

Responding to Social Harms & Gender-Based Violence

SESSION 1:

SAFETY PLANNING, CONFIDENTIALITY, AND ENGAGING PARTNERS



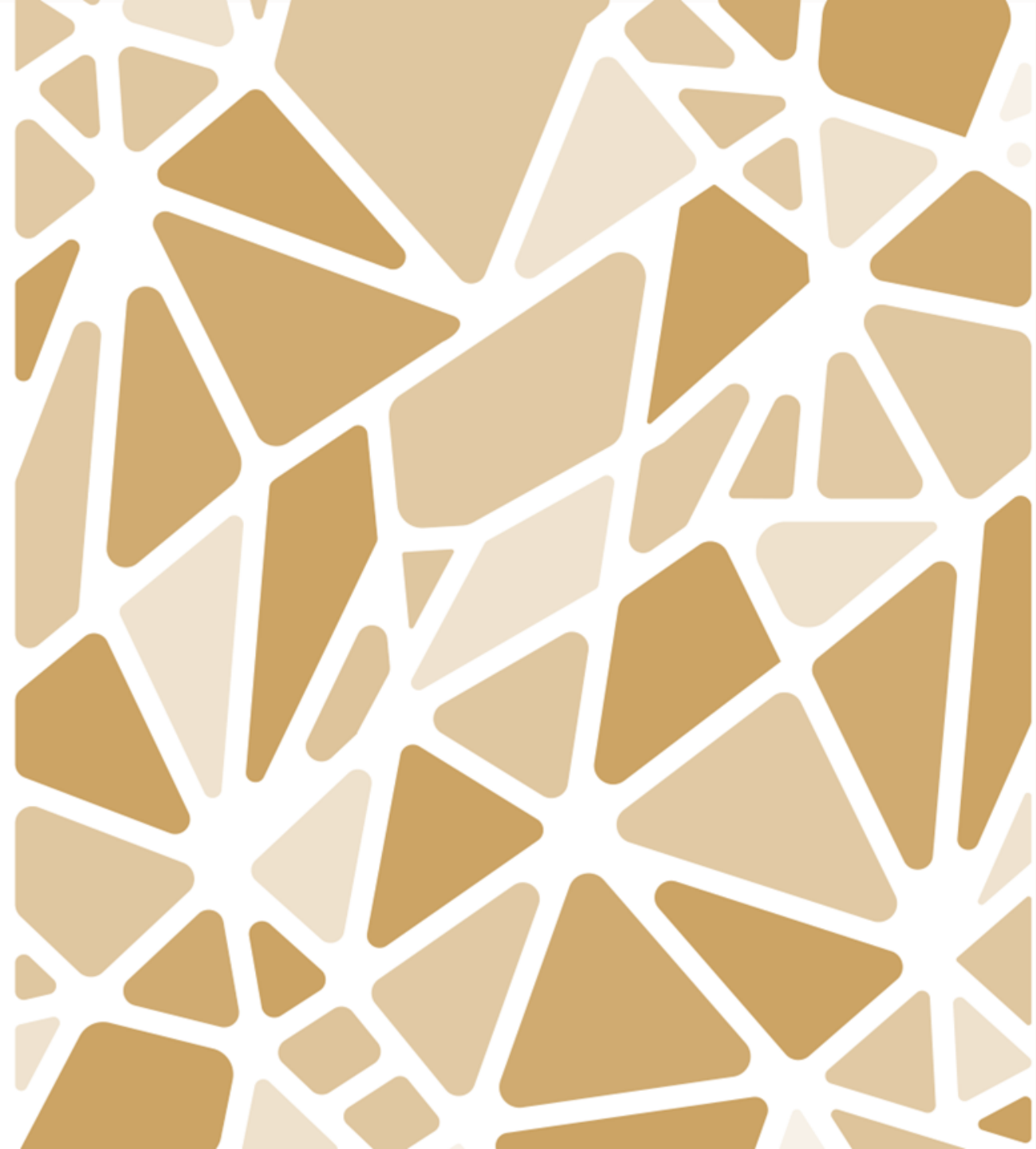
- **Why this learning series?**
- **Safety planning**
 - The basics
 - DOs and DON'Ts
 - Danger indicators
 - Strategies
 - Key takeaways
- **Considering confidentiality**
- **To engage or not to engage partners?**
- **Upcoming topics**
- **Decompression moment**



Improving our response to gender-based violence is our responsibility to our participants and a quality improvement objective for CATALYST.

The purpose of this learning series is two-fold:

1. Provide QI coaches and Provider Trainers with the background to identify areas of improvement in GBV response
2. Share resources to address identified areas of improvement



Butterfly breaks





Social Harms

Potential social harms:

- Family issues
- Challenges in the neighborhood & workplace
- Partner challenges
- Violence from current & former partners



CHALLENGES

- Partner/ex-partner **violence**
 - Coercion - Not "allowing" participant to remain in study/use PrEP/use a particular method
 - Kicking the participant out of their home
 - Violence (emotional, verbal, physical)
- **Triggers for violence:**
 - **Accidental disclosure** of study participation or product use
 - Partner/ex-partner **misunderstandings about PrEP or PrEP products**

SOLUTIONS

- Immediate treatment – **first-line support (LIVES) and medical care**
- Consistent **follow-up** and offers of **support/referral**
- **Safety planning** with participants to prepare for ongoing challenges

Violence from current and former partners

Topic for today's training

Important! The use of PrEP or other sexual and reproductive health products *does not cause violence*. Instead, an abusive partner may use violence to control product use as a means of gaining and keeping power in the relationship.

CATALYST QI: GBV Objective

Ensure that all PrEP clients are **screened for gender-based violence (GBV)**.

Of clients who report or disclose GBV, improve the percentage that are **offered direct support or referral services**.





Safety Planning
Sample training content

? What is safety planning?

Safety planning is a **conversation** to identify resources, actions, and options to help a **person improve safety**.

Safety planning is the “**E**” – “**E**nhance safety” in LIVES!

Creating a safety plan with someone must be **done in partnership**. The person whose safety is in question must guide the process.

To safety plan with someone, we must **engage and listen, and offer resource and support options**.

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Safety planning is the “**E**” –
“**E**nhance safety” in LIVES!

Creating a safety plan with someone must be **done in**

A safety plan is **not a guarantee!** Violence is on whose the **responsibility of the person who uses violence** – never the survivor or the person who helps to safety plan!

To safety plan with someone, we must **engage and listen, and offer resource and support options.**

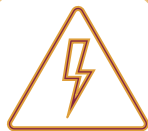
Why is safety planning important?



Not everyone can or will leave a dangerous situation



The survivor knows their situation best

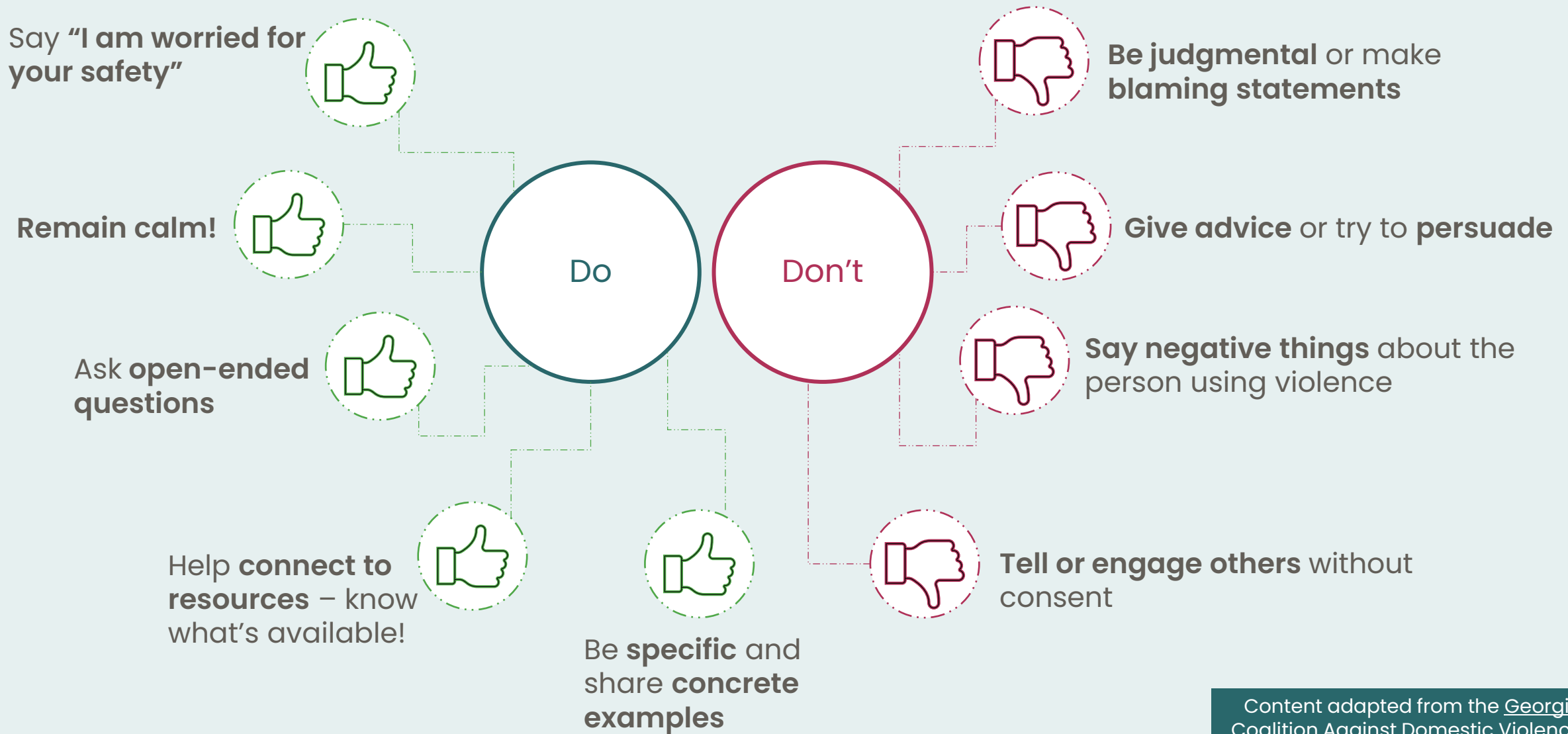


The most dangerous time in an abusive relationship is when leaving



PLANNING AHEAD HELPS IN A CRISIS!

DOs & DON'Ts of Safety Planning





Danger indicators

A history of violence or escalating violence

Previous violence is one of the strongest predictors of future violence.

Common warning signs are threats to kill, violence during pregnancy, threats with weapons, choking, and forced sex. Violence that leaves visible marks is also a warning sign.

*It is especially concerning if violence is **increasing in frequency or becoming more intense**.*



Danger indicators

Separation – or when the survivor tries to leave

*The times **when someone tries to leave** a violent relationship are often the most dangerous.*

A partner who uses violence in the relationship feels the threat of losing control, and the possibility of losing their partner. They might escalate to physical violence or deadlier violence to regain control.

The risk often remains for some time after the survivor has left the relationship.



Danger indicators

Availability of weapons

The presence of weapons increases the possibility that violence may become physical or become more severe, even deadly.

Mental health issues and substance abuse

Although mental health issues and substance abuse do not cause violence, they may serve as an excuse for violence. Threats of suicide and alcohol or substance abuse are especially concerning.



Danger indicators

Obsessive behavior

A person who is *excessively jealous, obsessed, or uses stalking behaviors* may be more likely to use physical violence.

Previous contact with authorities or local leadership

Someone who has had *contact with police or other authorities*, but continues to use violence, has shown that they are *unlikely to reduce violence due to outside intervention*.

DOs & DON'Ts of Safety Planning

Say "I am worried for your safety"



Do

Danger indicators are a great way to show that you are concerned about someone's safety.

For example: "I know it can be the most dangerous time in a relationship when you are trying to leave. For that reason, I am worried about your safety."

What are the goals when safety planning?

In partnership with the survivor, identify:

- How to get away and seek help
- What to do when they can't get away
- Safe places and people
- Tailored support, such as sex worker- or LGBTQIA+-friendly resources
- Keeping children and pets safe
- Protecting important belongings, like personal documents and medications
- Anticipating and responding to an abuser's actions

Strategies



How can you work with the survivor to explore options?

By asking questions!

- “ Does your partner give off any warning signs, or are they more likely to be violent in certain circumstances?
- Where might you be able to get help?
 - Who are your allies?
 - Are you able to avoid certain clients?
 - What is the best way for you to get out if violence starts?
 - What *must* you have with you if you leave in an emergency?
 - What could you do if you *can't leave*?
 - Who are your partner's allies? ”

Strategies



Planning for emotional safety

- Remain **calm**
- **Share information** about trauma and resources for mental health support
- **Reassure the survivor** that their reactions are normal, and that they deserve to be safe
- **Reaffirm their human rights** – especially for members of key populations
- Allow **time for pauses and breaks**
- Help the survivor **remember things that bring them peace or joy**
- Provide a **calming environment** when possible
- If it is a breakup, **acknowledge the loss!**

Strategies



Safety Planning Tool

Making a safety plan can help someone take steps to increase their safety at home or in other places where they may feel unsafe. Remember that a safety plan does not guarantee that someone will not experience violence. Violence is always the fault of the person who commits violence. These questions can help guide a conversation about safety planning.



Staying safe at home

Sometimes identifying safe people in or near where you live and thinking about safe places outside the home can help with safety.

- Who is a safe family member or neighbor you can talk to about your situation?
- Who might be able to stay with you so that you are not home alone with the person who is hurting you?
- What is the safest way for you to leave your house if there is an emergency?
- If you have to leave in an emergency, where is a safe place you could go? The best places are public and not known by the person who is hurting you.



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Safety Planning Tool - DRAFT

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Staying safe at school or work

Sometimes a change of schedule, talking to a teacher or supervisor, or connecting with people at school or work can make these places safer.

- Who is a safe person in authority at your school or work?
- Is it possible to make changes to your school or work schedule that would help you stay safe?
- What is the safest way for you to get to and from school or work?
- What are the spaces at school or work where you feel safest?
- Who could be your 'buddy' to help you avoid being alone at school or work?



Planning for an emergency

Packing an emergency bag and keeping it hidden can help you stay prepared.

- If you have to leave school, work, or home in an emergency, what is the best way to get to a safe place? Could you use public transportation, get a ride, or get there in another way?
- If you have to leave school, work, or home in an emergency, what will you need to take with you?
 - Medications? - Items that are special to you?
 - Money? - A change of clothes?
 - Identity documents? - Keys?
- If you have children, what will you need for them if you have to leave your home in an emergency?
 - Diapers? - Formula? - Special toys?



Special considerations if you have children

- If they are old enough to ask for help, who can your children contact in an emergency? Do they know who to contact and how to get in touch with them?
- If they are old enough, do your children know to get away from a violent situation and not to try to intervene?



Staying safe emotionally

Remembering things that make you happy can help with your mental health.

- What are some things that you like about yourself or that you are proud of?
- What are some activities you enjoy that you can do when you feel down?
- Are there any clubs or groups you can join that might be fun for you?
- Who are the people in your life who make you smile or remind you of your value?

Focus on what the survivor is able and willing to do

- *Can they access any supportive resources?*
- Are they *willing to access supportive resources?*
- Are they willing to **seek help from authorities?** *Can they engage the authorities?*
- Are they willing to **disclose the violence** to a friend or family member?
- Can they **risk being “outed”** as a member of a key population?

Strategies



Key Takeaways

- Gender-based violence is **extremely dangerous and should be taken seriously**
- Safety planning is a **process!**
- Having the conversation, and being open and supportive, is **more important than having all the answers**
- **Provide real options** – have referral resources available, keep asking questions, and propose new options
- **Work with the survivor** where they are in their process
- **Don't give up!** Small steps can be a big help.

Butterfly break





Considering Confidentiality
Operational considerations for CATALYST sites

Some social harms could arise as a result of people “finding out” that participants are part of CATALYST or using study products.

What are some ways that a participants' confidentiality might be breached in the community?

What can site teams do to prevent possible situations where confidentiality might be breached?

- **Never share a participant's private information**
- **Conduct study procedures in a private location**
- **Avoid branded clothing, cars, etc. when visiting participants**
- **When calling, have procedures for confirming that you are speaking to the right person before disclosing you are with the study**
- **Be cautious about sharing branded study materials for participants to take home**
- **Only conduct off-site contacts with participants that have given permission to do so**



Deciding to Engage Partners
Operational considerations for CATALYST sites

Potential partner scenarios in CATALYST

Partner Supportive of PrEP Use / Study Participation

This partner is interested in the CATALYST study, or at least supportive of study participation and product use. They may have questions about the products or even want to use them! This partner does not use emotional or physical violence in the relationship.

Partner Unsure/Unsupportive of PrEP Use / Study Participation

This partner is not sure if they can support PrEP use or study participation, but they do not use emotional or physical violence to coerce the participant out of study participation or product use. This partner may lack correct information about PrEP or CATALYST.

Partner Unsupportive of PrEP Use / Study Participation *and/or* has Used Violence

This partner does not support study participation or PrEP use. They may have used emotional or physical violence to coerce the participant out of the study or out of product use. Or this may be a partner who is unsupportive of study participation or PrEP use and has used violence in the past, but not in relation to the study.

How can we safely engage with partners?

Partner Supportive of PrEP Use / Study Participation

No or minimal concerns about inviting this partner to the site for education on the study or PrEP methods.

Follow participant lead: allow them to bring in their partner and only reach out if it is specifically requested and consent is given.

Partner Unsure/Unsupportive of PrEP Use / Study Participation

Some concern regarding inviting or permitting this partner at the site. If requested by the participant, information on the study, PrEP, or other health education can be provided.

Follow participant lead: allow them to bring in their partner and only reach out if it is specifically requested and consent is given.

Monitor for any emotional or physical violence.

Partner Unsupportive of PrEP Use / Study Participation *and/or* has Used Violence

This partner may present a risk to the participant

Consider health education, or other engagement which is provided for personal safety and safeguarding.

If the participant is reaching out to this partner, engage a referral partner.



How can we safely engage with partners?

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Follow protocol allow them partner and it is specifically requested and consent is given.

Partner Unsure/Unsupportive of PrEP Use / Study Participation

Some concern regarding inviting or permitting this partner at the

requested and consent is given.
Monitor for any emotional or physical violence.

Partner Unsupportive of PrEP Use / Study Participation and/or has Used Violence

This partner may present a risk to the participant

education, consent with safety and
If the partner is not willing to engage with this partner, engage a referral partner.

In order to make accurate decisions regarding partner engagement, providers must have:

1. Training / understanding of different forms of GBV
2. Standard screening questions for clients

How can we safely engage with partners?

Partner Supportive of PrEP Use / Study Participation

Partner Unsure/Unsupportive of PrEP Use / Study Participation

Partner Unsupportive of PrEP Use / Study Participation *and/or* has Used Violence

Community education and general outreach about the CATALYST study and PrEP methods is the safest option for participants and study staff. Engaging with partners in this way allows them to learn about the study and PrEP methods outside of their relationship and may increase the chances that they will accept study participation and PrEP use.

For some participants, taking home printed materials to share with their partners may help them have conversations about the study and PrEP methods. Printed materials can help debunk myths and rumors.

However, **printed materials may be risky for participants who have not yet disclosed** that they are considering the study or PrEP use.

Only give printed materials to participants if they think it is safe and request the materials.

How can we safely engage with partners?

Partner Supportive of PrEP Use / Study Participation

Partner Unsure/Unsupportive of PrEP Use / Study Participation

Partner Unsupportive of PrEP Use / Study Participation *and/or* has Used Violence

Community education and general outreach about the CATALYST study and PrEP methods is the safest option. It helps partners learn about PrEP and the study, and helps them to understand the risks and benefits. This helps them to make the best decision for their clients.

Having adequate referral pathways that are fully understood by providers will help them know the limits of their roles and be ready to refer clients for additional services and support.

For some partners, it may be helpful to have conversations with them about the study and PrEP use.

help them understand the risks and benefits and debunk myths.

However, **printed materials may be risky for participants who have not yet disclosed** that they are considering the study or PrEP use.

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Butterfly break





Upcoming Topics

Challenges & violence from current and former partners

PREVENTION

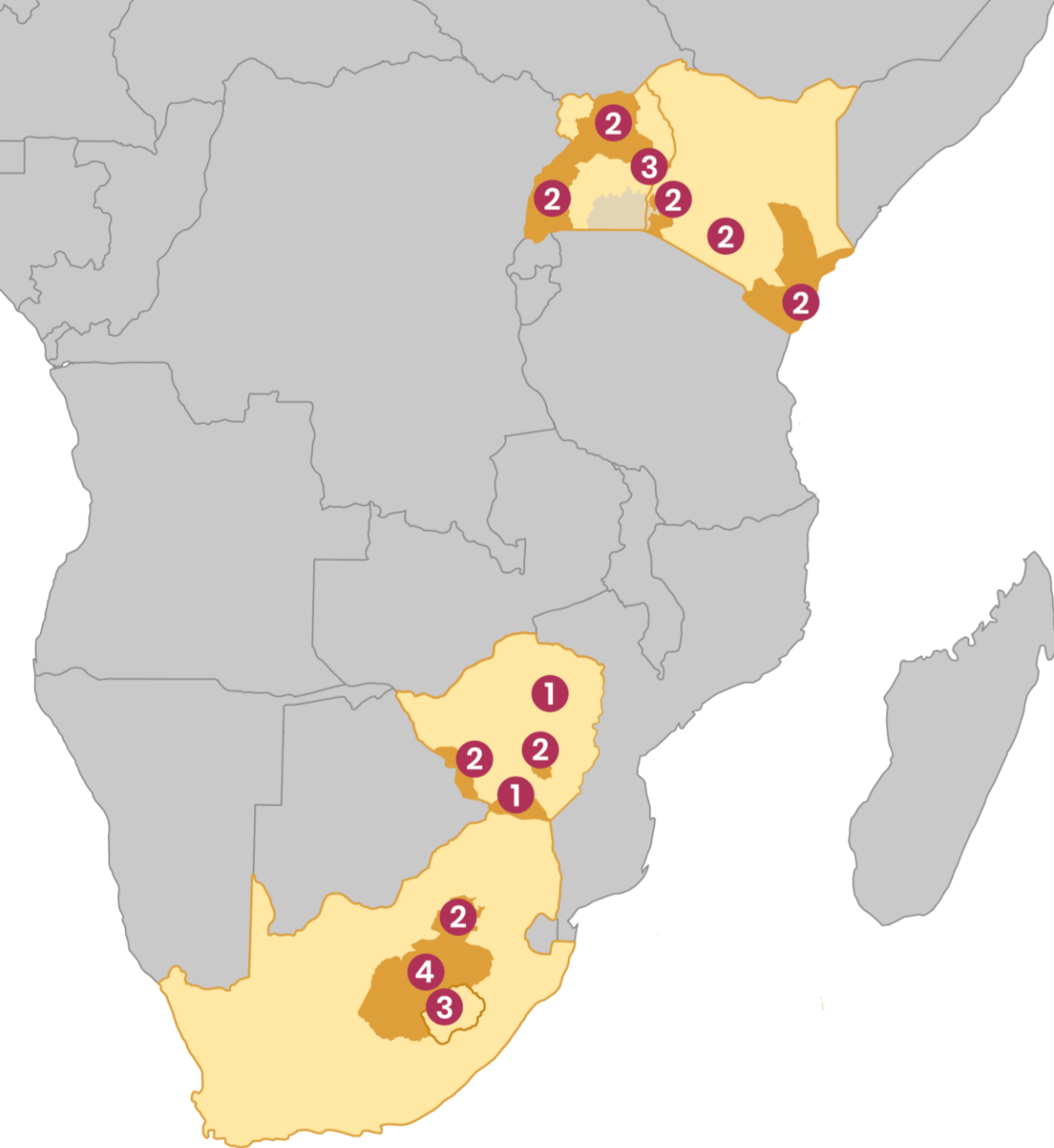
- **Counseling on disclosure and discreet use** with participants
- **Revisiting product choice** to support discreet use
- Offers of **printed educational materials*** for participants to use in conversation with partners
- Careful **adherence to confidentiality measures in and outside the clinic**, including during home visits / outreach
- **Community education** on CATALYST and PrEP methods

*Printed materials should only be shared after confirming that the participant feels safe to have these in their possession.

Topics for future trainings

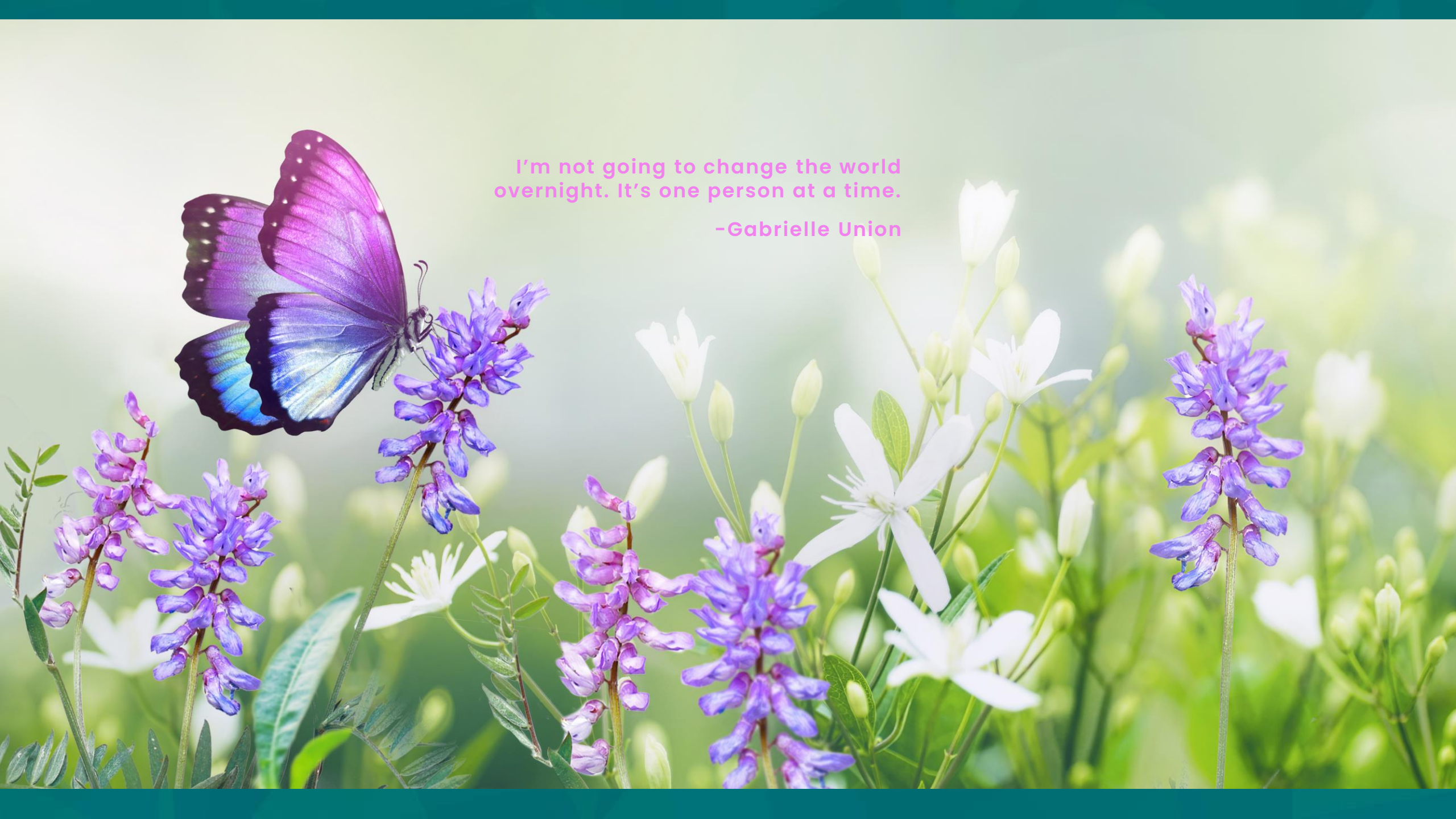
Questions & action items

- Clearly communicate with sites about the **risks of directly engaging partners who have used violence**; emphasize the **potential safeguarding concerns**
- **Review site procedures** to identify and change any practices that could put participant **confidentiality at risk**
- Explore: who are the **implementing partners** in your context that can **support efforts to improve GBV prevention and response?**





Reflection

A vibrant butterfly with iridescent purple and blue wings is perched on a purple flower spike. The background is a soft-focus field of white and purple flowers, creating a serene and natural setting.

I'm not going to change the world
overnight. It's one person at a time.

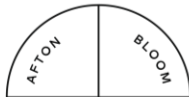
-Gabrielle Union

ACKNOWLEDGMENTS

Morgan Garcia and Lauren Rutherford, FHI 360

Safety planning slide content adapted from:
[Georgia Coalition Against Domestic Violence \(GCADV\)](#)
and

Identifying and being responsive to violence in DREAMS programs: Training for
Peer Educators and Empowerment Workers, EpiC Tanzania



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Photo Credit: MOSAIC Consortium and Getty Images



What is available to support us?

For FHI 360 Staff

- [Employee Assistance Program](#)
- Free access to [the CALM App](#)

Kenya

- Mental health/GBV hotline: 1190
- National GBV hotline: 1195

Lesotho

- GBV Helpline: 1212 or 800 666 66
- [Federation of Women Lawyers tip app](#)
- [Nokaneng App](#)
- She-Hive: +266 2231 4531 or WhatsApp +266 5707 5354

Uganda

- Mental Health Uganda: 0800212121
- Communication for Development Foundation: 0800200600
- Strong Minds Uganda: 0200923340
- National GBV Hotline: 116

Zimbabwe

- [Musasa](#) toll-free hotline: 0808 0074 (Econet), 0801 0074 (NetOne), 0731 080074 (Telecel), WhatsApp (0772 186162)
- National GBV Call Center – 575
- [Adult Rape Clinic](#): 0808 0472 (Toll-free Econet) or 0775 672770
- Zimbabwe Republic Police Victim Friendly Unit – various locations
 - Toll-free according to mobile network 0808 0544 (Econet), 0801 0149 (NetOne), 0735 342874 (Telecel)
- [Adult Rape Clinic](#) 0808 0472 (Toll-free Econet) or 0775 672770
 - Ward C9 Parirenyatwa Hospital, Harare
- [Youth Advocates Helpline](#) 393 or 0777 469107
- [Childline Zimbabwe](#) 24-hour toll-free 116

Eswatini

- Eswatini Child Helpline – toll free 116
- [Swatini Action Group Against Abuse](#) – toll free 951
- One-stop centers: Manzini +268 2505 2211, 2508 4000 and Mbabane +268 2404 6954
- Police Domestic Violence & Child Protection Unit – toll free 999/9999
- Safe houses available via social workers

South Africa

- National mental health hotline: www.sadag.org / 0800 57 567
- Discovery Health trauma support line: 0860 999 911 (press 5 for GBV)

Additional resources – International, US & Zimbabwe

International resources for survivors of gender-based violence (including sexual assault and harassment)

- **The No More Directory: <https://nomoredirectory.org/>**
- **The Hot Peach Pages: <https://www.hotpeachpages.net/a/countries.html>**

Zimbabwe, continued

- Family Support Trust – various locations (relevant to CATALYST listed below)
 - Harare Central Hospital 0774 227430
 - Chitungwiza Central Hospital 0772 386252
 - Beitbridge District Hospital 0784 399164
 - Mpilo Central Hospital, Bulawayo 0773 417665
 - <https://www.linkedin.com/company/family-support-trust/>
- Contact Family Counselling Center (0292) 272400 / 881842
 - 9 Barbour Avenue, Parkview, Bulawayo
- Zimbabwe Women Lawyers Association 0808 0131 (Toll-free Econet)
- Women and Law in Southern Africa 0808 0479 (Toll-free Econet)

United States

- US-based national hotlines for abuse and mental health support:
<https://victimconnect.org/resources/national-hotlines/>

Training Resources: What is available now?

CDC – LIVES (video-based)

1) Providers Trained on How to Ask about Violence and to Provide First Line Support (LIVES)

- This training will provide the necessary training on how to ask about violence and provide first-line support through the WHO



EpiC – Responding to violence, index testing (TOT)

WHO – LIVES (slide-based)

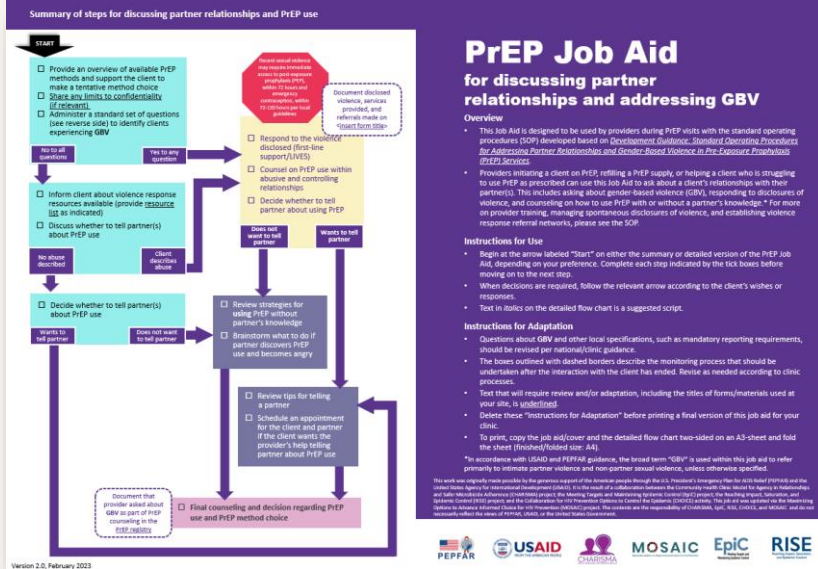
* New modules for health managers

Caring for women subjected to violence: A WHO training curriculum for health care providers. Revised edition, 2021

Slide Deck



MOSAIC GBV in PrEP Services SOP Guidance & Job Aid



... preventing, and responding to HIV programs serving key populations: health care workers' capacity to offer ethical index testing

Training of Trainers

Headington Institute Vicarious Trauma Resources

