

Gender-based violence as a human rights violation

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Recent researches showed that approximately 1 in 6 to 1 in 10 men (during 2025) have experienced some sort of sexual or physical violence whereas 1 in 3 women have experienced physical or sexual violence. In other words, the impact is heavily shaped depending on the sex of the victim.

While the aftermath of these statistics is baffling, we are still able to notice the rising in women's cases, it was able to disprove the opinion of the majority of today's society that the violence isn't directed towards the gender but the individual itself. Because the problem here isn't just the violence alone, but the unequal way society and the law respond to it, and we have to keep in mind that the numbers that have been found throughout these studies aren't reliable 100% since a lot of women are frightened to lodge a complaint about the assault they went through for several reasons such as judgment, self-blame, expected to be labeled as a liar, which is mostly the case, women are often forced to carry the weight of a fate they didn't choose, filled with a burden of guilt solely meant for their abuser. All that because of what? *Her gender* and let's not forget that some women aren't even aware that what they may be going through is a violation of human rights due to the patriarchal system we are living in. That is to say, the normalization of violence's.

In some cases, even ingrained in some cultures, where women are assigned the duty to keep peace at home, even if it meant being exposed to domestic violence and in some cases, kids get to witness it, and that alone plays a massive role in the child's psychological development. There is usually 2 outcomes for such circumstances, either the child is cognizant that such behavior shouldn't be normalized nor used, or they'll grow viewing domestic violence as a learned behavior and an acceptable response to conflict and at the same time degrading the woman's value. In these scenarios, a woman's opinion becomes inconsequential, she doesn't get the chance to vocalize her thoughts because her words carry no weight.

But to end this vicious cycle, we will need to do way more than just amending the law; it requires the utter dismantling of the systems that keep culprits protected and survivors silenced. And that is to start with a legal system where the police and judges are trained and instructed to support and assist the survivor by believing their statements and standing by their side the whole time because of how oppressive and mentally draining such situations can be, and ending the culture of impunity. The educational system also needs to add what healthy relationship boundaries are and how they can impact the society, because children are behavioral magnets, they absorb the relationship dynamics they see around them, and with such classes, it'll eventually shape a healthier and safer society. And finally, a financial support is mandatory for the survivor in order for them to exit the toxic environment they may be in, because one of the main reasons the victims, specifically women, are unable to leave their surroundings is because they are usually in a forced financial dependence towards their assailant's providing economic resources and safe housing will provide them the independence they deserve.

Gender-based violence is not just a personal tragedy, but a global human rights failure, but only by replacing silence with support will we be able to break the fetters for the future generations.

Sources :

- <https://www.who.int/fr/news/item/19-11-2025-lifetime-toll--840-million-women-faced-partner-or-sexual-violence?hl=fr-FR>

