



Violence Against Women and Girls (VAWG)



This fact sheet will help you understand more about Violence Against Women and Girls (VAWG)

⚠ Warning ⚠ When researching this topic you may encounter material that is upsetting. Please speak to a teacher or a trusted adult if you are worried about anything you have seen.

🧑 What is VAWG?

VAWG stands for Violence Against Women and Girls. It includes any act of violence or abuse that is directed at someone because they are female or identifies as a girl or woman. This can happen in relationships, at home, online, in public... anywhere!

🔍 Examples of VAWG

Violence against women and girls (VAWG) is any act of gender-based violence that causes or could cause physical, sexual or psychological harm or suffering to women, including threats of harm or coercion, in public or private life.

Violence against women and girls (VAWG) covers a range of unacceptable and deeply distressing crimes, including rape and other sexual offences, stalking, domestic abuse, 'honour'-based abuse (including female genital mutilation, forced marriage and 'honour' killings), 'revenge porn' and 'up skirting', as well as many others. These crimes disproportionately affect women and girls.

⚠ These are serious and **never the victim's fault**.

Key Terms	Definition
VAWG (Violence Against Women and Girls)	Any act of violence or abuse aimed at women and girls because of their gender. Includes domestic abuse, sexual harassment, and more.
Consent	Giving clear, free permission for something to happen. Must be enthusiastic and can be withdrawn at any time.
Misogyny	Hatred, dislike, or disrespect toward women and girls. Can show up in jokes, language, or behaviour.
Sexual Harassment	Unwanted sexual comments, touches, messages, or gestures that make someone feel uncomfortable or unsafe.
Domestic Abuse	When someone in a relationship or family uses control, fear, or harm against another person. Can be physical, emotional, or financial.
Coercive Control	A pattern of behaviours used to control someone through fear, isolation, or threats—often without physical violence.
Gender Stereotypes	Ideas about how boys and girls “should” behave. These beliefs can be limiting and unfair.
Harmful/Toxic Masculinity	Unhealthy beliefs about how men should act, like not showing emotions or being aggressive to gain respect.
Bystander	Someone who sees something happen but isn’t directly involved. An active bystander speaks up or gets help.
Online Abuse	Bullying, threatening, or harassing someone online, including sharing private content without consent.
Image-Based Abuse	Sharing or threatening to share private images or videos without someone’s permission.
Female Genital Mutilation (FGM)	A harmful and illegal practice involving injury to female genitals for non-medical reasons. It’s a form of abuse.

Honour-Based Abuse	Harmful actions taken to "protect" family or community honour, such as forced marriage or restricting freedoms.
Equality	Treating everyone fairly, regardless of gender, identity, or background.
LGBTQ+	An inclusive term for people who are Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, and others. Respecting all identities is part of ending VAWG

Things to think about



Why Does It Happen?

- Harmful **gender stereotypes** (e.g. "boys should be tough" / "girls should be quiet")
- **Power and control** in relationships
- **Misogyny** and disrespect towards women and girls
- Cultural norms or **peer pressure**
- **Silence or excuses** when bad behaviour isn't challenged



Did You Know?

- **1 in 4 women** in the UK will experience domestic abuse in their lifetime.
- **Sexual harassment** is common in schools—especially in corridors, playgrounds, and online.
- Many survivors of abuse are under **18 years old**.
- **Boys and men** also experience abuse and can be allies in ending VAWG.

What can you do?

Be an Upstander, Not a Bystander

- Speak up if you see someone being harassed or bullied
- Challenge sexist jokes, comments or behaviours
- Support your friends and listen if they open up to you

Show Respect

- Everyone has a right to feel safe in person and online
- Consent means *freely choosing* to say yes. Without it, it's not OK.

Talk About It

- Normalise conversations about respect, relationships, and boundaries
- Learn more. Help others learn too

Here are some videos and links that you may find useful:

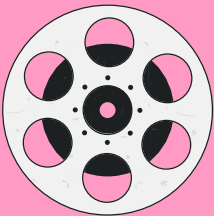
[Armour \(short-film\)](#)

[Through Her Eyes \(A Short Film on Sexual Harassment\)](#)

[Enough. Campaign to Tackle Violence Against Women & Girls Launches](#)

[Home | ENOUGH](#)

[Sunshine - Don't Confuse Love & Abuse - Day One](#)





Where to go for help

Parents/guardians/carers

Wider trusted family

Teachers/ youth workers

Childline 0800 1111

Yellow Door 02380636312

No Limits

Police



Online support

www.childline.org.uk

www.nspcc.org.uk

www.themix.org.uk

www.kooth.com

www.youngminds.org.uk

www.barnardos.org.uk

☀️ Final Thought



**Ending VAWG starts with awareness and action.
Everyone, whatever your gender, has a role to play in
building a safer, fairer world.**