

## 4 reasons to address GBV & hunger together

Women and girls around the world are going hungry. They're also at greater risk of violence.

**Without addressing gender inequality women and girls will continue to be hungry and at risk of violence. Here are four ways these two issues are linked.**

### 1 Gender-based violence can prevent women & girls from accessing food

In crisis situations, the risk of being sexually harassed, assaulted, or even coerced into exchanging sex for food when going to emergency distributions or searching for water can prevent women and girls from accessing food. In situations where women and girls are already vulnerable, they may eat less to avoid intimate partner violence (IPV)—women reported this in Bangladesh and India.

### 2 Hunger can lead to more violence at home

The compounding impacts of climate change, conflict, resource scarcity, increased commodity costs and deepening food insecurity all contribute to women and girls being hungry; these stressors also amplify their risk of violence. Reports of intimate partner violence and domestic violence have increased in crisis situations. They're also increasing in development settings.

**Women in Bangladesh reported a 21% increase in violence at household level as a result of price hikes.**

### 3 Violence at home limits women's ability to put food on the table

Gender-based violence at home, particularly economic violence, has an impact on the quality and quantity of food for families. Women in Rwanda report that in families where the woman is not allowed to work or does not have control over what happens to their harvest, they are struggling to afford food.

**Addressing intimate partner violence led to families in Rwanda increasing their income by as much as 40%, which is helping them cover the cost of food for their children.**

### 4 Less food means girls are marrying younger

When families are struggling for food, girls may be married early in exchange for money, food or other assets, or simply to reduce the number of mouths to feed or as a form of "protection". This is currently on the rise and can have far-reaching effects on girls' lives. As well as being less likely to be in school and more likely to experience teen pregnancy, studies show girls married before the age of 15 are more likely to have experienced further abuse than those who marry later.

## Investing in gender equality reduces hunger AND gender-based violence

**Addressing the root causes of violence doesn't just make women safer—it helps them access food, helps their families eat more, and can even increase their food production overall.**

In Ethiopia, we've seen how addressing social norms has helped girls **avoid child marriage AND eat an equal share of the food available**. In Rwanda, engaging couples in dialogue on power and gender **reduced women's risk of GBV by 55% AND increased their odds of having cash income** and household food security. Four years after the project ended, increased gender equality within families as a result of these GBV prevention activities is helping couples deal with food scarcity more proactively and equally. In Burundi, engaging men on gender equality and addressing gender and social norms **doubled the proportion of men who believe domestic violence is never acceptable AND led to households doubling their rice production**.

### For more information contact

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