

Violence against women and girls remains one of the most common human rights violations in the world.

Globally, an estimated 736 million

women — **almost one in three** — have been subjected to physical and/or sexual intimate partner violence, non-partner sexual violence, or both, at least once in their life.

This has happened in different settings, including the workplace and online spaces, and has been even worse by post-pandemic effects, conflicts, and climate change.

The solution lies in robust responses, including investment in prevention. However, there is not enough data about this issue in many countries.

Did you know? (Source from UN)

- More than five women or girls are killed every hour by someone in their own family.
- **Almost one in three women** have been subjected to physical and/or sexual violence at least once in their life.
- 86% of women and girls live in countries without legal protections against gender-based violence.



But what is violence against women? The **Declaration on the Elimination of Violence Against Women** (UN General Assembly, 1993) defines violence against women as “any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life.” In general terms, it includes:

- intimate partner violence (battering, psychological abuse, marital rape, femicide);
- sexual violence and harassment (rape, forced sexual acts, unwanted sexual advances, child sexual abuse, forced marriage, street harassment, stalking, cyber- harassment);
- human trafficking (slavery, sexual exploitation);
- female genital mutilation;
- child marriage.

16 Days of Activism against Gender-Based Violence has run from 25<sup>th</sup> November (the International Day for the Elimination of Violence Against Women) until 10<sup>th</sup> December, **Human Rights Day**.

**At Kettlebrook all students learn about respect and kindness as well as responsibility and the law.**

WE ARE HERE  
FOR YOU



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## & kindness matters so much because:

- you have no idea what someone is going through.
- it may serve as the lifeline someone needs.
- it helps bring connection, warmth & belonging.
- it could help someone feel loved.
- it shows that goodness exists & brings hope.
- the ripple effect is beautiful to witness.
- it could help someone feel seen.
- it could help someone feel less lonely.
- it helps bring compassion.
- it helps bring nervous system regulation.
- in a world of uncertainty, kindness can be the much needed constant.



random  
act of kindness

Try at least one of these this week.

- Say sorry when you need to – and mean it!
- Feed the birds.
- Make some Christmas cards.
- Take a deep breath and stop yourself saying something mean.



Rob Burrows has run 7 ultra-marathons in 7 days to raise money for MND Charities. Miss Norrington went to see him arrive at Birmingham last Sunday (in memory of her mum who had MND). Rob is completing these runs to show support for his friend (another rugby player) who has MND.

**What an AMAZING act of FRIENDSHIP, KINDNESS and SUPPORT!**





Excellent climbing again today! Thanks to Mr G and Mr M for taking them.



Students had a little trip into Tamworth to visit our amazing artworks and to enjoy a costa as a reward. Thanks Miss N for the treat!



## Mr. Hall's Health & Fitness

### Top 10 Tips to Incorporate Fitness Into Your Daily Routine



Take the Stairs



Park Further Away



Exercise/Stretch While Waiting in Line



Choose the Longer Path



Take a Fitness Class



Walk at Lunch & Call a Friend to Distract You



Audit Your Schedule - Where Can You Change It Up?



Find Your Fitness Friend



Turn Your Everyday Housework to Fitness



Have a Zoom-Walk Meeting!



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