



Gender-Based Violence: The Complete Blueprint

We are thrilled to announce the publication of our interactive eBook "**Gender-Based Violence: The Complete Blueprint**" on the project's website!

This comprehensive eBook is designed to introduce readers to the complexities of GBV, fostering empathy and understanding to promote gender equality.

The eBook is now available in English, Spanish, Greek, Italian and German.

The eBook is structured into **five chapters** covering:

1. **Gender-Based Violence 101:** An introduction to the historical context and key concepts of GBV.
2. **"This doesn't count!" Types of GBV:** An exploration of the various forms GBV can take, challenging misconceptions about what constitutes violence.
3. **"So it's not about the mini skirt?" Causes of GBV:** An analysis of the underlying causes and societal factors that contribute to GBV.
4. **"And so what?" Impact of GBV:** The profound effects GBV has on individuals and communities.
5. **"The guy next door" Environments where GBV occurs:** Insights into the settings where GBV is most prevalent and how environment influences its occurrence.



Each chapter not only presents theoretical insights but also incorporates relevant statistics and real-life incidents from various countries and the European Union, providing a comprehensive understanding of GBV. The eBook utilises a blend of textual information, illustrative content and interactive elements to effectively convey its messages.

By engaging with this eBook, readers are equipped with the knowledge and tools necessary to recognize, understand, and actively participate in the prevention and elimination of gender-based violence.





A series of Podcasts: What they don't tell you about Gender-Based Violence

Our project's Podcast Series are now live on our website!

These engaging podcast episodes explore the issue of gender-based violence from multiple perspectives, aiming to raise awareness and promote change, and encouraging listeners to take an active role in prevention.

Each of the five episodes covers a crucial dimension of GBV, using expert insights, real-life stories, and statistical data.

Episode 1: Key Facts about GBV

Episode 2: Causes and Consequences of GBV

Episode 3: Types and Environments of GBV

Episode 4: Case Study – Maria's Story

Episode 5: Facts and Stats of GBV in Europe

All episodes are available in English and partners' national language (ES, EL, DE, IT).



"It is time that men and boys recognize the part they must play in gender equality and join with the voices and actions of the women and girls who are trying to re-shape society in the interests of us all."

— Jimmy Carter

Both tools aim to discuss the prevalence, forms, and impact of GBV, especially its disproportionate effect on women.

They provide essential knowledge on the topic, helping to challenge harmful gender norms and stereotypes. Through accessible content, real-life examples, and data, the eBook and podcasts are designed to cultivate empathy. They highlight how everyone can play a role in recognising and preventing gender-based violence, while also empowering individuals to become advocates for gender equality.

These resources serve as accessible, engaging methods to inform, and inspire action against GBV across diverse audiences.



What's Next?

The project consortium is developing interactive resources to raise awareness and prevent gender-based violence (GBV).

These include:

- ***"Know the Signs: Preventing Gender-Based Violence Before it Happens"***

→ A series of short educational videos designed to help individuals recognize and prevent GBV in various settings, such as the workplace, public spaces, and within domestic environments. The videos will feature real-life scenarios, illustrating practical examples while providing clear guidance on how to identify warning signs and safely intervene.

- ***"He Said. She Said"***

→ Vlog series which will include expert interviews, offering practical tips and suggestions on how to support those affected and prevent GBV.

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ManUp4Her on Instagram: Awareness in Action

On our Instagram page, we use the power of visuals to shed light on gender-based violence (GBV) and the vital role men play in preventing it.

Our goal is to create inclusive, informative space where followers can learn, reflect and take action. By following us, you become part of our community working towards a safer society, where every voice against violence matters.

Stay connected.

Scan it and follow our IG page!



Tip of the issue

Gender-based violence often stems from harmful stereotypes and rigid ideas about how men and women "should" behave. One effective way to prevent GBV is by challenging sexist jokes, language, and assumptions in everyday situations—whether at work, among friends, or online.

By speaking up and questioning stereotypes, you help break the cycle that normalizes disrespect and inequality. Promoting respectful language and inclusive attitudes creates safer environments and sets a standard for how we treat one another.

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