



WHAT IS GENDER-BASED VIOLENCE?

Gender-based violence is when someone tries to have power over you because of your gender. 'Sex' refers to your physical body, while 'gender' refers how you understand, express, and feel about yourself. People whose sex and gender don't line up may identify as trans or non-conforming.



Gender-based violence can happen to anyone.

Some people are targeted for gender-based violence more often than other people including:

- People who look or feel like a woman or a girl
- People who are lesbian, gay, bisexual, trans, non-conforming, queer, and Two-Spirit
- People who express femininity

Other things can impact how people experience gender-based violence, including your race or if you have disabilities. These factors may affect how you will be treated and how easy it might be to get help.

Beliefs about gender can make it worse for some people. They may be treated differently or unfairly because other people have expectations:

- About what it means to be a woman or a man
- About male and female roles
- That gender means being only a man or woman

These beliefs can make it very difficult for some people. It may make it more likely for them to suffer from gender-based violence.

No one should face violence or discrimination because of their gender identity.

JOIN THE CONVERSATION!

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