

Violence in women

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Violence is physical use of force that is intentional against an individual or property and often results to death, injury, deprivation or psychological harm (Reiss & Roth, pg. 101). Violence against women is a gender-based violence act that results in physical, sexual, emotional or psychological harm to women. Women are prone to violence regardless of their nationality, age, earnings or their religion.

Violence against women is prevalent around the world. It affects women at every point of their lives ranging from inadequate health care, female genital mutilation, abortion, child marriage, rape, trafficking, neglect to dowry related murders among many others (Reiss & Roth, pg. 101). These acts go unpunished even though countries have laws to criminalize violence against women as the acts are regarded as family matters. Domestic violence is one of the greatest vice affecting women in the current world. To address violence against women, women must sensitize people on the need of the girl child's education and welfare in Communities.

This will help curb the injustices of patriarchal direction against the girl child as well as the plight of women. Women can also resist violence through positive childcare and upbringing such as teaching on the importance of human living and consideration of others to establish peace in the young minds (Weis, Ohlin and Tony, pg. 37). Women should also contribute in conflict mediation to avoid or stop wars, to harmonize parties and strengthen their family's solidarity and society as a whole. Women should also be agents in the transmission, consolidation and propagation of the critical values to generate peace and harmony in their families as well as their communities.

Women should engage actively in campaigns that advocate for the promotion of gender equity to empower other women on acts of violence. They should advocate for equality in schools and institutions. This should involve the media, for it is an effective tool of altering attitudes on gender norms and in acting as a source of empowering more women (Garcia-Moreno & Watt, pg. 14). Men on the other hand can alleviate violence against women by striving to build respectful and non-violent relations with women, girls and people.

This is by critically re-evaluating on their behavior. Men should also advocate for feminism by educating themselves on gender-based issues (Weis, Ohlin and Tony, pg. 37). They can also intervene in violent incidents against women and discourage other men's violence against women. They need also to actively advocate for equity and resist violence in women.

They can do this by supporting women who work in campaigns aimed at fighting for women rights. They should seek professional help if they are emotionally, sexually and psychologically abusive to women. They can also read articles, or watch videos on gender inequality and the causes of violence. They can use the information to educate themselves and their male counterparts on the effects of violence to the society. Men can also mentor young boys in a manner not abusive or degrading to women. Our response towards violence against women must include the efforts of both parties (Men and Women) working together to alleviate the problem.

Around the world, ending violence against women is a human rights issue and a global crisis and it must be solved to achieve global stability and prosperity. It is time that we should consider ending violence as a priority.