

TRIPLE JEOPARDY: Protecting At-Risk Refugee Survivors of Sexual and Gender-Based Violence

IMPACT OF SGBV – OLDER REFUGEES

1. AIM

This module addresses the impact of SGBV, with a specific focus on older refugee survivors. It also identifies the specific needs of older refugee survivors and the challenges they experience on their path toward recovery. Understanding the nature and extent of potential consequences of SGBV enables participants to appreciate the urgent need for a holistic and multi-sectoral approach to support services.

2. USE

This module may be used as part of a half-, one- or two-day training (see *Model Agendas*).

TIME	METHODOLOGY	MATERIALS
1 hour, 30 minutes	PowerPoint Brainstorming Discussion Group work Case study	Flip chart Markers Impact of SGBV – Older Refugees PowerPoint Projector and speakers Triple Jeopardy video – Older Refugees

3. GENERAL BACKGROUND

Helpful **definitions** for this and other modules include:

- **Physical consequences of SGBV:** Changes in the functioning of the body as a result of acts of sexual and gender-based violence.
- **Psychological consequences of SGBV:** Changes in behavior following an incident of SGBV associated with a person's emotional and psychological functioning. Mental health problems can cover a broad range of disorders, but the common characteristic is that they affect a person's personality, thought processes or social interactions.
- **Psychosocial consequences of SGBV:** Changes in the ability of the survivor to manage daily functions including care of self, performing social roles within the family, community and society, and maintaining mental, emotional, social and spiritual wellbeing as a result of acts of sexual and gender-based violence.
- **Psychosexual consequences of SGBV:** Changes in the ability of the survivor of SGBV to perform or enjoy sexual activity due to a psychological impact.

Resources

Triple Jeopardy Report

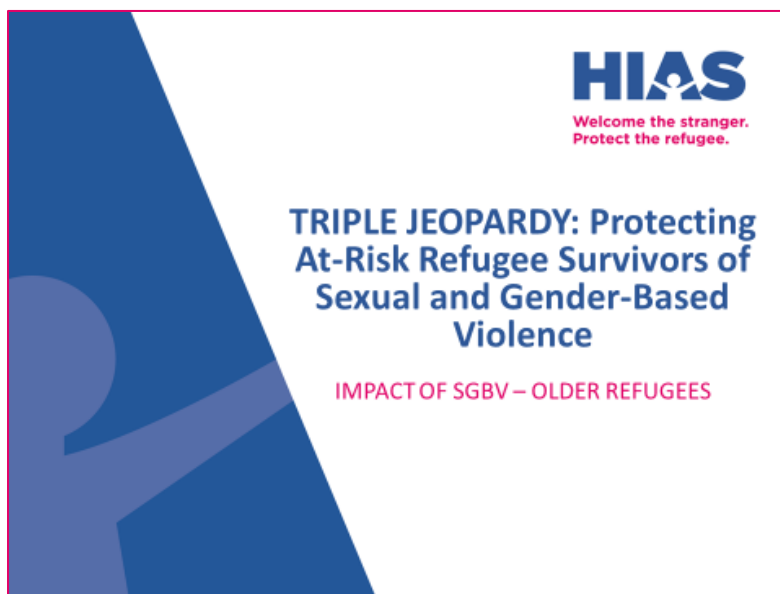
HelpAge International (2002) [Encouraging Agencies to Pay Attention to the Needs, Knowledge and Experience of Older People](#). Inter-Agency Standing Committee (2005) [Guidelines for Gender-based Violence Interventions in Humanitarian Settings: Focusing on Prevention of and Response to Sexual Violence in Emergencies](#). International Federation of the Red Cross and Red Crescent Societies (2016) [Psychosocial Centre](#). Macdonald, Flora (2002) [Legal Protection of the Vulnerable: The Case of Older IDPs](#). UNICEF (2003) [Sexual and Gender-Based Violence against Refugees, Returnees and](#)

[Internally Displaced Persons](#). United Nations High Commissioner for Refugees (2011) [Operational Guidance: Mental Health & Psychosocial Support Programming for Refugee Operations](#). United Nations High Commissioner for Refugees (2011) [Sexual and Gender-Based Violence \(SGBV\) Prevention and Response](#). United Nations High Commissioner for Refugees (2013) [Working with Older Persons in Forced Displacement](#). World Health Organization (2014) [Mental Health: A State of Well-being](#).

4. SLIDES


This section provides you background and resources for each PowerPoint slide in the module. It also gives you instructions to facilitate group discussions and exercises.

SLIDE 1: COVER



SLIDE 2: OBJECTIVES

Objectives



By the end of the session, participants will be able to

1. Understand the impact of SGBV on survivors, with a focus on older refugee survivors
2. Recognize the specific needs of older refugee survivors

TRIPLE JEOPARDY TRAINING | HIAS 2

Background

- The impact of SGBV on survivors, their families and their communities can be severe, and varies greatly.
- The first objective seeks to identify the different types of consequences for survivors of SGBV, including older refugee survivors.
- Explain that later slides will address categories of consequences, including those that are physical, psychological, psychosocial and psychosexual.
- The second objective highlights specific needs of refugee survivors of SGBV.

Resources

Inter-Agency Standing Committee (2015) [Guidelines for Integrating Gender-Based Violence Interventions in Humanitarian Action: Reducing Risk, Promoting Resilience and Aiding Recovery](#).

Consequences and Impact of SGBV

Group Brainstorming

- What are the consequences of SGBV on
 - A survivor?
 - His or her family?
 - His or her community?

TRIPLE JEOPARDY TRAINING | HIAS 3

Materials

Flip chart and markers

Group Activity (15 minutes)

- In advance of the session, write “survivor,” “family,” “community” and “society at large” on the top of three separate flip chart pages. Place 2-3 markers on participants’ tables.
- At the start of the session, explain that participants will brainstorm about the consequences and impact of SGBV.
- Post the three flip charts on the wall, with enough space between them for a few people to gather.
- Invite participants to approach a flip chart page of their choice and write down relevant consequences of SGBV.
- Encourage diverse participants to respond.
- In plenary, review and discuss each flip chart.

Physical Consequences of SGBV

<p>Physical Consequences</p> <ul style="list-style-type: none"> Broken bones Organ damage Bleeding Hemorrhoids Functional impairments and permanent disabilities Damage to the anus and loss of control over feces Death 	<p>Reproductive Health Consequences</p> <ul style="list-style-type: none"> Pelvic inflammatory diseases Sexually transmitted infections Unwanted pregnancy Miscarriage Fistula and related reproductive health effects Sexual physiognomic dysfunction Infertility
--	--

TRIPLE JEOPARDY TRAINING | **HIAS** 4

Background

- Explain that the physical consequences of SGBV include changes in body functioning as a result of the violence.
- They can be temporary or permanent, depending on the level of physical force used or the emotional impact on the survivor.
- Physical impact can vary in severity, and may include death.
- Explain that SGBV causes specific injuries and may result in changes to the reproductive health of female survivors.
- The thinning of the vaginal wall and decreased vaginal secretions in some older women can also increase the risk of severe injury and contraction of HIV/AIDS in the case of rape.
- There are other more general physical consequences, damaging many parts of the body.
- Fistula is a hole torn between the vagina and rectum or bladder. It may be caused by childbirth, or rape or sexual force, leaving a woman incontinent. In addition to obvious health problems and risk of infection, this particular problem creates social isolation and/or shame.
- Ask a volunteer participant to read aloud a few of the physical impacts from each category that were not listed on participants' flip charts in the previous exercise.

Resources

Fistula Foundation (2016) [What is Fistula?](#) Health-Genderviolence.org (2011) [Strengthening Health Systems Responses to Gender-Based Violence in Eastern Europe and Central Asia](#). Inter-Agency Standing Committee (2015) [Guidelines for Integrating Gender-Based Violence Interventions in Humanitarian Action: Reducing Risk, Promoting Resilience and Aiding Recovery](#). United Nations High Commissioner for Refugees (2012) [Working with Men and Boy Survivors of Sexual and Gender-Based Violence in Forced Displacement](#).

SLIDE 5: QUOTE FROM AN OLDER MALE REFUGEE SURVIVOR

Quote from an Older Male Refugee Survivor

'When I do long distance travel, it is a problem for me, according to the state of the road. For example, when I have a program in town in the morning, I have to take something small [to eat]...it is my habit not to eat something in the morning when I am going somewhere.'

Older Male Refugee Survivor, Nairobi, Kenya, 29 January 2014.

TRIPLE JEOPARDY TRAINING | **HIAS** 5

Background

- Forms of SGBV like anal rape of men, boys, women and girls may result in loss of control of the anal sphincter, leading to incontinence. This can force survivors to refrain from eating, leaving home, working or participating fully in communal activities.

Resources

Triple Jeopardy Report, pp. 27-32.



Psychological Consequences of SGBV

- Feelings of shame, humiliation, anger, fear, isolation, low self esteem
- Suicidal thoughts, suicide attempts, self harm
- Anxiety disorders and panic attacks
- Post-traumatic stress disorder (PTSD) including nightmares, recurring distressing thoughts, depression and sleeplessness
- Medically unexplained psychosomatic complaints

TRIPLE JEOPARDY TRAINING | HIAS 6

Background

- Ask a participant to define “psychological consequences.” Then read aloud the definition set out in the introduction to this module.
- Explain that the impact of SGBV, whether perpetrated by the use of physical force or sexual, verbal or psychological violence, may lead to a change in the emotional well-being and behavior of the survivor.
- It may result in feelings of shame, humiliation, anger and fear, leading to self-isolation.
- SGBV can also lead to low self-esteem, which, in turn, can result in self-harm, including substance abuse and suicide.
- Common mental health impacts include anxiety and depression. Some survivors develop post-traumatic stress disorder.
- Psychological consequences can also include the development of psychosomatic symptoms, which are physical conditions triggered or aggravated due to stress or interactions between the mind and body.
- Some survivors, particularly men, may question their gender identity or sexual orientation as a result of SGBV.

Resources

Triple Jeopardy Report, p. 4.

American Psychological Association (2013) [When Symptoms are a Mystery](#). Health-Genderviolence.org (2011) [Strengthening Health Systems Responses to Gender-based Violence in Eastern Europe and Central Asia](#). National Institute of Mental Health (2016) [Post-Traumatic Stress Disorder](#). Yuan, Koss, & Stone (2006) [The Psychological Consequences of Sexual Trauma](#).

Psychosocial Consequences of SGBV

- Social stigmatization, marginalization, hostility and rejection
- Loss of social support networks
- Withdrawal from domestic, social and economic activities
- Fear of population groups identified with the perpetrators
- Strain on caregivers

TRIPLE JEOPARDY TRAINING | **HIAS** 7

Background

- Ask a participant to define “psychosocial consequences.” Then read aloud the definition set out in the introduction to this module.
- Explain that social support networks and a sense of welcoming by the community are extremely important in the recovery process.
- Clarify that a change in social conditions leading to marginalization, stigmatization and isolation following SGBV may trigger mental health-related stresses and impact not just the social wellbeing of a person, but also his/her emotional, mental and even physical wellbeing. This may impact the ability of a person to care for him or herself, or others depending on them.
- SGBV may also trigger a change in the behavior of the survivor due to fear of further victimization, including withdrawal from social, family and community activities and responsibilities.
- Psychosocial effects can give rise to other negative outcomes, including poverty and increased social and economic strain on families and caregivers.

Resources

Inter-Agency Standing Committee (2007) [IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings](#).

Psychosexual Consequences of SGBV

- Sexual dysfunction
- Loss of sexual interest
- Difficulties in intimate relations (as a result of mental or physical consequences)
- If the perpetrator is the same sex as the survivor, confusion regarding gender identity, sexual orientation or gender roles may arise

TRIPLE JEOPARDY TRAINING | HIAS 8

Background

- Ask a participant to define “psychosocial consequences.” Then read aloud the definition set out in the introduction to this module.
- Psychosexual impacts vary between men and women. Symptoms of sexual dysfunction for **women** may include: experiencing pain during sex, inability to become aroused or achieve orgasm and unconscious spasms or tightening around the vagina. Symptoms of sexual dysfunction for **men** may involve an inability to maintain an erection, problems in ejaculation or an inability to become aroused.
- Loss of sexual interest due to a traumatic sexual event can inhibit survivors’ sexual desire and may also lead to a negative view of one’s body, low self-esteem and a reduced ability to open up to a romantic or sexual partner.
- Explain that during the *Triple Jeopardy* research, some men who had been raped by other men felt de-masculinized and lost confidence in sexual performance, and were looked upon by their spouses or female partners as “not men.”

Resources

Triple Jeopardy Report, pp. 27-29.

Mount Sinai Hospital (2011) [Psychosexual Dysfunction](#).

Long-Term Impact of SGBV on the Survivor

- Deterioration in physical and mental health
- Exclusion from employment; inability to work
- Social stigmatization and exclusion
- Reduction or loss of education
- Dependency/isolation
- Risk of substance abuse

TRIPLE JEOPARDY TRAINING | HIAS 9

Background

- Stigmatization relating to SGBV, together with xenophobia, gender, age and ability bias, renders SGBV survivor vulnerable to future incidents of SGBV. Lack of employment opportunities may force some into sex work.
- With little money to access medical treatment, many survivors may experience deterioration in their physical health. Due to stigma and shame, some may approach medical assistance only when the situation is already acute.
- Add that the social stigma around survivors of SGBV may lead to rejection by society, community members, family members and spouses, leaving survivors without a social network essential for both physical and emotional recovery.
- Isolation often may be self-inflicted, due to feelings of shame and guilt.
- Explain that without a social support network, some survivors may turn to substance abuse as a way to disengage from their daily emotional and physical pain.
- Isolation and exclusion of the survivors and family members may lead to lack of access to educational and financial opportunities, deepening realities of poverty.

Resources

Triple Jeopardy Report, pp. 17-21.

UN Women (2012) [Virtual Knowledge: Consequences and Costs](#). World Health Organization (2016) [Violence against Women: Intimate Partner and Sexual Violence against Women](#).

SLIDE 10: LONG-TERM IMPACT OF SGBV ON THE FAMILY

Long-Term Impact of SGBV on the Family

- Emotional, social and economic stress
- Social stigmatization
- Isolation
- Tensions around gender roles and responsibilities
- Reduced income
- Increased expenses
- Vulnerability to mental health-related problems

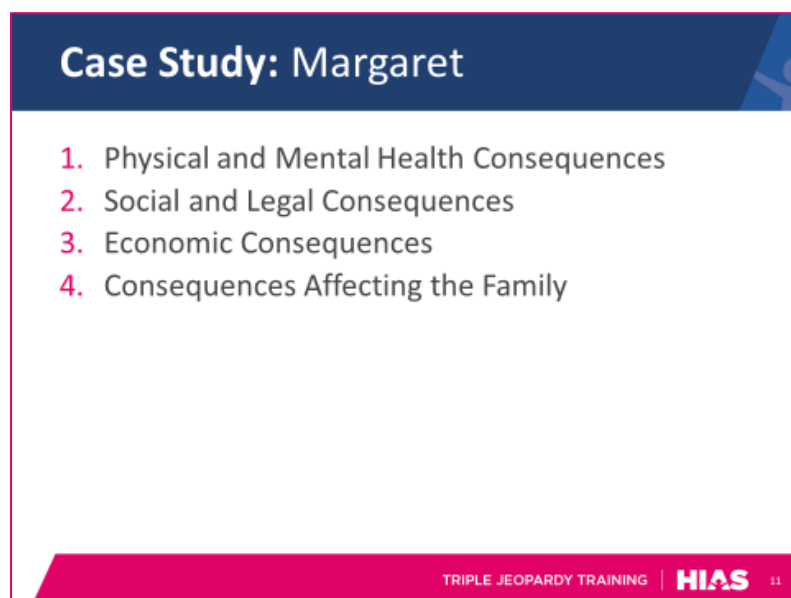
TRIPLE JEOPARDY TRAINING | HIAS 10

Background

- Lack of resources, accompanied by temporary or long-term loss of ability to work by the survivor, may put family members at risk of poverty, hunger and dependency.
- Add that the social stigma around survivors of SGBV may lead to rejection of the survivor's family by society, community members, family members and spouses.
- Isolation and exclusion of survivors and their family members may create barriers to employment and education, deepening poverty.
- The impact on the family when a daughter, son, father or mother experiences SGBV is overwhelming. It may lead to changes in gender roles, and as a result tension and even further SGBV.

Resources

UN Women (2012) [Virtual Knowledge: Consequences and Costs](#). World Health Organization (2016) [Violence against Women: Intimate Partner and Sexual Violence against Women](#).



Case Study: Margaret

1. Physical and Mental Health Consequences
2. Social and Legal Consequences
3. Economic Consequences
4. Consequences Affecting the Family

TRIPLE JEOPARDY TRAINING | HIAS 11

Materials

Flip chart and markers, video and projector

Group Activity (20 minutes)

- Explain that the group will watch a short video based on research conducted for the *Triple Jeopardy* report. The film was produced in South Africa and features testimony by ‘Margaret’ (a pseudonym), a Congolese refugee living in South Africa.
- Before screening the video, divide participants into four groups.
- After the film, assign each group a question based on Margaret’s story. Explain that they will have five minutes as a group to discuss and write down:
 - Group 1: Physical and mental health consequences
 - Group 2: Social and legal consequences
 - Group 3: Economic consequences
 - Group 4: Consequences for family and caregivers
- Ask each group to read out their answers.
- Open to the group for discussion.
- Potential answers:
 - Physical and mental health consequences: physical and emotional pain, low self-esteem, sense of powerlessness, stress about the future of dependents.
 - Social and legal consequences: isolation, lack of protection, displacement, lack of police protection, lack of legal protection.
 - Economic consequences: Loss of all financial resources, poverty, exposure to risky behavior.
 - Family consequences: separation from family, isolation, inability to provide and secure the future of dependents.

Resources

HIAS Video, [Triple Jeopardy – Special Focus on Older Refugees](#)

Focus on Older Refugees

Older SGBV survivors may face additional consequences, including:

- Discrimination due to taboos surrounding old age and sexuality, including by service providers
- Deterioration of preexisting physical and psychological impairments
- Further exclusion and dependence, particularly when perpetrators are caregivers
- Loss of support when reporting SGBV perpetrated by caregivers or family members
- Self-neglect or inability to care for dependents

TRIPLE JEOPARDY TRAINING | HIAS 12

Background

- Older refugees may experience intensified social marginalization, isolation, physical and psychological consequences of SGBV due to the greater taboos related to old age and sexuality.
- Service providers may hold misconceptions about the nature of sexual violence and not believe that older people can be targeted because they are not viewed as sexual in other ways.
- Such taboos serve as barriers to accessing SGBV response services because many older people will not disclose their experiences to younger professionals.
- Pre-existing social barriers and economic marginalization may worsen after an incident of SGBV.
- Older survivors may face added or deterioration of pre-existing physical and psychological impairments.
- Older survivors also face added challenges in maintaining confidentiality, as a wider range of actors (e.g., caregivers, community members, service providers) become involved in their recover. This can result in added stigma and discrimination on the basis of both age and being a survivor of SGBV.
- Perpetrators who are caregivers or support people have a different type of control over an older survivor. For example, they may withhold mobility aids, financial resources and communication devices, and limit contact with other people, so that the survivor faces added exclusion and dependence, including a complete lack of access to services and assistance.
- Where older survivors report violence perpetrated by a caregiver or family member, they may face the loss of assistance and support that is critical to their daily care and independence. They may have few options for safe and accessible accommodation and support.
- Lastly, some older women survivors are the head of households, taking care of grandchildren whose parents died due to violence or HIV/AIDS. These older women face additional barriers to addressing their post-SGBV needs, and may require support to maintain their own recovery and the wellbeing of their grandchildren.

Resources

[Triple Jeopardy Report](#), pp. 17-21.

HelpAge International (2002) [Encouraging Agencies to Pay Attention to the Needs, Knowledge and Experience of Older People](#). UNICEF (2003) [Sexual and Gender-Based Violence against Refugees, Returnees and Internally Displaced Persons](#). Macdonald, Flora (2002) [Legal Protection of the Vulnerable: The Case of Older IDPs](#).

SLIDE 13: SUMMARY

Summary

- SGBV presents a myriad of physical, psychological, psychosocial and psychosexual consequences
- SGBV not only impacts survivors, but also families, caregivers and communities
- Older refugees experience intensified social marginalization, isolation, physical and psychological consequences of SGBV

TRIPLE JEOPARDY TRAINING | **HIAS** 13

Background

- Present the summary points.
- Ask participants for any questions or requests for clarification.