

Drawing from South African women's realities to understand and develop IPV-related stigma, shame and self-blame measures – Fediša Modikologo

Willan, Samantha. Machisa, M. Mbowane, V. Paile, C. Mahlangu, P. Pass, D. Jewkes, R.

- South Africa has very high rates of IPV
- Yet, limited knowledge of IPV-related stigma and measures

Aim: Explore the drivers of IPV-related stigma, shame, self-blame

How women experience it?

Method: Formative Research Fedisa, 5 FGDs (42 women (♀)), conducted in 4 languages

Women spoke about...

IPV-related stigma, shame, embarrassment, guilt when people know they experience IPV

Felt blamed for choosing/staying with abusive partners "we told you about this man"

Blamed for leaving children in abusive relationships "foolish", "bad mother"
And... for removing children "selfish"

But – lots of support for removing children

Support to leave abusive relationships "brave", "wise" BUT... exacerbates stigma if they stay

➡ Self-blame and internalized stigma and less agency in help-seeking and leaving abuse

Conclusion

Richer understanding of

- 1) Internal and external drivers of IPV-related stigma: IPV, partner choices, decision to stay/ leave & children
- 2) Impact of IPV-related stigma on survivor's sense of self-blame, internalized stigma and shame, and ♀ wellbeing and help seeking

Implications

- 1.) Improved support for ♀ wellbeing and exiting abusive relationships
- 2.) Support development of SA IPV-stigma measures (Fedisa) 12,000 SA women



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END THE CYCLE

