



SAFETY SHEET, FACT SHEET &  
RADIO PRODUCTION GUIDE

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# DOMESTIC VIOLENCE AND SAFETY DURING COVID-19

## INTRODUCTION

Many of us have been impacted by COVID-19 in many different ways. It is expected that during times of crisis, be it war, natural disasters or a pandemic such as the one we are facing now, domestic violence is especially heightened. Domestic violence during COVID-19 may be amplified by the pressures caused by confinement and isolation, economic challenges, more frequent exposure to perpetrators, or even trouble in reaching health and counseling services.

When we think of domestic violence, we often think of the physical violence that leads to noticeable injuries for the victims, but this is only one type of violence or abuse. Domestic violence includes any behavior where the purpose of the behaviour is to gain power or control over a partner, child or any other family member within the home. Physical violence may seem to place a victim at higher risk, but other forms of abuse can also have devastating consequences for a person's health and wellbeing.

There are many other reasons causing people to remain in situations of domestic violence. During times like these, when social distancing and limitations on movement are in place, it can be even harder for people to seek the kind of help that they need. It is therefore very important to avoid 'victim-blaming' and to report on the topic with great sensitivity. Much can be changed by bringing the problem of domestic violence out into the open. The message must highlight that domestic violence is damaging to everyone and should not be neglected, especially during the COVID-19 crisis.



## DEFINITIONS

- **Gender** is a social and cultural construct that highlights the differences in men and women, girls and boys, and based on this differentiation, allocates expected roles and responsibilities to each. Gender-based roles, therefore, change over time and will vary across different cultural contexts. The concept of gender refers to the behaviours, activities, and opportunities that society considers appropriate for girls and boys, as well as for women and men - [UNICEF](#).
- **Gender-based violence (GBV)** is the term used to highlight the vulnerabilities of women and girls to various forms of violence in settings where they are discriminated against because they are female. This term is also sometimes used to describe specific types of violence against men and boys. Examples of GBV affecting women and girls include: child marriage, female genital mutilation, differential access to food and services, as well as sexual exploitation and abuse. Acts of violence against women and girls are both an expression of and a way of reinforcing male domination, not just over individual women and girls, but over females as a group of people - ([UNICEF](#)).
- **Intimate Partner Violence (IPV)** refers to behaviour by an intimate partner or ex-partner that causes physical, sexual or psychological harm. This includes physical aggression, sexual coercion, psychological abuse and other controlling behaviours - [World Health Organisation](#).
- **Sexual violence** is any act that is sexual in nature, that is obtained using force, or seeking to obtain sexual engagement, by force. Rape is one form of sexual violence. Rape is defined by physically forced or non-consensual penetration of the vagina or anus, with a penis, other body part or any other object, even if the penetration is only slight. Other forms of sexual violence include unwanted sexual comments and advances related to someone's sexuality or desire for sex. It doesn't matter who the person is who performs these acts, whether they are known or unknown to the victim, or whether it happens at work or at home - [World Health Organisation](#).
- **Physical Violence** happens when physical force is used in a way that is harmful, leads to injuries and in some cases, even death. Scratching, pushing, shoving, throwing, grabbing, biting, choking, shaking, poking, hair pulling, slapping, punching, hitting and burning, are all forms of physical violence. Using a weapon, restraint or bodily force to detain another is also a form of physical violence - [Partners4Prevention](#).

## DEFINITIONS

- **Economic Abuse** happens when perpetrators control their victims through manipulation of economic resources. This kind of abuse is also known as financial abuse. This abuse is often seen in the control that the abuser has over finances. The abuser may even demand that the victim hands over their paycheck, and still, does not allow them to have a say regarding how the money is spent. They may have financial secrets or hidden bank accounts, and are not open regarding finances, limiting the victim's access to money or giving them only a small allowance.
- **Emotional or psychological abuse** includes any act that damages the self-esteem, identity or development of an individual. Humiliation, repeated yelling or shaming, inducing fear through intimidating words or gestures, controlling behaviour and destroying possessions, threatening loss of custody of children, forced isolation from family or friends, threatening to harm an individual or someone they care about, are all examples of emotional and psychological abuse - [Partners4Prevention](#)
- **Isolation** is one of the forms of abuse that is closely connected to controlling behaviours. It often doesn't happen on it's own, but is the outcome of other abusive behaviours. By keeping the victim from seeing who they want to see, doing what they want to do, setting and meeting goals, and controlling how the victim thinks and feels, the abuser isolates the victim from the resources that could help them to leave the abusive relationship. By keeping the victim socially isolated, the abuser keeps the victim from contact with the outside world - [One Place Family Justice Center](#).
- **Digital Abuse/Cyberbullying** happens when technology is used to bully, harass, stalk or intimidate a person. This can happen via texting or messaging on social networks. In most cases, this abuse takes the form of emotional and/or verbal abuse, and even though it happens online, it can have a strong impact on a victim in real life. Cyber-bullying usually takes place between two young people. Cyber-bullying involves harassing, threatening, embarrassing, or humiliating young people online. It is often aimed at younger people, including children and teenagers. When adults are involved, it is called cyber-harassment or cyber-stalking.
- **Victim-blaming** is the attitude that suggests that the victim, rather than the perpetrator, is responsible for the abuse. Victim-blaming occurs when it is assumed that an individual did something to provoke the violence through their actions, words, or how they were dressed. Victim-blaming is a major reason that survivors of sexual and domestic violence do not report their abuse - [Harvard Law School](#).

## TO GET YOU THINKING

### NEWS ARTICLE:

#### UN CHIEF CALLS FOR DOMESTIC VIOLENCE CEASEFIRE AMID HORRIFYING GLOBAL SURGE

BY: ALBERT GONZALEZ FARRAN (UNICEF)  
6 APRIL 2020

United Nations chief António Guterres is calling for measures to address a “horrifying global surge in domestic violence” directed towards women and girls, linked to lockdowns imposed by governments responding to the COVID-19 pandemic.

Guterres says: “Peace is not just the absence of war. Many women under lockdown for #COVID19 face violence where they should be safest: in their own homes.”

Research by the World Health Organization (WHO), details disturbing impacts of violence on women’s physical, sexual, reproductive and mental health: women who experience physical or sexual abuse are twice as likely to have an abortion, and the experience nearly doubles their likelihood of falling into depression. In some regions, they are 1.5 times more likely to acquire HIV, and evidence exists that sexually assaulted women are 2.3 times more likely to have alcohol disorders.

The UN chief urged all governments to make the prevention and redress of violence against women a key part of their national response plans for COVID-19, and outlined several actions that can be taken to improve the situation (see list of key action points):

- Increase investment in online services and civil society organizations;
- Make sure judicial systems continue to prosecute abusers;
- Set up emergency warning systems in pharmacies and groceries,
- Declare shelters as essential services;
- Create safe ways for women to seek support, without alerting their abusers;
- Avoid releasing prisoners convicted of violence against women in any form; and
- Scale up public awareness campaigns, particularly those targeted at men and boys.

“Together,” concluded the UN Secretary-General, “we can and must prevent violence everywhere, from war zones to people’s homes, as we work to beat COVID-19”.



## TO GET YOU THINKING

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- Who is domestic violence mainly directed towards?
- What impact does violence have on women's health?
- Which one of the UN chief's suggestions do you think is the most important, and why?
- If you were in a position of official leadership, what message would you give to victims of domestic violence?

## DOMESTIC VIOLENCE AGAINST WOMEN AND CHILDREN DURING THE COVID-19 CRISIS

Domestic violence can happen any time, but certain factors, such as the COVID-19 pandemic, seem to increase the likelihood of it happening. Perpetrators are faced with the emotional and psychological stress of unemployment and uncertainty caused by lockdown or forced quarantine, leading to increased poverty and financial insecurity. These heightened stresses can lead to increased incidences of violence. Living in confinement or needing to follow social distancing measures can limit freedom and privacy, which can also result in added stress. This stress can cause the controlling behaviours of perpetrators to surface, resulting in acts of violence that are unhealthy coping mechanisms when they feel a loss of control.

Perpetrators who already use abusive tactics in everyday life, such as isolating victims from family and friends, or from existing support systems, may increase this behaviour in the context of the pandemic. Not allowing victims to access a phone or any other means of communication with the outside world is an

example of these isolation tactics. Victims might also be controlled through surveillance or having their daily activities monitored and regulated. Where there is abuse of alcohol and other substances, women and children are more likely to be victims of assault and abuse.

The violence that children and young people are exposed to in their homes, has a negative impact on the development and growth of their brains and brain functioning. Infants and young children may experience sleep problems, fears of being alone and excessive irritability. Primary-school-age children may struggle with concentration and focus, which can affect their school work. Later in life, they may have a higher risk of suffering from depression, suicidal tendencies, substance abuse, criminal behaviour and early pregnancy, when compared to those who come from homes without violence. Studies also show that children who experience violence at home are more likely to be involved in fighting or performing aggressive acts such as bullying.

## SUPPORTING DOMESTIC VIOLENCE VICTIMS

You may believe that you don't have the skills, the resources, the know-how or the courage to intervene and help those in need. Please know that even though you can't be there in person, you can use your voice to create awareness and lobby for domestic violence solutions to be prioritised in the conversations of how to tackle the COVID-19 challenges. Intervening or interrupting a situation of

domestic violence will differ from case to case and different situations will call for different responses. Whatever the situation, it is imperative that you are able to provide a referral to a reliable programme, expert or community group that can help. Most communities will have either counselors, social workers, lawyers or even faith leaders who will be actively working to reach out to

victims of domestic violence. Make sure to share the hotlines for your region, or reach out to them yourself on behalf of a loved one.

When someone who is in an abusive relationship or someone who is a victim of domestic violence, reaches out for support, words and statements of support can help. A few examples are listed below:

#### STATEMENTS OF SUPPORT:

- I am here for you.
- I am concerned for your safety.
- There is help available.
- You are not alone.
- It isn't your fault.
- I believe you. - [Arizona Coalition To End Domestic Violence](#)

#### OTHER TIPS FOR SUPPORT:

- Don't be afraid to let them know you are concerned for their safety, and reassure them that they are not alone and there is help and support available.
- Help them recognize that what is happening is not normal and acknowledge that they are in a very difficult and scary situation.
- Listen to them. Remember it may be difficult for them to talk about the violence. What they need most is someone who will be non-judgmental.
- Make them aware that you are willing to be part of their safety plan. A safety plan is a personalized, practical plan that includes ways for the victim to remain safe while in a relationship, planning to leave, or survive after they leave. The plan can include when and how to contact friends or family, how to cope with

difficult emotions and how to take legal action.

- If they end or escape an abusive or violent relationship, continue to be supportive of them and help them find a domestic violence support programme that they can connect with.
- Remember that a survivor knows their situation best. It's important to talk with them about how to access resources for identifying safety plans. You may have ideas about what they should do, but it's important that you allow them to make their own choices.
- Take care of yourself! You deserve support too. Worrying about a loved one or someone who is experiencing domestic violence can take a toll on our emotional and physical health, especially when there are so many stressful events going on.



## NATIONAL HOTLINES FOR DOMESTIC VIOLENCE (SOUTH AFRICA)

- **Childline:**

Toll-free number: 0800 055 555

You can call this number for free.

The line is open 24 hours a day.

- **Lifeline SA/Stop Gender Violence:**

Helpline: 0800 150 150

You can call this number for free.

The line is open 24 hours a day.

- **People Opposing Women Abuse (POWA):**

Hotline number: 011 642 4345 / 011 642 4346

Email: [info@powa.co.za](mailto:info@powa.co.za)

- **South African Police Service (SAPS):**

Emergency number: 10111

Crime Stop: 08600 10111

Report cases of child abuse for police investigation: [childprotect@saps.org.za](mailto:childprotect@saps.org.za)

- **Gay Lesbian Support SA:**

SMS 079 891 3036 and a trained lay counselor will call you back.

Sharecall number: 0860 33 33 31

(You pay for half the cost of the call)

Monday to Friday: 4 pm - 10 pm, Saturday and Sunday: 10 am - 10 pm

## A MESSAGE FOR CAREGIVERS AND PARENTS

Below is an excerpt from the [UNICEF: Behind Closed Doors report](#) that states, that children should be better protected from the effects of domestic violence, as well as be provided with better support for healing following exposure to this violence. These are important messages and guidelines about what support children and young people need when they are exposed to domestic violence:

- Children need a safe and secure home environment

Every child has the right to grow up safe from harm and feel that those they love are also protected. Violence in the home shatters a child's sense of safety and security in the world and their right to live free from harm. Children need the violence in their homes to stop.

- Children need to know that there are adults who will listen to them, believe them and shelter them

Adults who work with children, including teachers, social workers, relatives, caregivers,

and parents, need the awareness and skills to recognise and meet the needs of children exposed to violence in the home and to refer children to appropriate services. Close and trusting relationships can also reduce the stress faced by children who are exposed to violence at home. Children who have a relationship with an adult who gives them love, warmth and attentive care, cope better than those who do not. Children who are exposed to violence in the home need to know that they are not alone and that the violence is not their fault.

- Children need a sense of routine and normalcy

Violence in the home can turn a child's world upside down. Routines such as going to school and participating in recreational activities should be maintained as they are vital for healthy development and wellbeing.

- Children need support services to meet their needs

Responses to children exposed to domestic violence should be comprehensive and holistic, taking into account the range of effects and needs of different children. Children must have places to go that are safe and supportive, whether that is with extended family or at a domestic violence shelter. Studies suggest that providing interventions for abused mothers can also have benefits for their children, especially when these efforts take into account the specific needs of the children.

- Children need to learn that domestic violence is wrong and learn non-violent methods of resolving conflicts

Children need to hear it reaffirmed and repeated that domestic violence is wrong. They have to see alternative role models in order to grow up with a positive idea of the future. Several countries have instituted programmes that teach young people how to avoid violence in personal relationships. Schools are key in the success of these kinds of strategies. School-based programmes can reduce aggression and violence by helping children to develop positive attitudes and values, and a broader range of skills to avoid violent behaviour. Other successful programmes emphasise conflict resolution, cooperative play and positive role models.

- Children need adults to speak out and break the silence

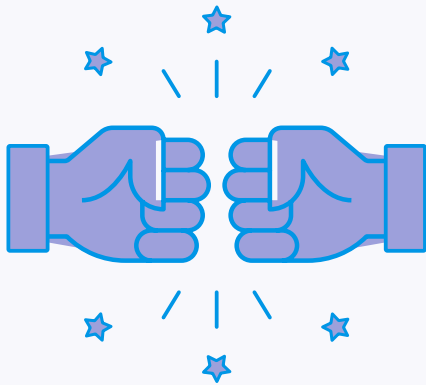
Children who are exposed to violence in the home need to know that things can change and that violence in the home can end. Children need hope for the future! Public education and awareness-raising campaigns regarding domestic violence should focus more on specific ways to address this problem and on the impact this has on children. Governments and other public institutions should speak out about the impact of violence in the home on children.

## BUSTING MYTHS

MYTH	FACT
<p><b>Domestic violence only happens in poor or uneducated families.</b></p>	<p>Domestic violence can happen in any type of family, regardless of their educational level, race, income, ethnicity, profession or religion.</p>
<p><b>Only physical violence counts as domestic violence.</b></p>	<p>Domestic violence is any behaviour that can be defined as controlling or violent, that causes sexual, financial, emotional, psychological and physical harm or feelings of fear by a family member, partner or ex-partner.</p>
<p><b>Children and young people aren't really affected by domestic violence happening between their parents or other adults in the home.</b></p>	<p>Seeing violent behaviour between adults, or perpetrated by one parent towards another, as well as growing up in an unpredictable, fear-filled environment, can have significant detrimental impacts on children. Young people exposed to domestic violence are at a greater risk of developing depression and experiencing behavioural problems. They can also suffer at school, with these experiences having a negative impact on their reading and language skills, as well as their ability to make and maintain friendships.</p>
<p><b>Women are just as abusive as men.</b></p>	<p>Women are more likely than men to experience multiple incidents of abuse. Domestic abuse exists as part of the wider spectrum of violence against women and girls. There are different forms of family violence including forced marriage, female genital mutilation and so-called "honour crimes" that are perpetrated primarily by male family members.</p>
<p><b>Victims provoke their partners' violence.</b></p>	<p>Whatever problems exist in a relationship, the use of violence is never justifiable or acceptable. There is no excuse for domestic violence.</p>
<p><b>It's easy for a domestic violence victim to leave their abuser, if they don't, the abuse can't be that bad.</b></p>	<p>If a woman/man chooses to stay in an abusive relationship, it doesn't mean the situation isn't bad. It often means that she/he is worried that leaving might make it even worse. Fear, the lack of safe options, and the inability to survive economically, may prevent victims from leaving abusive relationships. Threats of harm, including death to the victim and/or her/his children, keeps many women/men trapped in abusive situations. The most dangerous time for a victim is when they attempt to leave the relationship, or when the abuser discovers that they have made plans to leave (<a href="#">Safesteps</a>).</p>

## DID YOU KNOW?

**WOMEN WHO ARE DISPLACED, WHO ARE MIGRANTS OR REFUGEES, AND THOSE LIVING IN CONFLICT-AFFECTED AREAS, OLDER WOMEN AND WOMEN WITH DISABILITIES, ARE PARTICULARLY AT RISK OF VIOLENCE DURING COVID-19.**



**Globally**, as many as **38% of women** who are **murdered**, have been **killed by a male intimate partner**.

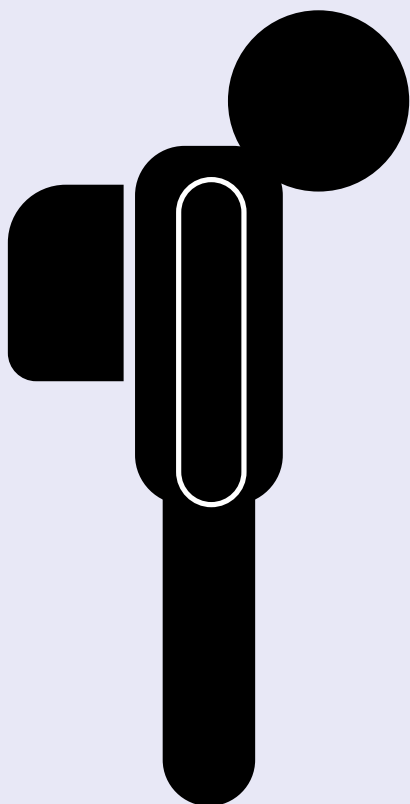
It is estimated that there are **650 million women and girls** in the world today who were **married before the age of 18**. Child marriage often results in early pregnancy and social isolation, interrupts schooling, limits girls' opportunities and increases their risk of experiencing domestic violence.

Global estimates published by WHO indicate that about **35% of women worldwide (1 in 3)** have experienced either physical and/or sexual intimate partner violence or non-partner sexual violence in their lifetime.



**DID YOU KNOW?**

**Most parents who are experiencing domestic violence within their relationship believe that their children don't know what's happening. Research shows that 90% of children are aware of the abuse.**



**Many children who are present during acts of domestic violence try to help. One study showed that in 15% of the cases where children were present, the children tried to prevent the violence, and 6% tried to get outside help. Another 10% actively tried to protect the victim or make the violence stop.**

## RESOURCES

- **UNICEF: Behind Closed Doors Report**
- **World Health Organisation: Violence Against Women Key Facts**
- **UNICEF: Flattening the Curve and Gender Based Violence**
- **Center For Global Development: Pandemics and Violence Against Women and Children**
- **GBV Guidelines: COVID-19 Resources to Address Gender Violence Risks**
- **SafeLives UK: Domestic Abuse and COVID-19**
- **The End Violence Project: Protecting Children During the COVID-19 Outbreak**





### PREPARING FOR THE SHOW

#### ETHICS AND CONSENT

The topic of domestic violence may be a sensitive topic for both you and your listeners, so make sure that you request that your audience respect those who share their personal stories. Another way to protect those who wish to share, is to allow them to keep their identity and the identity of any other person they may mention, anonymous. If any incorrect information comes up in any of your formats, make sure that you correct it. Respect the confidentiality of all those who agree to participate. People may give you consent to share their stories then later change their minds, be prepared for this as consent can change.

#### ANGLE

#### Different ways to talk about domestic violence

- Why are women and children more likely to experience domestic violence?
- How can you support domestic violence victims during COVID-19?
- How does COVID-19 increase the risk of domestic violence?
- What are the different types of abuse and violence that can happen at home?
- Why is it important to speak out about domestic violence during COVID-19?
- What help is available to victims of domestic violence during COVID-19?

#### CHOOSE AN ANGLE



**How can you support domestic violence victims during COVID-19?**

#### Different ways to talk about **Supporting domestic violence victims during COVID-19**

- Highlight the communities' role in alerting the police, teachers, faith leaders and social workers in the community about domestic violence on behalf of victims.
- Explore ways to create awareness and speak out in the community about cases of domestic violence.
- Unpack why it isn't easy for domestic violence victims to leave the abusive situation.
- Explain why people should recognise other forms of abuse that exist outside of physical abuse.
- Share how important it is to use encouraging, affirming and kind words or statements towards victims.
- Emphasise the importance of having the right information and resources to help domestic violence victims.
- Assure victims that you believe them and acknowledge that they are in a difficult situation.
- Correct wrong information and beliefs about what leads to domestic violence.

## FORMATS



### INTERVIEW



#### Interview aim

To source information from someone who has expertise or experience of the topic. Remember that there are different ways to gather audio from someone who is not present with you in the room. The easiest way is to send them the questions ahead of time and ask them to send their answers by sending you a WhatsApp voice note or an audio recording from their smartphone. You can also record an interview live by calling the person, putting the loud speaker on, and using another smartphone to record them. The quality of the interview might not be as good as a voice note, but it will still work.



#### Who do you talk to?

A counselor, social worker, community activist or helpline call agent

- What can a person who is experiencing domestic violence do to get help?
- How can a domestic violence victim protect themselves during lockdown?
- How are other kinds of abuse, outside of physical abuse, also damaging to victims?
- What is the best way to intervene in a domestic violence situation as an outsider?
- What can you say to a domestic violence victim who needs support?
- Why is it important to speak out about domestic violence?
- What are some of the reasons that make it difficult for a victim to leave an abusive relationship or situation?





## VOXPOP



### Vox pop aim:

To get many different opinions on one topic. When reporting remotely, vox pop questions can be sent to radio show contacts using broadcast lists or candidates found through your social media, as long as members understand that they need to respond by voice note.



### Who do you talk to?

Anyone in the community.

### Suggested questions for recording vox pops with people in your community:

- What would you do if you discovered that your neighbour was experiencing domestic violence?
- Where can a domestic violence victim go to get help in your community?
- Why do you think there is an increase in domestic violence during COVID-19?
- What messages have you heard about domestic violence in the media?
- Outside of physical abuse, what other types of abuse do you think can be damaging?
- What words or statements of support would you say to someone experiencing domestic violence?

*Tip: If you interview someone who doesn't know about the COVID-19 outbreak or how to prevent it, use the information in the fact sheet to explain the basics about the virus to them.*



## AUDIO COMMENTARY



### Audio commentary aim:

To get people's opinion about a topic they care deeply about.



### Who do you talk to?

A person in the community or someone in your family who feels strongly about the impact of domestic violence on families or victims during COVID-19.



## AUDIO PROFILE



### Audio profile aim:

To get a first person account of someone's experience. Audio profiles often aim to inspire.



### Who do you talk to?

Talk to a domestic violence survivor who managed to come out of an abusive situation and continued with their life. You can also speak to someone who has been an observer of abuse, and found a way to intervene peacefully or learned how to keep themselves safe in the situation. Other possible characters that you can interview, may be people with expertise or knowledge on what it takes to respond to a domestic violence situation, or people who can speak about how getting support saved their life. Remember that domestic violence can affect people regardless of their race, class, sex or age. People who experience emotional, verbal, financial or psychological abuse at home are also victims of domestic violence. Some people may have also survived cyberbullying, which could have happened to them in the comfort of their home, but brought them much fear or shame. Find a person who can share solutions that they have come up with to face these challenges, or someone whose story can inspire the audience.

### Questions you can ask for the audio profile:

- Can you describe your experience of domestic violence?
- What was the most challenging moment for you from your experience of domestic violence?
- Who or what supported you through the challenging times?
- What did you hope for during the time when you experienced domestic violence?
- What happened in your life that led to you coming out of that situation?
- What did you learn about yourself from that experience?
- What do you think people misunderstand about victims of abuse?
- What would you say to people who are facing domestic violence?
- What message do you have for the world about domestic violence?



## DID YOU KNOW



### 'Did you know' aim:

To share exciting, simple and informative facts. These can be shared in the form of statistics, numbers or statements. This is a great format to wrap up the show, emphasise the take-away message of the topic, and inform listeners about updated and verified facts relating to the subject being discussed.



### Examples of 'Did you knows' for your show:

- Lack of access to resources, increased stress due to job loss or strained finances, as well as disconnection from social support systems are some of the factors that put people more at risk of domestic violence during COVID-19.
- Before the pandemic, a survivor or victim could flee a violent situation by staying with a family member, going to a shelter or filing a protection order with the police. But for many, these options aren't easily available during the COVID-19 pandemic.
- During the COVID-19 pandemic, many shelters are closed, under-resourced, or full, leaving victims trapped in cycles of control and abuse. Children are especially vulnerable to abuse and neglect during the pandemic because of increased stress levels among parents.
- The resources that many at-risk parents rely on, such as extended family, child care / school, religious groups and child-protection organizations are possibly limited at this time, with fewer workers available during the pandemic.
- Where countries are experiencing lockdowns, social workers will be unable to conduct home visits, leading to inaccurate reporting of child abuse and neglect.



## QUIZ

**NOTE: Adding the quiz format to your radio show is now compulsory**



**Quiz aim:** To test and reward your audience's knowledge on the topic. This format opens up engagement with your listeners, giving them an opportunity to respond to you and the topic. You can pre-record the quiz segment and make it part of your show, asking the audience to respond through your social media, promising to give them the answers in the next show. If your Facilitator will be presenting the show from the station, they could ask the audience to participate in the quiz by calling in or reading their responses via social media during the broadcast. Lastly, the quiz can also be presented through a live broadcast of your pre-recorded show via Facebook Live or Instagram Live.

Things you need for this activity:

- Prepared quiz questions and answers
- Small prizes or rewards

Present some quiz questions and hand out prizes to those who answer correctly. From the fact-sheet, we created the following quizzes for you to use in your shows on Domestic Violence and Safety during COVID-19. Once you have used these examples, feel free to create more of your own questions to put your listeners to the test!



### Quiz 1:

Question: Which of these statements is false?

- A. Physical abuse is not the only type of abuse that exists
- B. Women and girls are more likely to be abused than men
- C. Abuse only happens to women and girls

The correct answer is C

### Quiz 2:

Question: What is another word for the term 'digital abuse'?

- A. Texting
- B. Cyberbullying
- C. Facebook

The correct answer is B

# DOMESTIC VIOLENCE AND SAFETY DURING COVID-19

## RADIO GUIDE & FORMATS



### HOW TO PRESENT YOUR SHOW



[INTRO:]

**Host 1/Facilitator:** Hello to all the listeners out there, welcome to your favourite show on [RADIO STATION]. My name is [NAME], and thank you for joining me today! The media has done a good job to educate the greater public about what we can all do to stop the spread of COVID-19. We now know how important it is to wash our hands with soap, to practice social distancing and to wear our masks when we leave our homes. But there are other issues that can go forgotten in this time, such as the issue of domestic violence.

It is expected that during times of crisis, whether because of war, a natural disaster, or a pandemic like the one we are facing, cases of domestic violence increase. Domestic violence can happen to anyone regardless of their race, class, age or gender, but studies show that women and children are more likely to be the victims of violence within their homes.

The restrictions and limitations that we have to endure during COVID-19 can lead to people feeling stressed and helpless. Some people may lose their jobs, not be able to go to school and be with friends, or even the experience of having too many people in the house can be very challenging for many people. If there is an abusive person within your home, the situation can be far worse. These stresses cannot be used as an excuse to become violent. Any kind of abuse is wrong, no matter what is going on in your life!

Stick around and listen to the entire show where we will be unpacking this very sensitive, but necessary topic affecting all of our communities. It can be scary to hear that your neighbour is being abused, especially if we don't know how to intervene or help. We can close our ears and pretend it's not happening because we don't know what to do. In the show we will talk through some of the ways that we can help or support domestic violence victims who are in need. Let's take a listen to the brave stories and comments that people have shared with us on how we can bring an end to domestic violence.

[PLAY PRE-RECORDED INTERVIEW WITH AN INTRO THAT TELLS US WHO IS BEING INTERVIEWED]

[PLAY PRE-RECORDED OUTRO]

[INCLUDE PRE-RECORDED HOST LINKS WHERE NECESSARY BETWEEN FORMATS]

**TIP:** Having a clear show clock will prepare all the presenters or reporters about what intros, outros and formats they need to record before the broadcast date.

[OUTRO:]

**Host 1/Facilitator:** In today's show we discovered that physical abuse in the home is not the only form of domestic violence. There are different types of abuse that can be equally damaging to the victim. It is important to understand this, because you may be in an abusive situation or relationship, but not think of it as domestic violence, because the abuser isn't beating you up.

If you are in a situation where someone is very controlling, is humiliating you, repeatedly yelling at you and intimidating you, you could be experiencing emotional abuse. If you are in a situation where somebody is withholding money from you when you need to go to the clinic, get food or medical care, this could mean you are experiencing financial abuse. We can all make a big difference if we believe people who report their experiences of abuse. We can make people feel safe enough to come out if we don't judge them and respect their choices to deal with the situation how they see fit. Let's break the silence and speak out about domestic violence!

Thank you to all our guests and to all those who sent voice notes. Let's continue with the good work of staying informed and doing what we can to support the people in our communities. We will eventually get through this COVID-19 crisis, so make sure that you stay safe and stay positive! Next week on [DAY] at [TIME] we'll be talking all about [NEXT WEEK'S SHOW TOPIC]. Until then, it's bye from us!