



#DEFYHATENOW

Gender-Based Violence

**A Community Guide to Understanding
and Discussing GBV**

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Introduction

At **#defyhatenow** our mission is to work against hate and incitement to violence, in all of its forms. We take a community-based approach to peacebuilding and work on spreading skills and knowledge by having locals conduct trainings within communities. The goal is to strengthen and **amplify the voices of peace**.

While many forms of hate and violence are easy to identify - violence that erupts on the streets, for example - there are also forms of violence that are often overlooked or seen as normal. One form of violence that is often overlooked is violence towards women and girls. We call this **gender-based violence**.

In this guide, we will focus on addressing **gender-based violence**, often shortened to **GBV**.

We will discuss:

what gender-based violence is,
how gender-based violence shows up in all aspects of life,
how to discuss GBV in your community, and
what steps can be taken to stand up to this form of violence.

The goal of this guide is to increase awareness, educate, facilitate discussions, and **empower everyone** within the community to work towards creating a safer and more equitable society.

This guide can be used by individuals to read on their own or it can be used as a tool to host workshops and discussions.

What is gender-based violence (GBV)?

Let's start with a simple definition: gender-based violence is violence directed at someone primarily because of their gender. Both men and women can experience gender-based violence, but most often when we talk about **gender-based violence, we are talking about violence that specifically targets women and girls.**

Violence towards men, boys, and people whose behavior does not conform to gendered expectations also exist. Yet statistically, if we look at data collected by organizations such as the United Nations and the World Health Organization, **women and girls are the ones most often victimized.**

GBV encompasses a wide range of **harmful** behaviors and actions that are rooted in **gender inequality** and the **misuse of power**. GBV happens because people see women and children as having less value, a lower standing, or less power than their male counterparts.

Because GBV is based on an imbalance of power between men and women, gender-based violence is more common in societies in which men hold vastly more power than women in the home, the community, and society as a whole. It is also more common in families in which men see themselves as the head of the households. This is especially true in most African families, where traditional gender roles are enacted.

There are many benefits to society when we start moving towards having men and women share in power, both within the home and within all institutions and aspects of society. One of the big benefits is that when this happens, rates of violence go down. **Life becomes safer for everyone.**

Prevalence of GBV

Gender-based violence can occur in any setting, including in homes, in public, in the workplace, in schools, within the community, and online. But the most common place **gender-based violence** takes place is **within families**.

GBV is a pervasive and widespread issue that affects millions of individuals worldwide. The World Health Organization (WHO) estimates that **1 in 3 women** experience sexual violence in their lifetime. For Sub-Saharan Africa, the rates are even higher.

Yet because gender-based violence is often not reported, it is incredibly difficult to have accurate statistics.

Why is GBV often not reported? The most simple reason is that **society discourages women from reporting it**. GBV that takes place within the family is often seen as a private matter and so is not reported. The trauma and shame associated with violence also makes it hard to talk about and harder to report. There is the fear that reporting violence will lead to more violence or put the person reporting it into danger. And sadly, police and the judicial system often fail women, not taking their reports seriously.

When social scientists compare the level of violence that can be observed in communities with how infrequently these crimes are officially reported, they can make educated guesses about the actual levels of violence against women and children. The conclusion? **We can assume that most or all women will experience some form of gender-based violence in their lifetime**. This makes gender-based violence a large-scale human rights violation. **If half of the population is female, that means that at least half of the world's population will experience gender-based violence.**

This needs to change.



Summary

Gender-based violence is **violence towards women and girls** that can happen anywhere, often happens among people who are related, and is based, among other factors, on the faulty belief that women and children are of lesser value. It is a misuse of power.



DISCUSSION QUESTIONS

Can you define gender-based violence in your own words?

What does having power over someone have to do with gender-based violence?

What are some things in society that make violence against women and children more likely?

Forms of Gender-Based Violence

Gender-based violence is divided into categories to show the **many different forms GBV can take**. But it is important to note that one act of gender-based violence will often include many different categories of violence.

For example, rape is included primarily as **sexual violence** in the list below, but rape also includes elements of **physical violence** (being pushed or hit or restrained) and **psychological violence** (both during and afterward the trauma).

Gender-based violence exists along a continuum from more minor acts, such as name-calling, to the most extreme form of GBV: **femicide**.

As the UN Women website states, “gender related killings (femicide/feminicide) are the most brutal and extreme manifestation of a continuum of violence against women and girls that takes many interconnected and overlapping forms. Defined as an intentional killing with a gender-related motivation, femicide may be driven by stereotyped gender roles, discrimination towards women and girls, unequal power relations between women and men, or harmful social norms.”

These killings of women are particularly troubling not only for the loss of life, but for the dehumanizing way societies often talk about the deaths, often blaming the victims for the outcome. Instead, we need to understand that femicide is deeply rooted in inequality and that all women, regardless of any actions they take or do not take, deserve to live life free of the threat of violence or death.

It is also important to note that most often, femicide is committed by men close to the women, whether family members or intimate partners. This is particularly troublesome because it means that those closest to women are also the most likely to hurt or kill them. The people who should provide a safe refuge from the world are actually, statistically, the most dangerous.





Along the continuum of gender-based violence, we often divide GBV into these categories:

Physical violence, such as being hit, slapped, pushed, beaten, or murdered.

Sexual violence, such as unwanted touching, sexual harassment, rape, forced prostitution, and other forms of sexual assault. Sexual violence often exists alongside other forms of violence, such as physical and psychological violence.

Psychological violence also known as **Emotional Violence**, is non-physical violence that aims to inflict emotional harm, such as verbal threats, insults, intimidation, humiliation, controlling behaviors, and gaslighting (which is where a person causes you to question your own sanity, memories, or perception of reality).

Economic violence, also known as **Denial of Resources**, such as destroying property, depriving someone of access to financial resources, controlling money, or not allowing women to access education. Economic violence is a way to limit women's abilities to control their own life and livelihoods and thereby force them to be dependent on others.

Traditional Practices can also be forms of gender-based violence when they cause physical or psychological harm, such as female genital mutilation/cutting (FGM/C), breast ironing, child marriage, forced marriages, dowry-related violence, and honor killings.

Online Violence, also called **Technology-Facilitated Violence**, is included in gender-based violence when the violence targets women and girls online and through technology such as messaging apps. Examples include online harassment, slander, cyberbullying, stalking, threats, and revenge porn.

Political Silencing is a form of gender-based violence when women who are in positions of power or politics are attacked, often online, with threats of violence, harassment, sexually derogatory statements, and an assault on their character and bodies.



Summary

Gender-based violence includes acts such as **rape, sexual assault, forced marriages, and silencing**. We often divide GBV into physical, sexual, psychological, economic, and online harm. Many traditional practices that harm a body or dictate who we have to marry are also a form of gender-based violence.



DISCUSSION QUESTIONS

After reading this list of harmful acts, which acts do you think are most common in your community?

Which ones feel like the biggest problem?

Are there any things listed here that you do not understand and would like to discuss?

Do people in your family or community openly discuss gender-based violence?

Are there any warning signs that make you think someone might be likely to commit acts of GBV?



Gender-based violence in the home

The first step towards change is being aware of gender-based violence and being able to name the different forms of violence. That is what we just learned in the section above.

The next step is **being aware of where you are most likely to experience gender-based violence: at home.**

Domestic violence is the most common form of gender-based violence. Domestic violence can include violence between a couple, but also include violence between other members of the family. Often, for example, a father or uncle might be inflicting harm upon their daughter or other child in the family. But violence between a husband and wife is the most common form of domestic violence.

There are many reasons why domestic violence is the most common form. For one thing, it is the place where we spend the majority of our time. It is also the place where violence can happen and yet not be talked about, because it is **incredibly hard to discuss violence when it is happening at home.** Violence at home also often begins slowly, with an insult or demeaning language, and slowly moves up to physical violence and sexual violence.

For a long time, societies were slow to label violence in the home as violence. For example, some countries still do not recognize the existence of rape within a marriage as a possibility, even though any nonconsensual sex is rape, regardless of whether the aggressor is a stranger or your husband.

Likewise, verbal threats, any physical harm inflicted, control of resources, and gaslighting are all forms of domestic violence. And yet in many places, these harms are seen as normal.

Normalizing domestic violence allows the cycle of violence to continue and spread, from generation to generation. Learning to name domestic violence and understanding it as part of gender-based violence helps us see that being unsafe at home is never acceptable. All women and children deserve to be safe and at ease at home.

It is important to note that gender-based violence can affect any woman, but gender intersects with other categories of identity that make violence even more likely to occur, including social class, sexual orientation, religion, (dis)ability, and so on. External facts, such as poverty and being in conflict situations, are also extremely dangerous for women and children.

What this means is that anyone can become the victim of domestic violence, but especially those who are struggling to support their families and find employment are especially vulnerable.

A big problem is that friends and family often downplay the problem when women do speak up. Or they are told that for the sake of the children, they have to make that abusive relationship work. Sometimes they are even blamed for the violence - even by other women. Or are given quotes from religious texts that are taken out of context and appear to support a man's right to beat his woman.

In other words, women are often blamed for the violence they experience and often there is a lack of support. This needs to change - and it **starts with each of us learning to react differently when confronted with stories of violence in the home.**

DISCUSSION QUESTIONS

What does it mean for you to feel safe at home?

Do you feel that forms of violence, such as pushing or slapping, are normal within your communities or at home?

Why do you think we so often blame the women or try to convince them to stay in situations in which they are being harmed?

We know it is hard to talk about domestic violence at home because it means saying bad things about our family and many women were taught to protect their family's reputation no matter what. Also, we don't always know who to talk to. Even so - can you think of someone you feel safe talking to?

What is the connection between being able to label something as domestic violence and starting to advocate for change?

Gender-based violence in schools and work

Another place where gender-based violence is often present is in schools and at work. This can take many forms, including bullying and sexual harassment among peers. In schools, it could involve forcing students to give teachers sexual favors in exchange for their marks. At work, it could be any co-worker or boss who touches others without consent or who threatens to fire someone or only promotes them in exchange for sexual activity.

Any time there is a power differential, there is an increased chance you will encounter gender-based violence and in particular, sexual violence. This is true in schooling, where teachers hold great power over students, but also in the workplace, where superiors have more power than those employees under them.

But it is never okay to use your power to get what you want from another person. It does not matter whether it is simply making inappropriate comments about their bodies, asking for sexual favors, or forcing yourself on them: all of these things are wrong and constitute gender-based violence.



DISCUSSION QUESTIONS

Can you share some examples of gender-based violence that you heard about or encountered in school or work?

How can we equip our children to fight back against the misuse of power in schools?

How do we address sexual harassment in the workplace?

What are some early warning signs that sexual harassment might be present in the work environment?

GBV in conflict situations

In conflict situations, women and children face the usual struggles of having to live in a more dangerous situation amid financial and food insecurities. But their risk of experiencing gender-based violence also increases in conflict situations.

Sexual violence, including rape and gang rapes, is often used as a tool of war, intended to humiliate them and their people. Rape is always a highly traumatic event, leaving the women injured, emotionally and physically. Sexual assault also often leads to unwanted pregnancies and sexually transmitted diseases. And because societies continue to stigmatize sexual violence, women often find it difficult to discuss their trauma because it is not acceptable to discuss this or they fear being cast out. This trauma and enforced silence is a horrible combination that does not serve anyone well. **We know that in order to process trauma, we need to be able to talk about it in safe spaces.**

If there are safe spaces in your community, seek them out if you need help and go support those organizations in their efforts if you can. **#defyhatenow** also has created a trauma-healing guide that can be helpful if other help is not available. You can find the guide here. https://defyhatenow.org/wp-content/uploads/2023/10/DHN_cameroon_field_guide_EN_2021_chapter5.pdf

In conflict situations, other gender-based violence that women may encounter includes **forced prostitution, forced marriages, physical violence, and restrictions on women's legal rights.**

Unfortunately, in conflict situations, in which being out in society becomes more dangerous, the home also becomes a more dangerous place. Domestic violence often increases during conflict situations, as men act out against women and control them in order to feel in control of one area of their life. This misplaced search for control harms everyone, but women and children in particular.

Behaviors such as harassment and stalking of female public figures also increases during conflict situations

In post-conflict societies, continued gender-based violence is one of the greatest roadblocks to stability and peace. Human trafficking, sexual violence, and high levels of physical violence are often prevalent, but the stigma, particularly in regards to sexual violence, makes this a trauma that is not easily talked about. The lack of medical and psycho-social support impacts women disproportionately.

Addressing gender-based violence in conflict and post-conflict settings requires comprehensive measures, including legal protections, trauma support services, community involvement, and promoting gender equality.



DISCUSSION QUESTIONS

Does your community have any safe spaces where women can come to discuss sexual trauma experienced?

How can you support other women who might have been traumatized?

What strategies could be used to try to keep women and children safer during conflicts?

Online GBV

Online gender-based violence refers to violence, harassment, and abuse targeting women through digital platforms and communication channels. It encompasses a range of harmful behaviors that seek to demean, intimidate, and exert power over others online.

Online gender-based violence can include:

Cyberbullying, which is the use of technology and digital platforms to harass, threaten, or intimidate individuals, often through repeated and abusive messages or posts.

Online harassment, which includes stalking, trolling, or spreading rumors or false information to harm or intimidate someone.

Non-consensual sharing of intimate photos, often called revenge porn, which is when someone shares sexually explicit images or videos of you without your consent, often with the intention of humiliating, blackmailing, or causing emotional distress.

Online hate speech, which can include spreading misogynistic, sexist, or discriminatory messages about someone.

Doxing, which is when you reveal and share personal information, such as an address, phone number, or employment details online, with the intent of causing harm or facilitating further harassment.

Online gender-based violence is designed to cause emotional distress and anxiety. The constant fear of online attacks can also lead many women to opt-out of being online, which then limits their access to information and learning as well. **#defyhatenow** has created materials to help promote digital literacy skills that will help you stay safer. You can find them here <https://defyhatenow.org/cameroon/social-media-hate-speech-mitigation-field-guide-v2-cameroon/>.



DISCUSSION QUESTIONS

Do you use social media or the internet?

Have you ever seen others being harassed or been the target of an attack online?

What are some things you can do to lessen your chances of encountering online gender-based violence?



**TOGETHER,
LET'S DENOUNCE. GBV**

Effects of GBV on individuals and communities

Gender-based violence is pervasive in almost all areas of life and this is a problem, because women and children should not have to experience violence in their lives. But the effects of gender-based violence doesn't end there. Hurt spreads. **Societies that are not safe for everyone are not safe for anyone.**

Gender-based violence (GBV) has profound and far-reaching effects on both individuals and communities. The impact extends beyond the immediate physical harm and encompasses various aspects of well-being, relationships, and societal dynamics.

For individuals, GBV can result in physical consequences such as injuries, disabilities, chronic pain, and long-term health issues.

Gender-based violence often leads to post-traumatic stress disorder (PTSD), anxiety, depression, self-blame, guilt, shame, and low self-esteem, which can hinder people's ability to function, flourish, and maintain healthy relationships. The trauma of GBV can also lead to intrusive memories, nightmares, and flashbacks, which often either puts people into a constant state of panic or anger.

People who have experienced GBV also often face social isolation and stigma due to the blame and discrimination often associated with being a victim, impacting their sense of belonging and support.

GBV can have severe economic implications as well, including financial ruin, loss of employment, lost productivity, reduced earning potential, and limited access to resources, further exacerbating vulnerability and dependence.

At the community level, **GBV fractures the social fabric, eroding trust, cohesion, and collective well-being. It perpetuates cycles of violence within families and communities, impacting the next generation and hindering progress toward gender equality.** Children who have been harmed are more likely to continue the pattern of violence they have experienced. Women who have been harmed continue to suffer the after-effects of trauma, including depression, anxiety, and panic attacks, and will have a harder time in all aspects of life, including supporting their families economically and emotionally and participating in society.

Addressing GBV requires comprehensive efforts at individual, community, and societal levels to provide support services, access to justice, education on gender equality, challenge harmful gender norms, promote respectful relationships, and create safe spaces for all individuals. **By addressing GBV, we can foster healthier, more resilient communities - a win for everyone.**



DO NOT TOLERATE ANY FORM
OF GENDER-BASED VIOLENCE

GBV and the law

In the eyes of the law as it pertains to gender-based violence, there are large discrepancies between international laws and national laws in various countries. Additionally, there is a lot of variance between what societies and communities view as acceptable and unacceptable, even when these things clearly fall under the category of gender-based violence.

This makes gender-based violence an incredibly complex legal and societal issue.

On an international level, the United Nations Universal Declaration of Human Rights (UDHR) was adopted in 1948 and sets out the fundamental human rights that apply to all individuals, irrespective of gender. These include the right to safety, life, liberty, and non-discrimination.

There are also many other newer UN resolutions to combat violence against women.

The Council of Europe's Istanbul Convention, officially known as the Council of Europe Convention on Preventing and Combating Violence Against Women and Domestic Violence, is an international treaty that was ratified in 2014. It discusses the various forms of violence against women, including domestic violence, sexual violence, stalking, forced marriage, female genital mutilation, and honor-based violence and states that all forms of violence against women amount to a violation of human rights and a form of discrimination and should be illegal.

The Maputo Protocol was adopted by the African Union in 2003 to promote and protect women's rights across the continent. It addresses the elimination of discrimination and violence against women, the promotion of women's health and reproductive rights, and the advancement of women's participation in political and decision-making processes. The protocol also emphasizes the protection of women in armed conflicts.

But while all of these conventions and declarations push for a change of laws, they cannot force countries to adopt them. And so

legally, which forms of violence against women are tolerated and which are not depends on where you live.

It also has to be said that even when laws against violence against women exist, that does not mean that they are enforced by the local authorities. There are large gaps in most countries between what is officially illegal and what is tolerated anyway.

In all countries, rape is against the law. Additionally, rape as a method of war constitutes a crime against humanity according to the International Criminal Court (ICC) and could be persecuted by the ICC. Yet whether the ICC does this, or whether individual countries uphold their laws, varies greatly.

Other acts of sexualized violence, such as sexual harassment or marital rape, are often not mentioned in law, even though they are a violation of human rights. Likewise, many forms of physical violence, like being hit or being subjected to female genital mutilation, are also not persecuted under the law. But that does not make them acceptable. It does however mean that the laws are lacking and need to be changed.

In combating gender-based violence in communities, the law is often not going to be helpful. Instead, individuals and communities need to come together and take a stand against gender-based violence. And hopefully, a grassroots effort will someday lead to legal changes.

DISCUSSION QUESTIONS

We know that rape is illegal in all countries, but do you think that the legal system actually works to protect victimized women and children?

Many societies are only slowly starting to grapple with the problem of marital rape. Why do you think we have been so hesitant to address this? Do you think it is because we are afraid of interfering with family matters?

Recognizing Gender-Based Violence

With all of these forms of gender-based violence, what makes GBV difficult to recognize and address is that it often takes place in secret. But the more we can start noticing it, the more we can step in and help.

So how do we recognize it?

Pay attention to changes in appearance, both physically (such as visible bruises or injuries) and any change in demeanor or dress. Ask open-ended questions about how people are doing and address any injuries you see.

Pay attention to changes in behavior: does someone suddenly seem more fearful? Does someone seem withdrawn? Try to talk to them and see what is weighing on them.

Is someone suddenly not coming to school or work? Are they not at the market when they usually are? Go check on them.

If you see violence happening, use your voice: speak up! Get help! Make it known that what you are seeing is not acceptable, even if others think it is. Help in any way that you can.

On a community level, **the more that gender-based violence is talked about and the more people know that the violence has a name, the more we normalize being able to speak up when something happens.**

The more that we can tell people **it is never okay to harm another person** and the more that we push for a community that does not tolerate violence against others, the more we start changing the culture of what is acceptable and what is not acceptable.



DISCUSSION QUESTIONS

Is there a way to identify where and when violence is more likely to occur?

How could those spaces be made safer?

Is there a way to identify safe people who could be called upon?

Is there an emergency network that could be built to support anyone who needs immediate help?



A Call to Action

Now that we know what gender-based violence is and have talked about why we need to work together towards ending gender-based violence, the question is: how?



While there is no easy answer, the three steps are **Prevention - Support - Action.**

Prevention involves building awareness about what gender-based violence is and why gender equality is important in order to create safer societies. It involves trainings like this one and spreading this message through conversations with family and community members.

Support involves creating safe spaces for women to discuss violence they have experienced and safe spaces to discuss ways to bring about change in their homes and communities and country. Support also involves making trauma healing resources more accessible to everyone, offering legal aid, and creating support for those needing help.

Action involves working to challenge norms through discussions, community dialogue, and trainings such as this one. And working to engage boys and men, to become advocates for the elimination of gender-based violence. Action always involves petitioning for legal changes and supporting women in leadership, at all levels, from the local to the international.



DISCUSSION QUESTIONS

Can you give one example of what you personally could do to help prevent gender-based violence at home? And one example of what you could do in your community?

Can you give one example of what you could do to support women and girls who have experienced gender-based violence?

Can you give one example of what you could do to support others - such as boys, men, or members of sexual minority groups - who have experienced gender-based violence?

Can you give one example of an action you could take to challenge the societal norms that downplay violence against women, especially in the context of domestic violence?

Why do you think society downplays domestic violence that targets other men or boys?

Does your community have a safe space to discuss gender-based violence? How could you take steps towards creating a safe space?

Resources on how to help or get help

#defyhatenow has created a guide that addresses trauma healing and how to create spaces to discuss violence. You can find it here.

For local resources, your trainer should be able to give you a list of organizations that are active in helping women and foster change.

Legal provisions on Gender Based Violence in Cameroon

Cameroon does not have specific legislation by which domestic violence can be prosecuted; the criminal law is notoriously silent, and victims are left to [rely] on the general law of assault. Thus, acts of domestic violence can be prosecuted using the Cameroon's penal code under the following articles:

Cameroon Penal Code on GBV

Section 295 Private indecency;

- 1) Whoever in any place, notwithstanding that it may be open to the public, commits an indecent act in the presence of any person of either sex and without his consent shall be punished with imprisonment for from 15(fifteen) days to 2(two) years or with fine of from CFAF 10.000(ten thousand) to CFAF 100.000(one hundred) or even both such imprisonment and fine.
- 2) The punishment shall be doubled where the offence is accompanied by assault.

Article 296: Rape

Whoever by force or moral ascendancy compels any person, whether above or below the age of puberty, have sexual intercourse with him shall be punished with imprisonment from 5 (five) to 10 (ten) years, if the victim is a minor the sanction will be doubled

Art. 277.– Serious injury

Whoever permanently deprives another of the use of the whole or of any part of any member, organ or sense shall be punished with imprisonment for from 10 (ten) to 20 (twenty) years.

Article 281: minor injury

Whoever by force or interference causes intentionally or unintentionally to another any .sickness or inability to work lasting for more than 8 (eight) days and up to 30 (thirty) days shall be punished with imprisonment for from 6 (six) days to 2 (two) years or with fine of from CFAF 5 000 (five thousand) to CFAF 50 000 (fifty thousand), or with bath such imprisonment and fine.

Art. 280. – simple injury

Whoever by force or interference causes intentionally or unintentionally to another any sickness or inability to work lasting more than 30 (thirty) days shall be punished with imprisonment for from 6 (six) months to 5 (five) years or with fine of from CFAF 5 000 (five thousand) to 200 000 (two hundred thousand), or with both such imprisonment and fine.

Article 338: assault on women

Whoever by force used against a woman with child or against being born causes intentionally or unintentional the death or permanent incapacity of the child shall be punished with imprisonment for from 5(five) to 10(ten)years and with the fine for from CFAF 1000.000(one hundred thousand) to CFAF 2.000.000(two million)

SECTION 94: Attempt

- 1) An attempt to commit a felony or misdemeanor shall mean the performance of any act towards its commission unambiguously indicating an irrevocable intention to commit it, and shall be treated, where execution has been arrested or has failed solely by reason of circumstances independent of the offender's will, as the commission of the felony or misdemeanor attempted.
- 2) An attempt shall be punishable notwithstanding that complete execution was impossible by reason of a circumstance of fact unknown to the offender.
- 3) Mere preparation shall not constitute an offence.

SECTION 74: Punishment and Responsibility

- 1) No penalty may be imposed except upon a person criminally responsible.
- 2) Criminal responsibility shall lie on him who intentionally commits each of the ingredient acts or omissions of an offence with the intention of causing the result which completes it.
- 3) Save as otherwise provided by law, no criminal responsibility shall arise from the result, though intended, of an omission.
- 4) Save as otherwise provided by law, there shall be no criminal responsibility unless subsection (2) of this Section has been satisfied. Provided that responsibility for a simple offence shall not require any intention to act or to commit or to cause the result.

Source:

<https://www.unhcr.org/what-we-do/protect-human-rights/protection/gender-based-violence>

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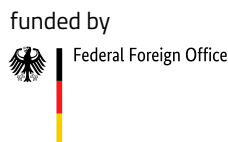
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A woman with long, dark, wavy hair is shown from the chest up. She is wearing a white headband that covers her forehead and eyes. The headband has the text "TOGETHER, LET'S DENOUNCE. GBV" printed on it in a bold, black, sans-serif font. She is wearing a white, textured, possibly knitted or crocheted top. The background is a light, textured surface with some dark speckles.

TOGETHER,
LET'S DENOUNCE. GBV