

Prevention of GBV-F:

How do we end violence in Catholic Families?

Opening Prayer:

God of endless love, ever caring, ever strong, always present, and always just: You gave your only Son to save us by the blood of his cross... Gentle Jesus, shepherd of peace, join to your own suffering the pain of all who have been hurt in body, mind, and spirit by those who betrayed the trust placed in them.

Hear the cries of our brothers and sisters who have been gravely harmed, and the cries of those who love them. Soothe their restless hearts with hope, steady their shaken spirits with faith. Grant them justice for their cause enlightened by your truth.

Holy Spirit, comforter of hearts, heal your people's wounds and transform brokenness into wholeness. Grant us the courage and wisdom, humility and grace, to act with justice. Breathe wisdom into our prayers and labours. Grant that all harmed by abuse may find peace in justice. We ask this through Christ, our Lord, Amen. .

What is Domestic Violence?

Domestic violence is behaviour by a spouse, intimate partner, or ex-partner that causes physical, sexual or psychological harm, including physical aggression, sexual coercion, and psychological abuse and controlling behaviours. It is also called intimate partner violence, to distinguish it from other kinds of abuse that happen in a domestic setting, but in this booklet, we will use the term domestic violence throughout, as it is in common use.

Types of domestic violence:

- Physical abuse: hitting, punching, slapping, kicking, scratching, use of a weapon, etc.
- Sexual abuse: violent rape, coerced sexual relations, any unwanted sexual behavior.
- Emotional abuse: insults, name-calling, mind-games, putdowns

- Economic abuse: denying access and information regarding finances, taking property and money spouse earns, spending household money on alcohol and drugs and depriving the family.
- Controlling Behaviours and Social Isolation: not allowing the spouse (or children) to be in contact with family, friends, and associates; not allowing spouse to work or better family situation. Keeping spouse in the house against their will; imprisonment.
- Intimidation: threats to hurt or kill the spouse, to kill oneself if spouse tries to leave, to report her/him to authorities if undocumented; threats against the children.
- Religious abuse: misusing Catholic teaching or Scripture to justify domination and abuse; forcing the spouse to practice your faith or denying her/him the freedom to practice her/his own faith.

Want to work with the Justice and Peace Ministry?

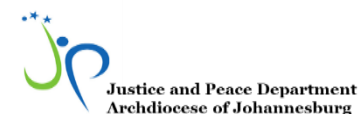
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Doornfontein- Jhb.
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Further sources of information:

Catholic Archdiocese of Johannesburg website
Justice and Peace Ministry webpage,



JUSTICE & PEACE MINISTRY:



PREVENTION OF GBV-F CAMPAIGN:

**ST PETER CLAVER PARISH- PIMVILLE
LAUNCH –08/06/25:**

**OL OF MERCY PARISH- EMNDENI
END OF CAMPAIGN –29/06/25:**

“GALATIANS: 3 VS 28- THERE'S NO MORE JEW OR GENTILE. THE WALLS OF HATRED HAVE BEEN BROUGHT DOWN”.

“If you want peace, work for justice”.

Pope Paul VI

Types of Domestic Violence- (continue)

- **Male privilege:** speaking and acting with expressions of male superiority and failure to accept the equality of men and women before God; treating the spouse like a servant and an object (including for sex).
- **Child Abuse:** In this case, the intention is to hurt the child, or sometimes stepchild, in order to hurt the spouse. It can include threats to take the child away from the other parent or actual abduction of the child. The church has ensured that all Dioceses and parishes put up policies and structures to ensure health and safety of the children, youth and women by developing and implementing safeguarding practices. We must prevent bullying, exploiting, manipulating, shouting and assaulting of children as the Catholic church and Christians in general.

What are the short- and long-term effects of domestic violence on the person who suffers it?

Some possible effects on the victims:

- Death
- Injuries as a direct result of the physical violence
- Adverse health outcomes through **chronic stress**
- Chronic pain syndromes
- Migraines and headaches, etc.
- Children might be injured during violent incidents

Physical violence is typically accompanied by emotional or psychological abuse.

Domestic violence often leads to various psychological consequences, for example:

- Anxiety
- Depression

- Post-traumatic stress disorder (PTSD)
- Suicidal thoughts or behavior
- Inability to trust others
- Sleep disturbances
- Flashbacks
- Ineffective parenting

What are the short and long-term effects of domestic violence on children who are exposed to it in their families.

- Depression
- Anxiety
- Aggression
- Refusal to go to school or failure at school.
- Affects cognitive and emotional development.
- Constant toxic stress produces damaging neurochemical changes, which can lead to problems in learning, health, building friendships, and responding to challenges.
- Exposed children are more likely to be violent or to become victims of domestic violence in their families as adults.

What are the short- and long-term effects of domestic violence on the person who commit it?

- Incarceration
- Loss of employment
- Increased abuse of alcohol or drugs
- Isolation and depression
- Loss of love and trust of family
- Distance in relationship with children
- Existential diminishment
- Distance in relationship with God

What are our Church leaders saying on violence against women and children?

“Despite our impressive constitution that embraces plurality and equality between men and women, gender and power relations are still skewed in favour of men. The prevalence of patriarchal practices in all spheres of human interaction and media discourse shows that women

are still not being treated as equals. Male chauvinism, misogynistic tendencies and stereotypes about women are a social pathology that still haunts our country. The collective upshot of these toxic day-to-day practices amplified through public institutions and media discourse offer justification for female subordination and oppression by men” (Bishop Victor Phalana, Chairperson, SACBC Justice and Peace Commission)

Increasingly, our society looks to violent measures to deal with some of our most difficult social problems -- millions of abortions to address problem of unplanned or at times unwanted pregnancies. We are tragically turning to violence in the search for quick and easy answers to complex human problems. Just as clearly, a nation destroying more than one and a half million unborn children every year contributes to the pervasive culture of violence in our nation” (US Catholic bishops, Confronting the culture of violence, 1994).

“Today our families need peace. One can build peace with three little things, humility, gentleness and patience, which are the attitudes of Jesus who is humble, meek and forgives everything. I invite Christians to start putting into practice humility, gentleness and patience saying this is the path to making peace and consolidating unity” (Pope Francis, 26 October 2018).

“The path to the attainment of peace is above all that of respect for human life in all its many aspects, beginning with its conception, through its development and up to its natural end. True peacemakers, then, are those who love, defend and promote human life in all its dimensions, personal, communitarian and transcendent. Life in its fullness is the height of peace. Anyone who loves peace cannot tolerate attacks and crimes against life” (Pope Benedict, 1st January 2013). Examination of the conscience: (Source: SACBC Lenten Reflection and prayers on nonviolence)

“If we want a peaceful world, we should have peaceful families. If we want peaceful families, we should have men and women who have peace in their hearts. We want the peace of Christ to break out in our hearts. Peace is a precious gift from God, which must be promoted and protected” (Pope Francis, 1st September 2017).

Lenten Reflection and prayers on nonviolence)

Since Christ wants us to “walk in the newness of life. (Romans 6:4), what is the newness of life that our Lord calls me to experience in my life in relation to the following issues:

- Abortion
- Reluctance to believe in the respect for human life from the moment of conception to the end of natural life.
- Believing that women are inferior to men.
- Believing that women are to blame for incidents of rape.
- Believing that it is alright to be an absent father to one’s children.
- Believing that to be a real man, one must be aggressive and violent.
- Believing that it is alright when it is a woman who is violent to a man.
- Believing in the use of violence to solve the relationship problems in my family.
- Not doing enough to address deterioration of family life and family values.
- Being a husband or wife who is involved in emotional abuse.
- Being a husband or wife who is involved in economic abuse
- Being involved in sexual harassment at work.
- Excessive jealousy and deep sense of insecurity which translates into emotional

abuse and violence against my husband or my wife

- Being involved in a relationship of a blesser and a blessee.
- Being a child who does not respect his or her parents.
- Pornography and not respecting the dignity of women as subjects created in the image of God.
- Being involved in human trafficking and child trafficking.

What is the change of heart and change of mind that God is calling me to make in relation to these issues?

In relation to these issues, what changes is God asking me to make in my behavior and in my life so that I become closer to Christ?

Intercessions: (Source: Prayer for use on International Day for the Elimination of Violence against Women 2019. Australian Catholic Bishops Conference)

God of love, compassion and healing, we pray to you for the elimination of violence against Women and children in our communities:

- For women and girls who have experienced violent relationships, that they can find safety and healing from their trauma and rebuild their lives.
- For children who have witnessed violence in their homes against their mothers and sister and other family members, that they will experience healing and hope.
- For indigenous women and refugee women who have been impacted by extreme violence, that deep and lasting change will ensure their safety.
- For individuals and organizations working to prevent violence against women and girls and help survivors of violence, that their courage and generosity will endure.

- For men who speak out against forms of expression that demean women or condone violence against them, that their voices will grow stronger.
- For the men and boys who have behaved violently towards women and girls that they will compassion to flood the hearts of all people. We make this prayer have a change of heart, repent in meaningful ways, and seek whatever help they need to lead changed lives.

God of love, we commend these prayers to you and for your through Jesus Christ, who lives and reigns with you in the Holy Spirit, Amen.

What can we do to take end violence in Catholic families?

- Listen: Be open to learning from others who have more expertise and experience before you Speak, think: have you really listened?
- Believe: Believe survivors and those who have been affected by gender-based violence. Hear their truths and support their stance.
- Speak out: Join the conversation and use your voice to speak out against domestic violence. We all have role to play in ending violence.
- Intervene: If you see someone being threatened or assaulted find a safe way to help.
- Act: Giving your time to an organization or group that works to prevent and address domestic violence. Be the change you want to see and take on a leadership role within your community.

Statement of Purpose:

This advocacy and campaign aim to:

- Create deeper awareness regarding prevention of GBV-F as well as promote sacredness and dignity of every person.
- Promote abstinence and education by encouraging young men and women to delay the first sexual encounter or embrace abstinence through increasing awareness of the sacredness of the body and the importance of education.
- Create a safety, by directing the survivors of GBV on where to get assistance, help with counselling and access to justice, safety, protection, healing and restorative justice.
- Encourage dialogue about key aspects of legislation, decided cases, national narratives regarding GBV-F and facilitate a better understanding of the right to be free from violence.
- Create an opportunity for awareness and accompaniment- this to help both men and women take time to reflect on their behaviours, language, intentions and interactions with one another, particularly men- measured against the “Model Behaviour and Command of Jesus Christ”.

Life: Healing: Restoration: Pastoral Care:

- Pope Francis said- “There are still women today who continue to suffer violence i.e. psychological, verbal, physical and sexual. It’s shocking how many women are beaten, insulted and raped”.
- Let us pray for men and women who are victims of violence that they may be protected by society and have their suffering conceded and heeded by all.
- Let Christians start putting into practice, Humility, Gentleness and Patience- saying this is the path to making peace and consolidating unity.
- Today, our families need Peace. One can build Peace with the following three things: Gentleness- Humility- Patience which are attitudes of Jesus Christ Who is humble, meek and forgives everything.

End Violence Now:

- The church and the country must play an active role to end of all forms of violence particularly against women, girls and children.
- SACBC long issued a pastoral letter on violence in the country particularly against women, girls and children.
- SACBC asks us to renew and strengthen our own families.
- To work together to eradicate any mentality, norm and language that portrays women and girls in negative stereotypes and doesn’t accord them the dignity as persons, life- bearers and children of God.
- To call to all men to actively promote attitudes of respect for women and stand up for their dignity.
- To commit to ourselves- to homes- families and society where we live the love, joy, peace, faith and hope.
- Let us create Peace and Harmony on Earth.

Apostolic Voices:

- Bishop Phalane said- “Despite our impressive constitution that embraces plurality and equality between men and women- gender and power relations are still skewed in favour of men. The prevalence of patriarchal practices in all spheres of human interaction and medical discourse show that women are still not treated as equals. Male chauvinism, misogynistic tendencies and stereotypes about women are a social pathology that still haunts our country. The collective upshot of these toxic day to day practices amplified through public institutions and media discourse offer jurisdiction for women subordination and oppression by men”.

Let’s first end violence in Catholic Families:

- **Act- Be the change you want to see.**
- **Listen- Have you really listened?**
- **Believe- Believe survivors and those affected by GBV-F. Hear their truth and support their stance.**
- **Intervene- Find a safe way to help. Don’t turn a blind eye.**
- **Speak Out- Join the conversations and use your voice to speak out against general**

Violence- Domestic or Sexual violence and GBV-F!!

Honourable Servants of God:

Pope Francis issued a vocal condemnation of violence against women, calling it a scourge. He pointed towards St Maria Goretti and Blessed Anna Kolesarova:

Kolesarova:

- St Maria Goretti is an Italian virgin martyr of the Catholic church and one of the youngest saints to be canonized. She was 11yrs old when Alessandro, a 20yr old Serenellis made sexual advances to her and she refused. He then stabbed her 14times- she died while forgiving him. Alessandro was convicted and imprisoned but repented in prison. After 27yrs in prison- he was released went to St Maria’s mom and asked for forgiveness. He converted and later became a lay-brother.
- Blessed Anna Kolesarova, a Slovakian youth-model for young people to follow. She was 16yrs old when she was shot and killed in front of her father and brother by a Soviet soldier in 1944 for refusing his sexual advances. Pope Francis praised and called them the ones who at the cost of their lives, defended their own dignity from violence. He called them more timely witnesses than ever because violence against women is an open scourge everywhere!!!

Available Helpline Services:

GBV-F: 0800 428 428

SAPS: 0800 333 177/ 08600 10111

Gender Sonke: 011 339- 3589

POWA: 011 642- 4345

Agisanang: 011 440- 5615/ 4047

NISSA: 011 854- 5804/5

Childline: 0800 055 555

Children Care: 011 408- 4835

Domestic Violence: 0800 150 150

Rape Crisis: 0861 322 322

Lifeline: 0800 322 322

Suicide Helpline: 0800 567 567

SA Depression/Anxiety: 0861 574 747

SA Men Action Group: 011 872- 1499

Aids Helpline: 0800 012 322

Legal Aid: 0800 110 110

Human Rights: 0860 120 120