

FREQUENTLY
ASKED
QUESTIONS

GENDER-BASED VIOLENCE



What is GBV?

Gender-based violence (GBV) is violence committed against a person on basis of his or her gender. It may result into physical violence, sexual violence, emotional violence, financial violence and controlling behaviors.



Who is at risk of GBV?

We are all at risk of GBV but reports show women and children are the most affected people.



What should I do when I experience GBV?

For Sexual Gender based Violence	Physical violence	Emotional violence
<ul style="list-style-type: none"> Seek immediate medical attention in the nearest health facility / hospital Don't bath or change clothes incase you change clothes place them in a non-plastic bag and carry them with you to the hospital or police station; Speak out to someone whom you trust about it 	<ul style="list-style-type: none"> You are advised to visit the health facility and it is recommended to report to the police 	<ul style="list-style-type: none"> Seek care from a counselor or from the health facility or call toll free line 1195



Where can I get help if I am being abused?

Call these toll free lines to get help 1195 (*Healthcare Assistance Kenya-HAK*), 0800730999 (*Police*), 0800720565 (*Gender Violence Recovery Center*).



Must I report the abuser to the police first, in order to get help or be assistance?

NO It is not a must for you to report to the police to get help when you are experiencing GBV. You can reach out to a person you trust such as a health care provider, a pastor or an area chief.



What do I do if the person who is abusing me is my spouse?

Call these toll free lines to get help 1195 (*Healthcare Assistance Kenya-HAK*), 0800730999 (*Police*), 0800720565 (*Gender Violence Recovery Center*).



Will I be able to get help whenever the abuse happens day or night?

Yes you can please **call these toll free lines to get help** 1195 (*Healthcare Assistance Kenya-HAK*), 0800730999 (*Police*), 0800720565 (*Gender Violence Recovery Center*) or visit the nearest hospital or police station for assistance.



Is there a safe place I can go to after I have reported the abuse and it is not safe for me to return home?

Yes there is, **please call these toll free lines to get help** 1195 (*Healthcare Assistance Kenya-HAK*), 0800730999 (*Police*), 0800720565 (*Gender Violence Recovery Center*) or visit the nearest hospital or police station for assistance.



Are there any costs involved in reporting gender-based violence case?

All incidences of sexual gender-based violence are free in all public hospital but the other forms of violence may incur a cost.



How do I deal with the shame and stigma I face because I was raped?

Please **call these toll free lines to get help** 1195 (*Healthcare Assistance Kenya-HAK*), 0800730999 (*Police*), 0800720565 (*Gender Violence Recovery Center*).



In case you cannot access a phone to call the toll free numbers...

Please visit your nearest **health facility or police station** to get help.

NUMBERS TO CALL:

1199 Red Cross | Call 1190 - LVCT (*For General Counselling Services*)
Call 116 (*Child Help Line*) | Call 911 / Call 112 (*Police*)