

**Training Manual on Combating & preventing domestic violence and
gender violence as a result of war through volunteering**

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1. Background

Violence against women and domestic violence is pervasive throughout the EU. Too many women and girls suffer from rape, harassment or abuse. It is estimated to affect 1 in 3 women in the EU. One in two have experienced sexual harassment. One in 20 women report having been raped. On the other hand, domestic violence or the so-called “intimate partner violence” is one of the most common forms of violence that women face. Online violence is also on the rise, targeting women in public life, such as journalists and politicians. 1 in 2 young women experienced gender-based cyber violence. Women also experience violence at work: about a third of women in the EU who have faced sexual harassment experienced it at work.

The war in Ukraine has also exposed women in Europe to multiple forms of violence and increased gender-based violence, both in the immediate conflict area and in countries where they seek refuge (Berlin, Campa, 2022). Types of violence women experience during conflicts can vary from arbitrary killings, torture, trafficking, sexual violence and forced marriage to barriers to essential services (OHCHR).

There should be no place for violence against women and domestic violence in modern Europe. The Council of Europe Convention on Preventing and Combating Violence against Women and Domestic Violence (Istanbul Convention) ensures that women are protected from all forms of violence and can receive immediate and effective support.

On 8 March 2022, as part of the Commission's ongoing work to tackle gender-based violence and promote equality, the EU Commission proposed [EU-wide rules to combat violence against women and domestic violence](#). The proposed Directive aims to criminalise rape based on lack of consent, female genital mutilation and cyber violence, which includes: non-consensual sharing of intimate images; cyberstalking; cyber harassment; and cyber incitement to violence or hatred.

Domestic violence and gender violence are serious issues that require a multi-faceted approach to combat and prevent them. Building capacity in volunteer organisations and volunteers about preventing and supporting victims of domestic violence and gender violence is an important step. It is important to provide support and assistance to victims of domestic violence and gender violence. This can be done through volunteer support in areas such as counselling, shelters. Victims of domestic violence and gender violence must be encouraged to report their abuse. This can be done by providing a safe and confidential reporting mechanism involving trained people, including volunteers to plan and implement it and by ensuring that victims are protected from retaliation.

Violence matters, whatever its form. It wrecks and shortens lives, causes pain and suffering, and is often part of rapid social change. The field of violence encompasses war, terrorism, securitization, ethnic ‘cleansing’, domestic violence, violent crime and hate crime. Forms of violence vary greatly

depending on the level and scale considered: interpersonal, collective, intergroup, and interstate. Their level of intensity, organisation and institutionalisation varies to such an extent that it might sometimes be difficult to see any commonality. Violent conflict can have devastating and lasting consequences for mental, and physical integrity. E.g. : In the context of the ongoing war in Ukraine, in April 2022, it was reported that Ukrainian law enforcement intercepted a phone call between a Russian soldier and his wife. In the phone call, they joked about the soldier raping Ukrainian women. His wife told him, [“Yes, I allow it. Just wear protection”](#).

Under the project operating grant framework “Volunteering Equality Rights Action VERA”, co-funded by the CERV Programme, CEV has developed a training module to increase capacity in our member organisations for volunteers to make even higher contributions in combating and preventing domestic violence as well as gender violence at all levels including that as a result of war.

2. Purpose of the Manual & aim of the training module

The manual focuses on how volunteering can support victims of domestic violence as well as gender violence as a result of war and conflict, and contribute to its prevention, in line with the guidelines developed by EUROJUST/Genocide Network. Through the manual and training module, we aim to raise the capacities of the CEV member organisations, introducing especially the least experienced organisations, to appropriate tools, knowledge, and awareness of best practices about how volunteering can support combating domestic and gender violence, including as a result of war.

3. Participants

This short, 2 hour introductory training module that can be delivered online or offline, is directed to volunteer coordinators and volunteers who are newcomers in the topic of volunteering support to those impacted by domestic and gender violence issues. It will help them to understand which areas of further training are needed, which partnerships should be established and to use the acquired knowledge to advance their work and advocate on the issue at the European, national/local level.

4. Agenda for the session

Title/messaging: Time to end gender-based violence in the EU!

10'	<p>Welcome, Introduction and Context</p> <p><i>The trainers will introduce themselves and explain why they are delivering this session and in what context i.e. CEV VERA project co-funded by the CERV programme. The trainer will describe the physical or online training space and explain any key features.</i></p>
15'	<p>Getting to know each other - Group building/ Icebreaker exercise</p>
10'	<ul style="list-style-type: none"> ● Motivations and Expectations.

	<ul style="list-style-type: none"> Exercise to explore motivation to presence in the training session and expectations on the outcomes. eg. laundry line exercise.
5'	Present the agenda and objectives of the training - clearly highlighting which expectations will not be met at this time or perhaps adjusting the course and programme where possible to include some of the expectations.
5'	Agree and establish group rules
25'	Theoretical content to get everyone on the same level - what are we talking about? Including key definitions and concepts. Find the slides here .
10'	Coffee Break
25'	Presentation of Case Studies and Self-reflection. Find the slides here .
5'	Personal action plans and next steps - individual written exercise
10'	Evaluation of the training session / Validation of Learning Wrap-up and conclusions

5. Learning objectives

- An introduction to gender-based violence and domestic violence against women** in the framework of the Europe Convention on Preventing and Combating Violence against Women and Domestic Violence (Istanbul Convention) and including the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW).
- Exploration of the issue of domestic violence against women** and how volunteering can support victims of domestic violence and gender violence including that arising as a result of war.
- Awareness raising about** concepts and risk factors of violence against women and girls.
- Understanding the definition and different forms** of domestic violence against women, including physical, sexual, emotional, and economic abuse.
- Recognizing the **impact of war and conflict** on domestic violence against women, including how displacement, trauma, and breakdown of social support networks can increase the risk of violence.
- Identifying challenges and opportunities for addressing** domestic violence against women in different settings, including conflict-affected and post-conflict contexts and **recognizing the root causes of gender-based violence as a result of war**, including how societal attitudes, cultural norms, and power dynamics contribute to GBV.

6. Learning outcomes

1. Participants will be able to **identify** the main components, root causes and processes contributing to preventing gender-based violence, domestic violence against women and gender violence as a result of war.
2. Participants will **understand the impact of gender violence as a result of war** on individuals, families, and communities, including physical, psychological, and social consequences.
3. Participants will be able to **demonstrate** a deeper understanding of how volunteering can support victims of domestic violence and gender violence as a result of war.
4. Participants will **understand** why this knowledge and skills can be useful to them and **show commitment** to following up and contributing to sharing their new knowledge and understanding about domestic violence and gender violence as a result of war.
5. Participants will **understand the importance of survivor-centred and trauma-informed approaches** to addressing domestic violence against women as a result of war.
6. Participants will **develop an awareness of possible practical skills** for preventing and responding to domestic violence and gender violence as a result of war, including risk assessment, safety planning, and survivor-centred care and support and where and how to acquire them.
7. Participants will have the opportunity to **develop a personal action plan** for applying the knowledge and skills gained from the training to their volunteering activities including advocacy on preventing domestic violence and gender violence as a result of war.

7. Evaluation

Why is it important to evaluate?

To evaluate the work done together by addressing aspects such as:

- Teamwork;
- Comfortable environment that allowed openness and sharing;
- Knowledge acquired;
- New paths that the organisation can follow and undertake;
- Advocate for change in the national or local context.

https://ec.europa.eu/eusurvey/runner/CERV_2021-2027

Reference of the project (project number): 101104521

Type of activity: Training

Title of the event: Training on combating and preventing domestic violence and gender violence as a result of war through volunteering

Date of the event: XX/XX/XXXX

Duration of the event in days: 0.3

Did the event take place physically or was it online?: ????



Volunteering Equality
Rights Action
VERA



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