

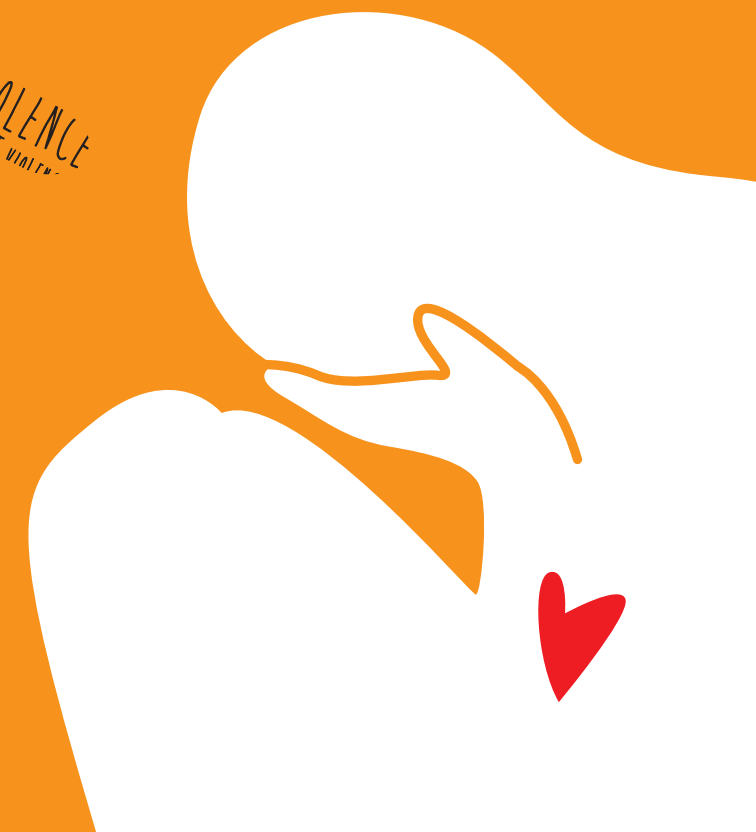
# 性暴力和性别暴力

## SEXUAL AND GENDER BASED VIOLENCE



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Federación de Planificación Familiar Estatal



## 什么是性暴力和性别暴力

一名女性或LGTB（女同性恋者、男同性恋者、双性恋者与跨性别者）遭受暴力、威胁、性别虐待,包括强奸,语言侵犯和肢体侵犯,经济虐待,胁迫,羞辱,毁损女性生殖器官,逼婚以及强制绝育。性暴力和性别暴力的形式还包括经济资源、生计、机会的否定或社会服务、卫生服务与教育服务使用权的否定。性暴力和性别暴力是任何违背个人意志的行为,这种行为包括不同种类,其中有身体,感情,精神或性的行为。性权利和身体自主权是人类权利。男人和男孩也有可能成为性别暴力的受暴者。

## 您为什么要寻求支持?

性暴力和性别暴力会影响您的心理和身体健康,也能导致心理障碍、不安和惊恐。正因如此,与提供支持、保护和照顾的服务中心联系极为重要。性暴力和性别暴力是一种罪,如果您正在遭受虐待,这里有工作人员和服务机构能支持并保护您,我们建议您与医生、护士、服务中心接待员和性暴力和性别暴力服务中心联系。

您所说的话会为您保密。保密是所有服务中心的工作人员都要遵守的一项原则。

**您不用害怕。**

## What is it?

When a woman, an LGBTI+ person experiences, violence, threats, sexual abuse, including rape, physical and verbal aggression, economic abuse, coercion, humiliation, female genital mutilation, forced marriage, forced sterilization among others.

Denial of economic resources, livelihoods, opportunities or access to social and health services and education are also forms of SGBV.

Sexual and gender based violence is any act committed against a person's will and can be **physical, emotional, psychological or sexual in nature.**

Sexual right and bodily autonomy are human rights.

**Sexual violence affects also men and boys.**

## Why should you seek support?

Sexual and gender based violence can have physical and psychological effects on your health and cause psychological disorders, discomfort and fear. This is why it is important to address services that can provide care, support, protection and help for these problems.

**Sexual and gender based violence is a crime,** if you are experiencing abuse, there are services and people that can support you and help protect you.

**Talk to professionals, including medical doctors, nurses among others and reception facility operators or SGBV center operators.**

**All that you say will remain confidential.** Confidentiality is a principle that all people working in services must always respect.

**You don't have to be afraid.**

