



Honour Based Violence

Please note, this is a sensitive topic that impacts many people. If you find that this has caused you any upset or distress, please stop and seek appropriate support or feel free to reach out to the Safeguarding team at safeguarding@qa.com



Honour Based Violence (HBV)

What is an Honour Based Violence?

Honour based violence is a collection of practices, which are used to control behaviour within families or other social groups to protect perceived cultural and religious beliefs and/or honour. Honour-based violence takes many different forms. Most commonly, a girl or woman is abused, disowned by her family, or forced to have an abortion. Women and girls are the most common victims of honour-based violence. However, men and boys can be victims, too.

How to recognise signs of HBV:

- There may be evidence of domestic abuse, including controlling, coercive and dominating behaviour towards the victim.
- Self-harming, family disputes, and unreasonable restrictions on the young person such as removal from education or virtual imprisonment within the home may occur.
- Young people may be fearful of being forced into engagement/marriage.
- Other warning signs may be FGM, sexual abuse and forced marriage. (See Female Genital Mutilation Procedure and Forced Marriage Procedure).

Young people may face significant harm if their families / communities realise that they have asked for help. All aspects of their safety need to be carefully assessed at every stage. Initially this needs to address whether it is safe for them to return home following a disclosure. The young person will need practical help such as accommodation and financial support, as well as emotional support and information about their rights and choices.

Who to contact and how can they help?

We know it can be difficult to talk about what's happening but telling someone can really help. Below is a list of organisations who offer advice and support if you're being threatened or abused. They can also help if you're concerned about someone else being abused.

- Karma Nirvana - A specialist charity for victims and survivors of honour-based abuse in the UK. They also have a UK Helpline, Monday to Friday, 9am to 5pm: 0800 5999 247
- The Halo project - A national project that supports victims of honour-based violence, forced marriages and FGM by providing advice and support to victims. Telephone - 01642 683 045. Email - info@haloproject.org.uk
- Freedom Charity - Bringing awareness, help and support to victims of forced marriage, honour-based violence, and female genital mutilation

The infographic is divided into several sections. At the top left, a bar chart titled 'Forms of abuse used in HBV cases' shows the following data: Controlling behaviour (approx. 85%), Physical abuse (approx. 75%), Psychological abuse (approx. 70%), and Sexual abuse (approx. 45%). To the right of the chart, a grid of 28 female icons and 12 male icons represents the statistic '76% of HBV victims* are women'. Below the chart is a section titled 'RECOGNISING THE SIGNS' with three icons and descriptions: 1. A person regularly has bruises, cuts, marks or other injuries which can't be explained. 2. A person is often withdrawn, emotional or nervous. 3. A person's partner/relative is jealous or controlling. To the right of this section is a silhouette of a person's head with the text 'SPEAK OUT FOR THOSE WHO CANT: Call 101 if you think someone is being abused, or 999 if it is an emergency'. At the bottom left, three women in different cultural dress are shown. To their right, text states: ''Honour'-based violence is prevalent in all cultures, countries and communities. It is **not specific to any one** religion, race or community. Despite the term, **there is never honour in abuse.**' At the very bottom, there is a red banner with the text 'IMMIGRATION IMMIGRATIONNEWS.CO.UK #IMMI_NEWS'.

(FGM). If you require help, call our helpline on 0845 607 0133. You can text us for help, text the words 4freedom: to 88802.

- Refuge - A charity helping victims rebuild their lives and overcome different forms of violence and abuse. They also have a 24-hour helpline: 0808 2000 247

Activity - Video



Please watch the above video. This will provide you with further awareness and context to this learning. Questions related to this can be found below. If watching this video has caused you any upset or distress, please stop and seek appropriate support or feel free to reach out to the Safeguarding team at safeguarding@qa.com

Questions:

1. What is Honour based abuse?
2. Who can be a victim of Honour based abuse?
3. Name 3 different signs of an individual experiencing honour based violence.