

Debunking Domestic, Sexual and Gender-Based Violence (DSGBV) myths

“Abusers always use physical violence with their victims”

MYTH

FACT

DSGBV can take the form of physical violence (hitting or punching) but it can also be emotional (insulting), financial (controlling the victim's income/expenses), or digital (abuse through social media).

“Pregnancy is a protective factor against DSGBV”

MYTH

FACT

Abuse can change or stop during pregnancy, but it can also get worse or become more dangerous.

Being pregnant does not protect a victim from DSGBV.

“Most victims of sexual violence didn't know their perpetrator”

MYTH

FACT

78% of victims who experienced sexual violence knew their perpetrator¹

Globally 1 in 3 women experience DSGBV (WHO 2013)

Misconceptions about DSGBV can become obstacles preventing a victim from reaching out for help.

To learn more about DSGBV – check out the HSE DSGBV Training Programme on HSELand.



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1. Source CSO Sexual Violence Survey 2022