

EMPOWERING VOICES:

an Honour Based Violence Campaign

What is Honour Based Violence (HBV)?

Honour Based Violence (**HBV**) isn't tied to any one culture or religion. It's not tradition. **It's abuse** - and **it can happen in any community**.

No one has the right to control, hurt or silence you - not your partner, not your family.

Many cases go unreported. **It stays hidden**, and that's why it continues.



HBV is used to control a person's choices - how they dress, who they talk to, who they marry



In some cases, family reputation is treated as more important than a person's safety, rights, or happiness



HBV isn't just physical. It can include threats, emotional abuse, forced marriage, or support being withdrawn

HOW TO SPOT HBV

Control over behaviour/appearance

If they are being pressured to dress, act or live in a certain way

Isolation or emotional abuse

Someone might be cut off from support, silenced, or made to feel ashamed.

'Too Westernised'

Victims might be judged or threatened for how they speak, socialise, or express themselves.

Forced or early marriage

They could face being pressured to marry young or without their full consent.

Disownment or shame

A victim might fear rejection for studying, leaving faith, or living independently.

Hidden Relationships

Someone facing HBV might hide partners to avoid punishment for dating before marriage.

Sexuality under threat

They might be forced to hide their identity to avoid backlash.

Virginity testing or FGM

HBV victim might be pressured to prove 'purity' or undergo harmful procedures.

HOW YOU CAN HELP

Listen without judgement

Create a safe, open space

Stay discreet

Never confront their family; it can increase risk

Signpost support

Share info about our campaign and resources available via our website

Respect their choices

Support them without pressure

Stay informed

Note key details if safe to do so

Seek guidance

You can find advice services via our website

Need help? Or want find out more?

Scan the code →



Help is available, if you are **worried**, about yourself or someone else, **get in touch**.

 **Students' Union**