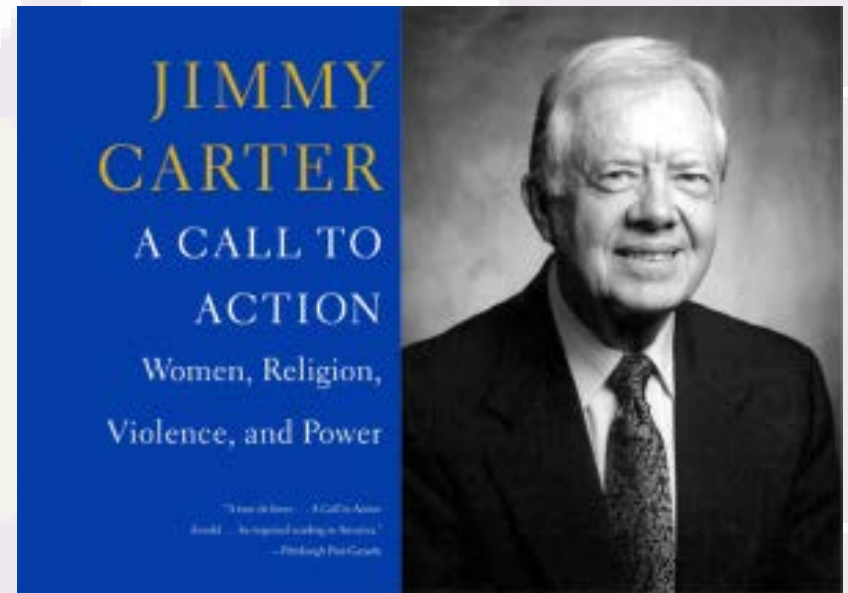
United Nations Secretary-General's Campaign

- ▶ Physical, sexual and mental health consequences --- even death.
- ▶ Prevents women from fully participating in society.
- ▶ Lasting consequences for families, communities and the country.
- ▶ Tremendous health care and economic costs

The United Nations  
*United Women 2011*



**“The abuse of women and girls is the most pervasive and unaddressed human rights violation on earth.”**



A true global pandemic: 1 in 3 women will experience sexual and/or physical **violence**

In the US, 1 in 3 women will experience sexual violence

- 8/10 committed by someone the victim knows
- 1 in 8 rape victims are younger than age 10
- 1 in 3 rape victims are between ages 11 and 17

# Pandemic: Sexual Violence

- 1 in 4 college women experience rape or attempted rape
- Date rape is the most underreported of all violent crime
- Less than 10% of cases reported to police result in any criminal charge

# Pandemic: Sexual Violence

- 1 in 12 college men admit having fulfilled the prevailing definition of rape....yet none of them identify as rapists
- 30% of women who have been raped think about suicide after the incident

# Sexual Harassment

- 60% of women receive unwanted sexual attention at work
- 33% of women have been sexually harassed at work (50% of women med students; up to 65% of women physicians!)
- More than 90% of women in the service industry have been sexually harassed at work

# Sexual Harassment

- 70% of women don't report their harassment
- 45% report that the harassment negatively impacts their work
- Women who are sexually harassed on the job are 6.1 times more likely to leave the job

# Health Burden

## Long Term Consequences

- Depression, anxiety, PTSD
- Gyne and reproductive health issues
- Chronic GI and cardiovascular issues
- Increased ER visits
- Substance abuse and addictions
- Suicide

# Health Burden

- 65% of women on inpatient psychiatric wards have endured some form of violence against women
- Health care workers who minister to these victims report:
  - *dramatically higher rates of burn-out*
  - *a negative world view, cynicism, and a desire to leave the field of medicine*



# Economic Burden

**US Dept. of Justice:** Violence against women accounts for a loss of \$127 billion annually

- *\$5.8 billion on medical and mental health services*
- *\$12 million on legal costs*
- *\$1.8 billion lost in worker productivity*

**CDC:** 8 million days off from paid work = 32,000 full time jobs gone undone

# A Public Health Perspective

Is Violence against women less important than...

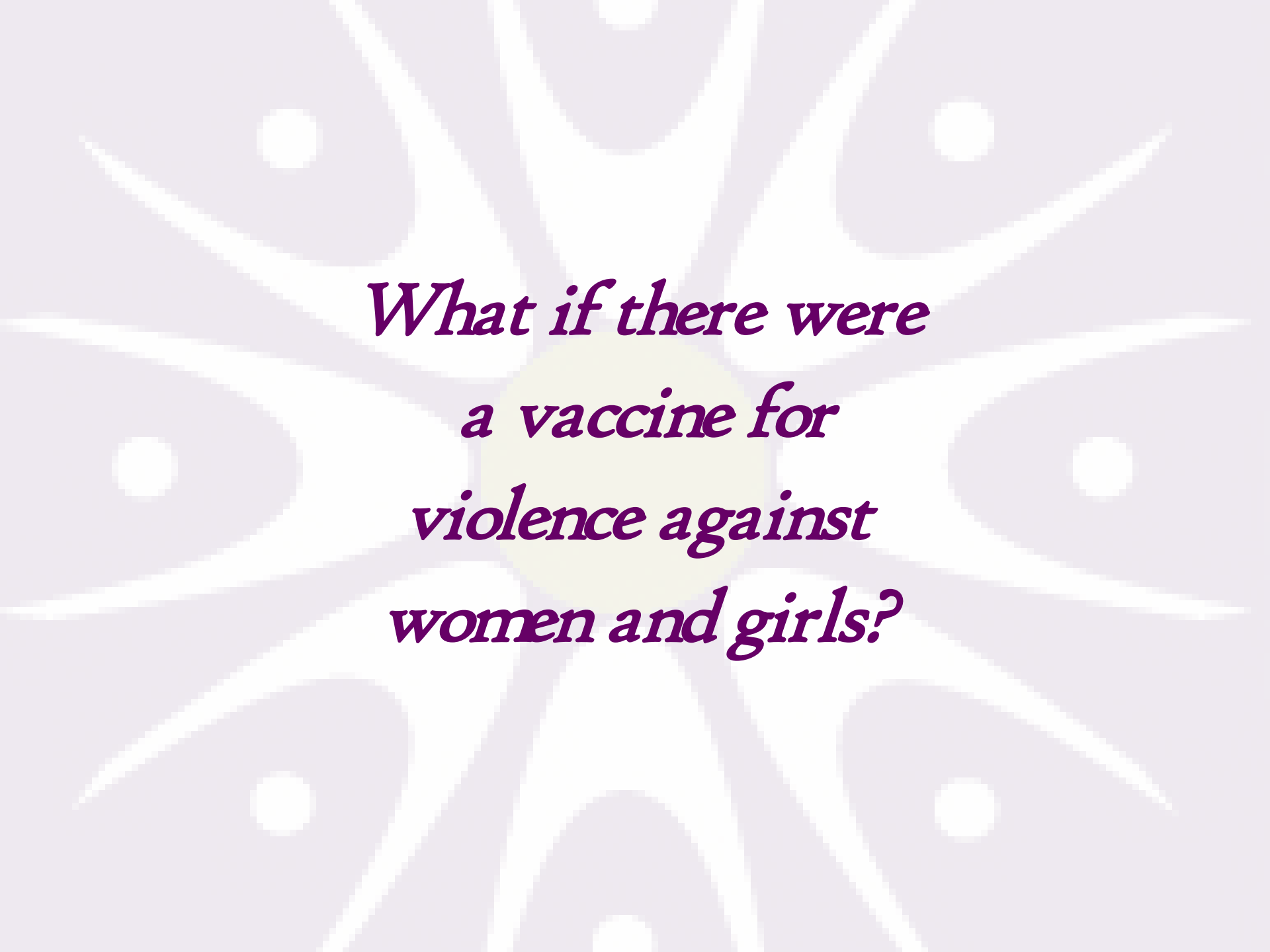
*-Prenatal screens for rubella, syphilis, HIV, diabetes?*

*-Lice? Pink eye? Strep Throat?*

*The “sports physical”? Nutritional education?*

*-Pre-op clearances?*

*- Meningitis vaccine?*



*What if there were  
a vaccine for  
violence against  
women and girls?*



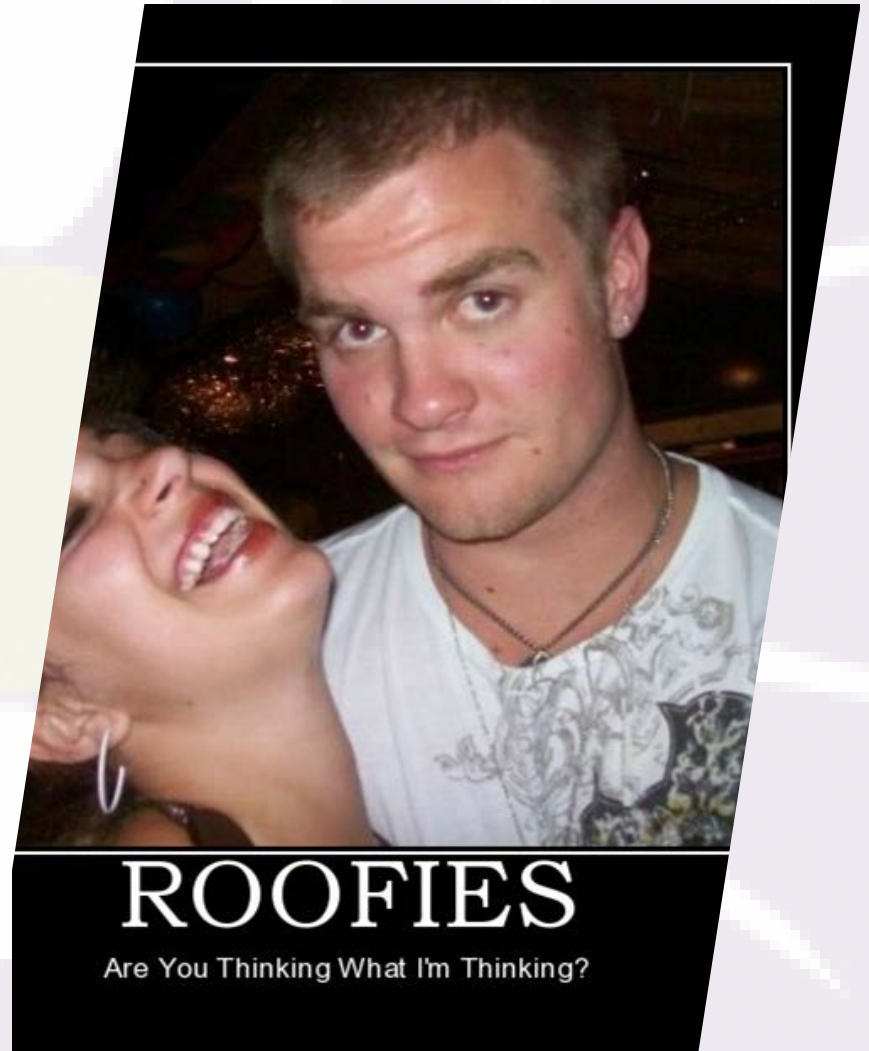
*Which could  
prevent these  
precious, loving  
boys...*

**From ever  
choosing  
this...**



gettyimages  
PetrePlesca

Or  
this...





Or  
this...

*Now,  
hold this  
vision..*







*And  
this one...*

*And  
this one...*





# DOMESTIC VIOLENCE

*Colleen Sutkus, ICADV*



**COURAGE AMONG US:**  
Healing the Past  
and  
Hope for the Future

*Ave Zuccarino*



*TOWARDS A SOLUTION*

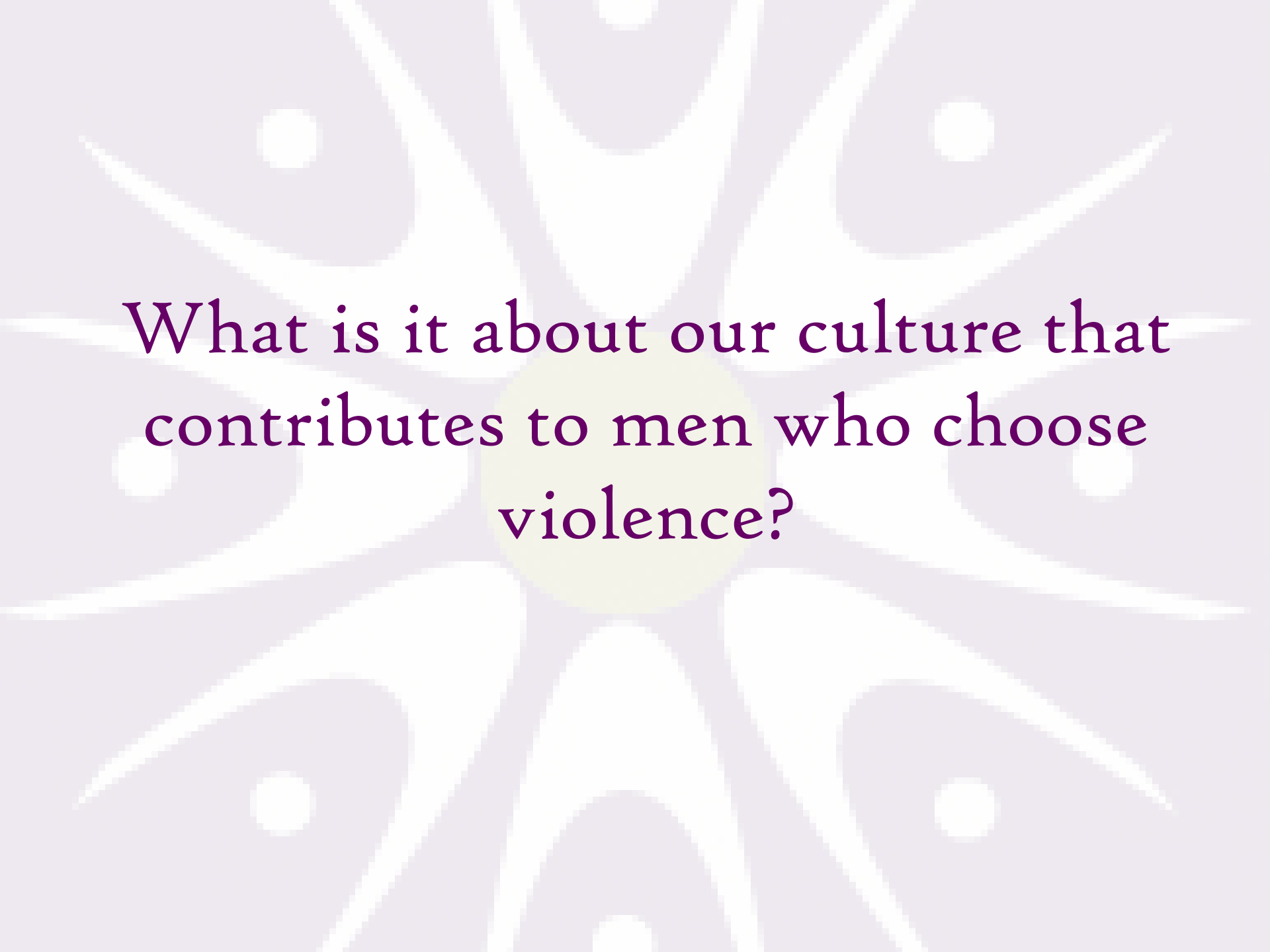
*Violence against  
women is a  
cultural problem*

*For cultures to  
change, awareness  
comes first*

*WHERE WE  
CAN START*

*First step:  
acknowledge its  
exists*

*Think of all other  
movements*



What is it about our culture that  
contributes to men who choose  
violence?

# What is it about our culture?

## Our culture teaches young boys to:

- *reject all things feminine and female*
- *ally themselves with the “Boys Club” at huge emotional/ psychological cost and sacrifice*



# What is it about our culture?

**Exclusion from the boys club is so profoundly painful that:**

- a majority of boys and men will at some point consider suicide to escape unattainable expectations of manhood*

# What About Our Culture?

- Objectification and sexualization of women, girls
- Sanctioned use of sexual degrading terms
- Rampant rape culture
- Victims depicted as culpable
- Deeply ingrained male privilege/supremacy

# What About Our Culture?

## The role of language:

- *passive tense*
- *crimes men commit are described as “women’s issues”*
- *Julia Penelope’s work*
- *Eve Ensler’s work: “Women do not rape and abuse themselves”*

# What are the characteristics of men who choose violence?

- *Have rigid stereotypic views of men's and women's roles*
- *Grew up in violent homes – learned behavior*
- *Live in communities where VAW is tolerated or outright condoned*
- *Have a sense of entitlement, act out of male privilege*

# Characteristics of men who choose violence

- *Consume large amounts of pornography, especially violent/aggressive porn*
- *Are not confronted for sexist views*
- *Live with or work for male leaders who denigrate women, use sexist language, tolerate harassment*

*Of note: One of the greatest predictors of men who commit acts of terrorism is a prior history of violence against women.*

## Solutions

**The problem ends where it begins – with the enculturation of boys and men**

- It's far easier to grow wonderful boys and men than to fix broken hearts, minds, and families
- Where leaders display intolerance of abuse and role model respect for all persons, we see dramatically lower levels of violence against women

# WHAT IS WORKING NOW?

- JAMA Pediatrics *Coaching Boys To Men*: 76% reduction in abusive behaviors
- Futures Without Violence Free Training Programs
- United Nations UN Womens' Free Project Designs
- He for She



# WHAT IS WORKING NOW?

- #I'llSPeakUP
- TimesUpHealthCare Allies -- “Manels”
- US Military and Campus Bystander Training
- Illinois mandate 2020: health care providers  
MUST train in Preventing Sexual Harassment  
to renew license

“Only men can end men’s violence against women. It begins with men becoming more aware and starting to understand that they are the solution.”

*Ted Bunch*

*Founder of A CALL TO MEN*

*#Iwillspeakup*

*(Schnall, M 2017)*



BE THE KIND OF  
MAN  
YOU'D WANT YOUR  
SISTER  
TO BE WITH

[HPLYRIKZ.TUMBLR.COM](http://HPLYRIKZ.TUMBLR.COM)

How can each of us help?

What **NOT** to say:

“Boys will be boys”

“Man Up!”

“Boys/men don’t cry”

“No girls allowed.”

“You’re a sissy/homo/p\*\*\*\*y”

# What **NOT** to do:

- Watch abuse without commenting/stopping/calling it out
- Patronize institutions/products that use sex/objectification to sell products
- Laugh at jokes that objectify women/girls or glorify rape
- Listen to songs that glorify abuse of girls or women
- Belittle service personnel

# What **NOT** to do:

- *Perpetuate institutional/religious/cultural prohibitions against women and girls*
- *Speak passively about men who commit crimes:*
  - **NOT:** *“A battered woman was beaten.”*
  - **RATHER:** *“A man beat his girlfriend.”*
- *Remain silent*

# What NOT to do:

## Never ask...

- whether a victim was drunk
- what “made him beat her?”
- what a victim was doing/wearing/drinking or whether she was by herself
- why a victim didn’t report a crime, run, or scream for help

# What **NOT** to do:

*Do not judge!*

Do not judge how she carries herself.  
Instead be in awe of what she carries.

(Gregory Boyle, SJ)



# What TO DO:

- Recognize that research tells us boys are HUNGRY for instruction on how to become men....
  - what manhood means, how to treat women, sex, courage
  - they are hardwired for this initiation but they seldom get it
  - If we don't teach them, the locker room, Hollywood, pornography, and sexting will.

# What **TO DO**:

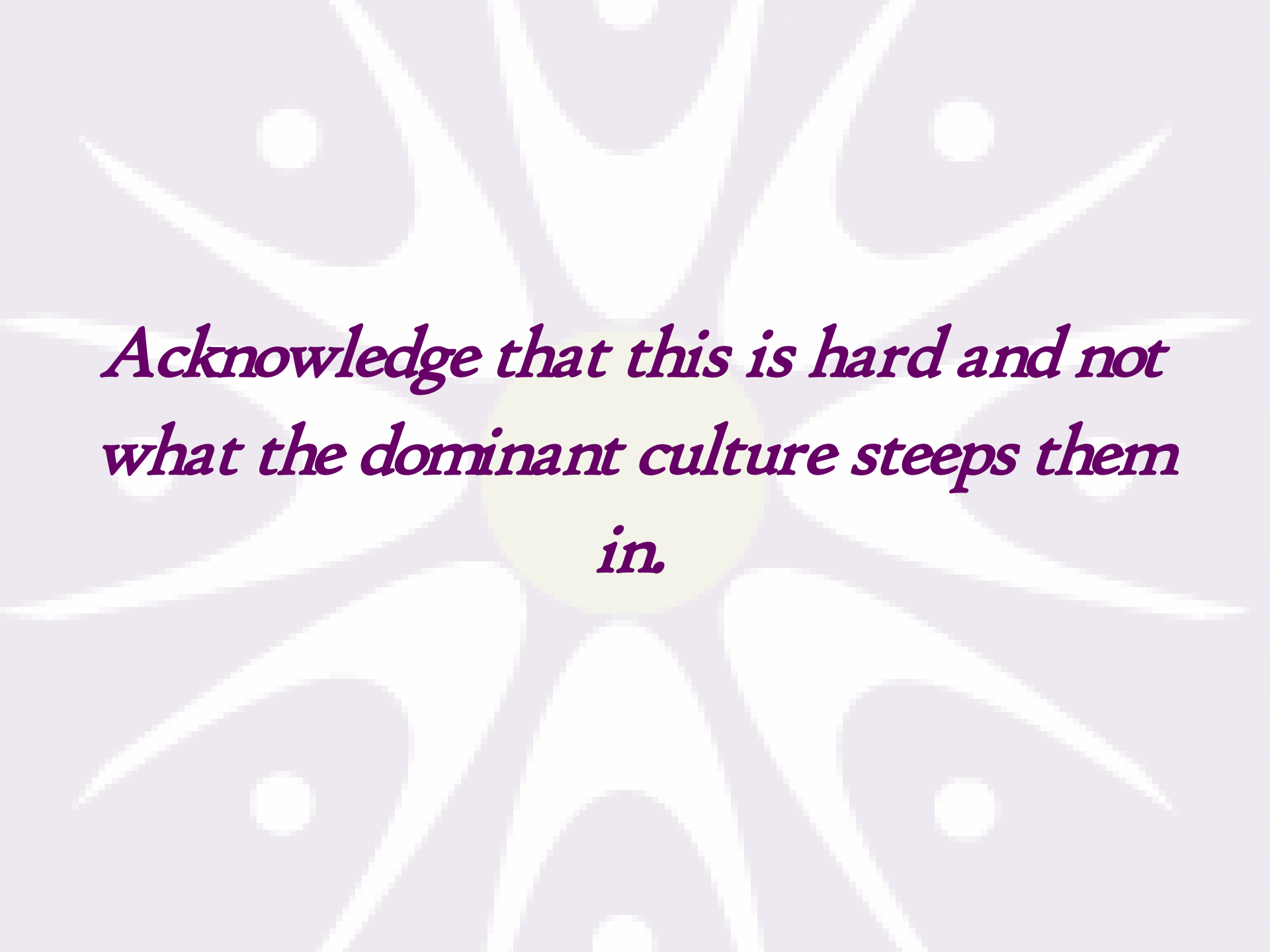
- Celebrate the men and boys in your life
- Remind them they are perfect just how they are
- Create safe spaces for boys and men to show emotion/tears/fear/insecurities
- Start conversations when confronting violent images/songs “What are your thoughts about...”

# What TO DO:

- Call out and role model kindness, compassion, empathy, and fairness
- Reward and thank boys and men for sensitivity and generosity of spirit

# What TO DO:

- Let boys and men know what you think  
COURAGE and BRAVERY really look like
- Have recurring conversations to clearly state your expectations for equal, sensitive, caring treatment of girls and women



*Acknowledge that this is hard and not  
what the dominant culture steeps them  
in.*

# What TO DO:



Remind every girl and woman you know how precious she is and to expect respect and fair treatment always



Let everyone who frequents your home know what you stand for



Make your home a judgement-free zone for their questions, insecurities, fears

# What TO DO:

## Be intentional...

- Tell every girl/woman that you will never blame her for any crime that befalls her
- Tell every victim you believe her and she has nothing to be ashamed of



*Hold a vision for your boys as well as your  
girls and revisit the vision with them  
regularly*



March 8, 2020

*Add your voice  
however you  
choose!*



*Congratulate yourself for being part of the solution! Show yourself kindness and gratitude for the unique gifts you offer.*



**HOPE**

**RESILIENCE**

**RECOVERY**