

# Strategies to support the COVID-19 response in LMICs

## A virtual seminar series

### Resource Page

## Domestic Violence during the COVID-19 Pandemic

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### Summary/Key Points:

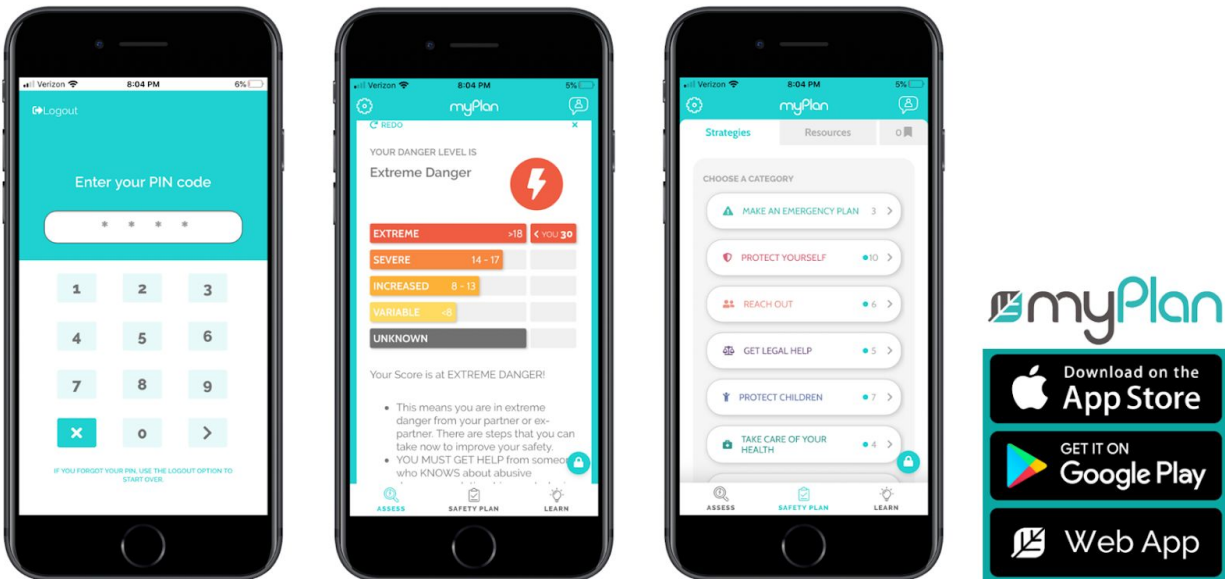
#### Scope of the Problem:

- Intimate Partner Violence (IPV): a pattern of physical violence, sexual violence, stalking or psychological aggression by a current or former partner
- Globally one in three women will be abused by a partner or ex-partner in their lifetime
- The COVID-19 pandemic will likely exacerbate the IPV pandemic
  - Abusive partners may take advantage of stay-at-home orders and limited access to others to exert more power or control, restrict spending on health or cleaning supplies, share misinformation about the virus to create fear, or prevent access to health services or medications
  - Survivors may be too fearful to seek out services because of the health risks to themselves or their families, contacting providers may be difficult with the partner always around, and in-person resources may be limited

#### Strategies to Support Survivors:

- Create a **safety plan**: a personalized, practical plan that includes strategies for survivors and their children to stay safe and cope with abuse while in an abusive relationship, when planning to leave, or after leaving
  - Focus on staying safe while remaining at home may be more feasible at this time
- myPlan is a free, web-based app designed to assess risk and create customized safety plans
  - Tested in RCTs in multiple countries including the US, Kenya, and New Zealand
  - Empowers survivors to create their own plans and find resources

- An adapted version in English and Swahili was created for use in Nairobi and includes increased graphics and information for local resources. Community health workers helped survivors walk through the app initially
- Can be adapted for other environments or the information on the app can be used to create paper flyers or other methods of communication that may work better for your community
- Know what local resources are available and be able to provide this information to survivors
- Practice **Trauma-Informed Care**: tell the survivor you believe their story, do not be judgmental, emphasize the survivor's choice and safety



## Online resources:

[myplanapp.org](http://myplanapp.org): More information and links to download or use the app

[End Violence Against Children](#): Protecting Children During the COVID-19 Outbreak (global institution including variety of resources and links to help-lines in 173 countries)

[Futures without Violence](#): Information about COVID-19 for survivors, communities and DV/SA programs from a US-based organization working to end violence globally

[US National Domestic Violence Hotline](#): Staying Safe During COVID-19

[National Network to End Domestic Violence](#): Resources on the Response to the Coronavirus (United States)

[UNFPA](#): Gender Equality and Addressing Gender-based Violence and Coronavirus Disease (COVID-19) Prevention, Protection and Response. UNFPA Interim Technical Brief.

[World Health Organization](#): COVID-19 and violence against women: What the health sector/system can do (26 March 2020). This brief guidance gives an overview of how violence against women remains a major global public health and women's health threat during emergencies and provides recommendations on what can be done.