



International
Labour
Organization

► E-learning programme on rights, responsibilities and representation for children, youth and families (3Rs)

Module 8. Protection from violence and drugs

Imagine yourself carrying a heavy weight on your shoulders. The weight is holding you down, making every step a burden. It is not a pleasant feeling at all. This is how victims of violence and drug abuse feel. They feel fear, anger, sadness and helplessness.

Can you do something to help the situation, as a victim or as a witness?

Yes, you can, but only if you know about the different types of violence and drug abuse and how you can stop them. This module gives you the required knowledge to fight violence and drug abuse.

Get going to raise your awareness on these frequently undiscussed topics.





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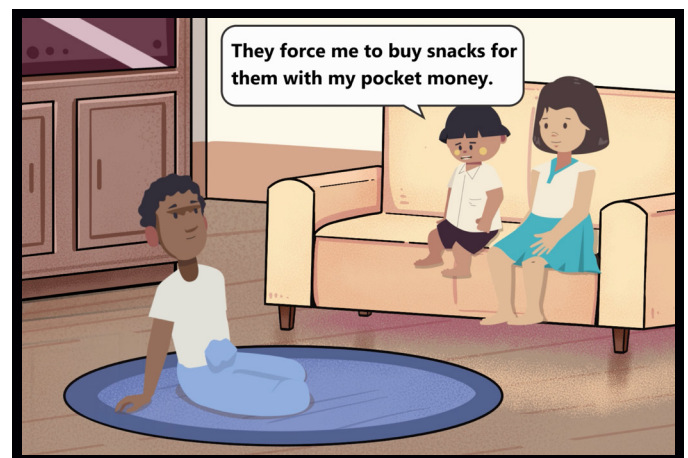
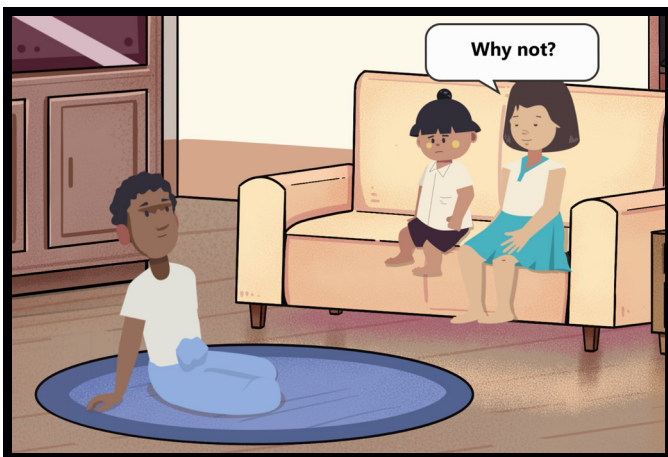
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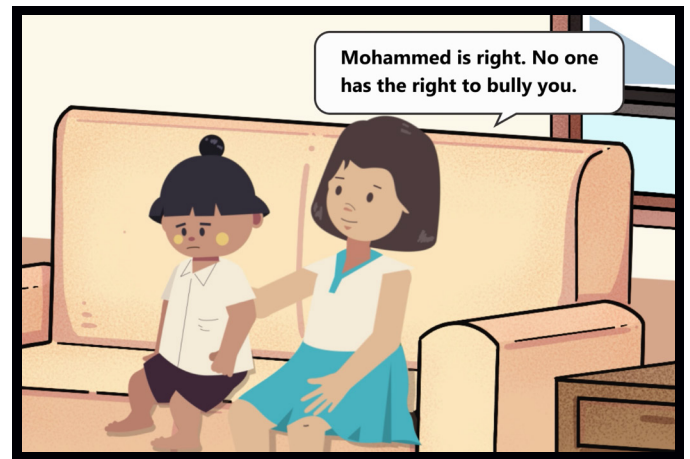
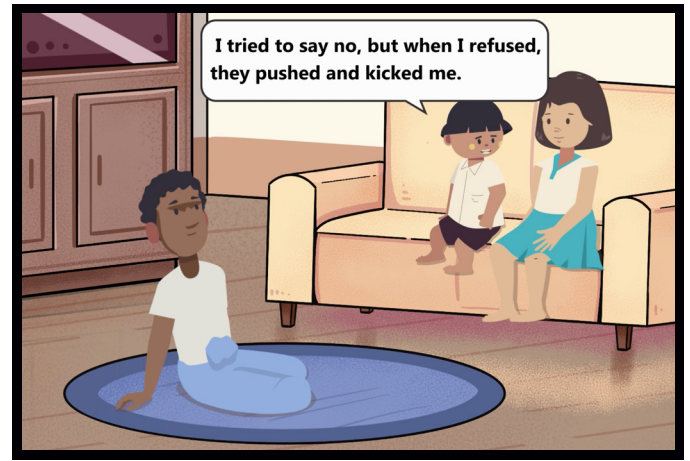
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► Peaceful mind, peaceful school

Dealing with bullying

Read how Mohammed, Noe Noe and Phoe Wah plan to deal with bullying.





Bullying is a form of violence? What can you do to stop it?

▶ Learning objectives



This module will help you:

- ▶ Recognize different forms of violence.
- ▶ Identify ways to prevent all forms of violence.
- ▶ Choose ways to say no to drugs and alcohol.

Ready to begin learning?

Lesson 3 of 9

► Harassment and bullying

Everybody in this world should live without fear.

However, what if you cannot live without fear because of someone else? You cannot think, talk, or move because they force you to do things their way. If you say no, your life could be at risk.

Victims of violence often feel this fear. It is horrible to suffer violence, not because it is your fault, but because someone else is trying to dominate you or show off.



Man holding a bottle of alcohol. © Shutterstock

Violence comes in many forms, such as:

- harassment and bullying
- domestic violence
- workplace violence
- sexual violence

Read on to learn more about each type of violence.

Harassment

Imagine someone staring at you, blowing whistles, or calling you names. Or someone showing you sexually suggestive gestures or touching you without your consent.

Do you think these are acceptable behaviours?



Group of men stare at a woman. © Shutterstock

No, it is not normal or acceptable to behave like this. Such behaviour is called harassment, and those who behave like this are called harassers.

Harassers often get away with their behaviours because most victims are scared and do not understand how to deal with it. Harassment can come in many forms – verbal, nonverbal, and physical.

See the cards below to learn more about each form.

Verbal harassment

Verbal harassment includes:

- Commenting on someone without any reason
- Making rude jokes about someone
- Insulting others
- Using disrespectful language

Nonverbal harassment

Nonverbal harassment includes:

- ▶ Staring
- ▶ Leering
- ▶ Whistling
- ▶ Threatening behaviour
- ▶ Making sexually suggestive gestures

Physical harassment

Physical harassment includes:

- ▶ Making physical contact without permission

To understand harassment better, take a look at May Thu's story.



Young woman working in a garment factory. © Marcel Crozet/ILO

May Thu is an 18-year-old girl working in a factory. Her group supervisor was replaced a few days ago. She does not like her new supervisor. He always tries to touch May Thu whenever he comes to check her work.

May Thu ignores him for a few days and then asks her supervisor to stop. The supervisor then starts giving her negative comments about her work.

May Thu is now afraid of losing her job. She decides to stay quiet as she needs the money.

What kind of harassment do you think May Thu is facing?

May Thu is facing sexual harassment at work. Some people may think this is flirting. However, sexual harassment is not flirting.

Read the examples below and decide which are flirting and which are sexual harassment.

Mark each behaviour in the correct column to classify it as "flirting" or "sexual harassment". You can view the correct answers at the back of this booklet, in the Answers Annex.

Behaviour	Flirting	Sexual harassment
Show interest in someone in an indirect and fun way without bothering them		
Show interest in someone repeatedly, even if they say they don't like you		
Ask someone out for lunch		
Whistle at a pretty girl who walks by and ask her if she wants to marry you		
Ask a transwoman if she had a sex change		

See below to learn more about the common misunderstandings about sexual harassment.



Man puts his hand on a woman's shoulder. © Shutterstock

Only beautiful girls and women who do not cover themselves properly are sexually harassed.

Most victims of sexual harassment are girls and women – but not just beautiful girls and women – and sexual harassment can happen to anyone, anywhere. The victims can be:

- ▶ girls and women covered entirely and in line with local dress codes;
- ▶ boys and men of all ages;
- ▶ LGBTIQ+ people.

All men are sexual harassers.

Not all men harass. Men who sexually harass people may believe that sexual harassment is their right, making them look “manly”.

However, girls and women disagree. They find boys and men who respect them more attractive than those who misuse their power or who feel like they can do and say whatever they want.

Sexual harassment

Who can be sexual harassers?

Usually, sexual harassers are powerful people at work. They misuse their authority or power to get unwanted favours from their juniors. But a harasser in the workplace doesn't necessarily need to be a person with power. A harasser can potentially be your:

- ▶ employer;
- ▶ supervisor;
- ▶ colleague;
- ▶ customer; or
- ▶ anyone with whom you interact.



Group of people in a factory. © Shutterstock

Sexual harassment can also occur outside work, and the people involved may be anybody from your family, neighborhood, or community.

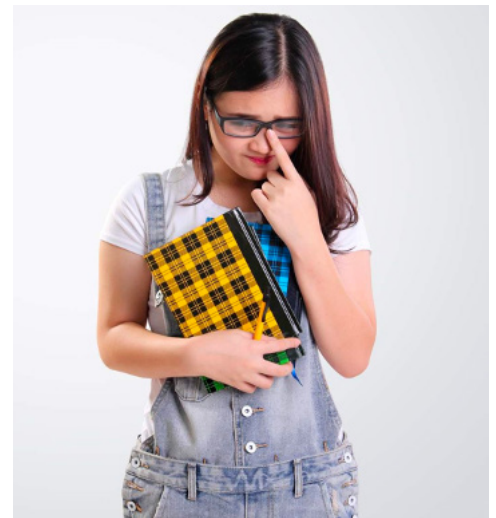
Bullying

Do you think only adults face harassment?

Not really. Children are also harassed.

Take a look at Khin's story for more.

Khin is having a tough time at school. A group of girls in her class tease her about her clothes and weight. Whenever Khin tries to stop them, the girls laugh at her, hurting her more.



Girl with glasses holding a notebook. © Shutterstock

Finally, Khin could not take it anymore. She stood up from the table and shouted, "Leave me alone! Why are you doing this to me?"

The girls laughed harder and pushed Khin back down into her chair. Khin feels helpless and lonely.

Can you relate to Khin's story?

Unfortunately, Khin's story is all too relatable to many people. Like her, many children face bullying. Bullying is a form of harassment. It means repeated, regular and persistent negative attacks on someone.

Like sexual harassment, bullying can also happen to anyone – boys or girls, women or men. Not only do children bully other children, but adults also bully other adults or children.



Group of children bully another child. © Shutterstock

Is there a particular place or setting where harassment and bullying take place?

No, harassment and bullying can happen anywhere, including:

- ▶ in public areas;
- ▶ in communities;
- ▶ at school;
- ▶ at work;
- ▶ at home;
- ▶ online.



Fingers pointing at a crying child. © Shutterstock

The effects of harassment and bullying are serious. The victims of harassment and bullying:

- Face psychological and emotional disturbances, such as:
 - low self-esteem
 - embarrassment
 - humiliation
 - depression
 - hatred
- Face problems with family, friends, community, and health.
- Feel powerless to defend themselves and live in fear.
- Give low performance at work or school.
- Take more leave from work or school.

The next big question is, how can you stop harassment and bullying?

When experiencing harassment or bullying.

If you experience harassment or bullying:

- Say “No” to harassment and bullying. Otherwise, it will become worse.
- Avoid blaming yourself and taking it as a personal problem.
- Consult with people you trust: friends, family, teachers, counselors, and so on.
- Check whether others around you are also being harassed or bullied.
- Make a written complaint to an authority, like the police.
- Take legal action against the people who harass or bully you.
- Report it to the appropriate people at school or work. Involve protection teams at school or work.

Remember, harassment and bullying often stop if the harassers or bullies realize everybody knows about their actions.

When witnessing harassment or bullying

If you witness someone being harassed or bullied:

- ▶ Collect support from others (colleagues, classmates, community, family, specialists and so on) to take action against the harassers or bullies.
- ▶ Support any investigations against the harassers or bullies so that justice can be secured.
- ▶ Encourage the company or school to take harassment and bullying seriously.
- ▶ Provide moral support to the victims. Do not leave them to suffer alone.

Be aware that harassment or bullying is not someone's personal problem. It affects everyone in society. If you witness someone being bullied, do not turn a blind eye. A society can be free from bullying only when victims get support from others.

Workplaces and schools should have policies against harassment and bullying.

Also, it is important to raise awareness against harassment and bullying. People need to understand that harassment and bullying are unacceptable behaviours.



Stack of binder with sheets of paper. © shutterlock



You deserve to be happy and safe wherever you are – at school, in your workplace, and at home. If you feel bullied or harassed, remember, there are ways to get it to stop – and be sure to ask for help if you need it.

Learning milestone

Match each of the behaviours below to their respective harassment type.

You can view the correct answers at the back of this booklet, in the Answers Annex.

1 Making a rude gesture at someone

A Verbal harassment

2 Pushing someone for no reason or touching someone without permission

B Nonverbal harassment

3 Repeatedly calling someone a rude nickname

C Physical harassment

Can violence happen within a family?

Lesson 4 of 9

▶ Domestic violence

The home is not always a safe place for everyone.



Woman cowers in fear at a man making a fist. © Shutterstock

You may be confused by this statement. How can a home ever be unsafe? Let's hear some stories.

The story of a little girl

Su Su Kyaw is often home helping her mother doing chores when she is not at school. An uncle likes to visit when she's at home. He often gives her snacks and in return demands special hugs and kisses from her out of sight of her mother.

The story of a married couple

Nwe and Ko Oo are a married couple. Ko Oo earns well and uses the money to gamble, drink, and sometimes go out with other women. When Nwe tries to get him to stop all these wrong behaviours, he will beat her up and tell her to stop nagging. Sometimes Nwe wants to run away.

The story of two sisters

Pho Pho and Ei Ei are sisters. Pho Pho studies very well, and her parents appreciate her every success. Ei Ei became jealous and aggressive toward her sister. Ei Ei pushed Pho Pho, causing her to fall and hit her head.



A person holds a fist near another person's head. © Shutterstock

What do you think are common in the above stories?

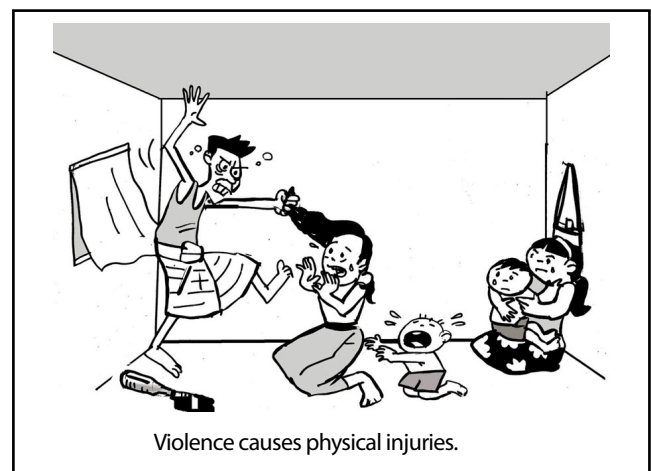
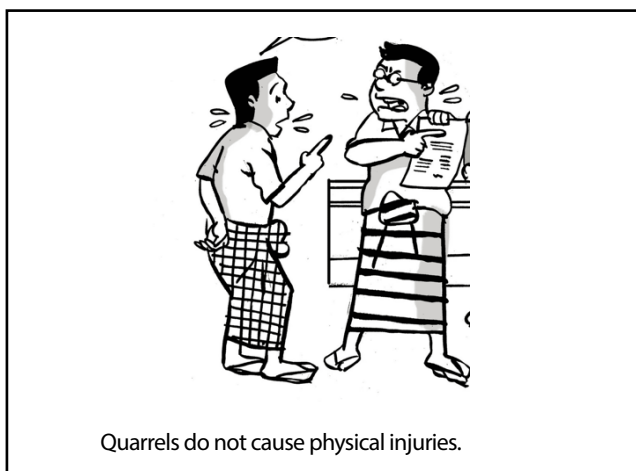
In the above scenarios, you will notice one family member is harming another.

Do you think these are acceptable behaviours?

Definitely not! These unacceptable behaviours are known as violence.

Arguments can be acceptable within a family – it's impossible for everyone to agree all the time. But when behaviours, attitudes and conflicts in the home affect you physically, mentally, sexually or economically, then it is not OK.

See the difference between a typical quarrel and violence in the cards below.



Violence that happens at home is known as domestic violence. There are different types of domestic violence.

Read the cards below to learn about the various types of domestic violence.

Physical violence

Su Su Kyaw is often home helping her mother doing chores when she is not at school. An uncle likes to visit when she's at home. He often gives her snacks and in return demands special hugs and kisses from her out of sight of her mother.

Some examples of physical violence include:

- beating a family member;
- punching a family member;
- killing a family member;
- burning a family member;
- killing a baby in the womb;
- taking away food or medical care;
- cutting the body parts of a family member;
- using a weapon to harm a family member.

Emotional violence

Some examples of emotional violence include:

- ▶ insulting a family member;
- ▶ humiliating or threatening a family member;
- ▶ using a family member for personal gain;
- ▶ using constant verbal abuse to harm a family member;
- ▶ keeping a family member locked up;
- ▶ forcing emotional control or emotional abuse;
- ▶ exploiting a family member;
- ▶ extreme neglect.

Sexual violence

Some examples of sexual violence include:

- ▶ making sexual comments;
- ▶ raping a domestic worker;
- ▶ showing sexual gestures;
- ▶ selling a family member into prostitution;
- ▶ blackmailing a family member by threatening to expose a sexual message or image;
- ▶ assaulting a family member sexually;
- ▶ engaging in sexual molestation, marital rape or incest.

Economic violence

Some examples of economic violence include::

- ▶ blackmailing a family member for money;
- ▶ taking away a family member's economic freedom by withholding their money;
- ▶ confiscating earnings;
- ▶ taking control of decision-making about income and expenses;
- ▶ forcing people to work without pay.

It is heartbreaking to see the harmful effects of violence on people's lives, especially when such violence is done within the family.

Have you ever thought about how such violence affects the victims personally?

The victims of domestic violence may:

- ▶ live in fear;
- ▶ suffer in isolation;
- ▶ fall into depression;
- ▶ lack motivation;
- ▶ lack confidence;
- ▶ lack self-esteem;
- ▶ receive low wages;
- ▶ develop physical illnesses;
- ▶ develop psychological disorders;
- ▶ lack trust in family members;
- ▶ develop addictions to tobacco, alcohol or drugs.



Woman crying. © Shutterstock

Key messages:

- ▶ Serious domestic violence often starts as a small conflict or quarrel that does not go away and builds up to become a problem that family members try to solve with violence.
- ▶ Many acts of domestic violence are against the law, such as physical violence that causes injuries and rape. Extreme verbal abuse and mental torture may not be a criminal offence in many countries, but can often be grounds for divorce and removal of parental rights and custody.
- ▶ Domestic violence destroys family happiness and hampers the development of family members – limiting their chances for success.

Despite the severe effects of domestic violence, domestic violence remains hidden in most societies. Victims of domestic violence often feel ashamed to talk about it. They try to hide their problems and injuries from others, inadvertently encouraging the person who commits the violence. In fact, in most cases, the person who commits violence will apologize for their behaviour but then continue to repeat their acts of violence.



Woman with a loudspeaker. © Shutterstock

Victims should be encouraged to speak out against domestic violence, as their silence does not solve the problem – it only increases it.

Then, what should you do if you face domestic violence?

If you experience or witness domestic violence, you should:

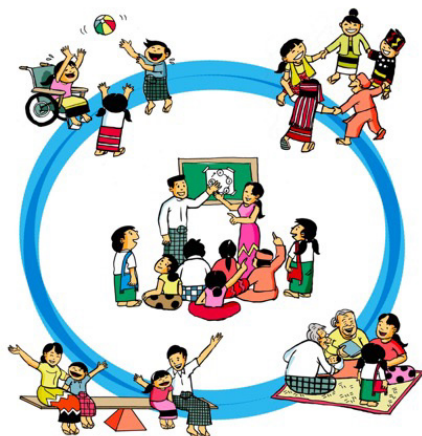
- ▶ Seek help from someone you trust.
- ▶ Consult NGOs to get help and to learn about your right to protection.
- ▶ Go to a health centre or doctor if you have been hurt.
- ▶ Take the people involved in the violence to court.
- ▶ Report the violence to the police/local authorities.
- ▶ Gather evidence, and find witnesses to support your complaint.



A woman with a bruised face. © Shutterstock

If you decide to take a stand against the violence through legal proceedings, you may need support. Go to the police station with a friend or trusted people. Do not go alone.

"An ounce of prevention is worth a pound of cure." This is a famous saying which means that preventing something bad from happening is much better than waiting to take action only after something has already gone wrong.



Here are a few suggestions to prevent domestic violence:

- ▶ Foster good family relationships.
- ▶ Teach children in the family about the value of sharing and kindness.
- ▶ Learn to forgive family members for their mistakes so that you don't let anger build up.
- ▶ Don't keep resentment bottled up, talk things out, and seek outside help when conflicts cannot be resolved within the family.



Everyone deserves to be happy and enjoy peace at home. Work to maintain healthy relationships and make sure they don't turn violent.

Domestic violence destroys family happiness. If you face or witness domestic violence, be confident – you can put a stop to it.

Learning milestone

Po Khwar is the only son in his family. His mother often criticizes him for not being good at sports like his father. As a result, she physically hurts him and locks him in a dark room. Po Khwar feels that his mother is unkind and doesn't like him.

What type of violence is Po Khwar facing?

Choose an answer. You can view the correct answer at the back of this booklet, in the Answers Annex.

☐
A

Domestic violence

☐
B

Bullying

☐
C

Sexual violence

Remember May Thu's story above? What should one do to avoid violence at the workplace?

Lesson 5 of 9

► Workplace violence

Imagine you are working in a cloth shop, and a customer reacts to you angrily for not showing the new collections. You then call the shop's supervisor to manage the situation. However, once the issue is resolved, the supervisor gets angry with you for not handling the situation effectively and insults you for being stupid and slaps you repeatedly.

How would you feel?



Violence not only happens during employment, but sometimes during the recruitment and hiring stage too.

For example, the employer only allowing a person to join the company if the person accepts a sexual request.

The term violence and harassment in the world of work refers to a range of unacceptable behaviours and practices, or threats thereof, whether a single occurrence or repeated, that aim at, result in, or are likely to result in physical, psychological, sexual or economic harm, and includes gender-based violence and harassment.

Which of the following people are capable of committing violence in the workplace?

Choose your answer(s) – you can choose more than one. You can view the correct answers at the back of this booklet, in the Answers Annex.

☐
A

Employer

☐
B

Supervisor

☐
C

Colleague

☐
D

Visitor

☐
E

Customer

☐
F

Anyone you interact with

Like domestic violence, workplace violence can also be physical, sexual, verbal or non-verbal.

Can you classify the situations below based on type of violence they display?

Match each situation to the type of violence being enacted. You can view the correct answers at the back of this booklet, in the Answers Annex.

1 An employee hits one of their coworkers	A Sexual violence
2 A coworker rapes a fellow employee	B Verbal violence
3 A supervisor harshly criticizes a worker in front of other employees	C Non-verbal violence
4 A supervisor uses hand gestures to tease a worker	D Physical violence

Two common forms of sexual harassment in the workplace are:

- ▶ **Sexual blackmail: Demanding sexual favors in exchange for a work-related benefit.**
- ▶ **Hostile working environment: Creating an unhealthy work environment by making unwelcome sexual advances.**

In your view, who do you think is especially at risk of workplace violence?

The risk of workplace violence can vary in degree for people in different professions and situations.

View the cards below to know the people who are most at risk of workplace violence.

People at high risk

The segments of the population at high risk of facing workplace violence are:

- ▶ children
- ▶ women
- ▶ youth
- ▶ people with disabilities
- ▶ persons living with HIV
- ▶ migrants from indigenous communities or ethnic groups

Jobs with a higher risk of workplace violence

Professionals/workers with a high degree of public interaction are also more at risk of facing workplace violence. Examples include:

- ▶ teachers
- ▶ retail shop workers
- ▶ public transport workers
- ▶ healthcare professionals
- ▶ catering and hotel workers
- ▶ domestic workers/caregivers
- ▶ managers and personnel officers
- ▶ security guards and police officers
- ▶ workers in entertainment and sex services

Types of job duties that place people at higher risk of workplace violence

Workers who are at the highest risk of facing workplace violence include people who:

- ▶ handle money;
- ▶ enforce rules or regulations;
- ▶ provide care to ill or fearful people;
- ▶ provide essential services or have the power to withdraw them;
- ▶ provide sex services.

Workplace situations with a high risk of violence

The risk of workplace violence increase in situations where you are:

- ▶ working alone;
- ▶ working under pressure;
- ▶ handling drunk customers;
- ▶ working in a private household or on a fishing boat;
- ▶ working in a busy/public place with limited/no basic facilities;
- ▶ facing a person who has a habit of stealing or not following rules.

Violence at work has a negative impact on workers, companies and society as a whole.

View the cards below to learn more about the effects of workplace violence.

Effects at work

Violence at work can:

- ▶ break the relationships between people;
- ▶ disturb the way work is managed;
- ▶ increase expenses due to lost work;
- ▶ decrease productivity;
- ▶ lower the quality of products;
- ▶ damage the reputation of the company;
- ▶ decrease the number of clients/customers.

Effects on individuals

Individuals who face workplace violence may:

- ▶ lack motivation;
- ▶ lack confidence;
- ▶ lack self-esteem;
- ▶ receive low wages;
- ▶ develop physical illness;
- ▶ develop psychological disorders;
- ▶ develop an addiction to tobacco, alcohol or drugs.

Effects in the community

The costs of workplace violence in a community are high. These include:

- ▶ healthcare expenses;
- ▶ rehabilitation costs for victims' reintegration;
- ▶ unemployment and job retraining expenses;
- ▶ disability costs when victims' ability to work is affected.

What is the best way to handle workplace violence as a victim or a witness?

Here are some steps you can take:

- ▶ Talk to someone you trust to find a solution.
- ▶ Advocate for employers to have work safety policies.
- ▶ Seek help from co-workers, your employer, a trade union, or an NGO.
- ▶ Use any available self-defense device (such as a whistle, pepper spray, an umbrella) to protect yourself.
- ▶ Seek professional help if you have problems doing your daily activities.



Person uses pepper spray. © Shutterstock

You should feel safe and respected at work so you can focus on your work and do your best.

You can raise awareness of workplace violence or fight it for the benefit of everyone.

Action needs to be taken against violence at work by employers and workers to prevent it from happening, to protect the victims and to punish the perpetrators.

Learning milestone

Thuzar failed to finish the assigned work she was given. The next day, a coworker shouted at her in a meeting and threatened her with physical harm.

What should Thuzar do now?

Choose an answer. You can view the correct answer at the back of this booklet, in the Answers Annex.

☐

A

Report the incident to a supervisor/manager.

☐

B

Ignore the situation and continue to work.

☐

C

Tell her friend about it.

What should you do if sexual violence happens?

► Sexual violence



Please note that this section contains graphic descriptions of sexual assault and violence. This content may be triggering or upsetting for some readers. Please feel free to skip this section if it makes you feel uncomfortable.



Woman looking behind her shoulder. © Shutterstock

Win Win, a 15-year-old, works for a well-to-do couple to pay off her family debt. The couple's son, who went overseas for studies, returns home to his parents.

Soon the son starts demanding Win Win to sleep with him. He is nice to Win Win when she gives in to his demands and blackmails her when she does not.

He threatens Win Win that he will tell his parents that she seduced him, which will likely result in his parents blaming her.

What do you think Win Win is facing? Win Win is facing a situation of violence here – sexual violence.

Sexual violence means that someone forces another person into unwanted sexual activity without their consent.

Sexual violence includes a range of unacceptable behaviours and practices. It results in physical, psychological, emotional, and sexual harm and suffering.



Woman held down with force. © Shutterstock

See the cards below to know about the various forms of sexual violence.

Rape

Rape is forced sexual intercourse with someone without their consent. Trying but failing to commit rape is known as attempted rape, which is also a crime (see sexual assault below). When rape involves more than one offender, it is called gang rape.

Sexual assault

Sexual assault means sexually touching a person without their consent. It includes:

- ▶ molesting a child;
- ▶ attempting to rape someone;
- ▶ making sexual advances towards family members;
- ▶ touching genitals or breasts without a person's consent;
- ▶ tricking someone into sexual activities.

Sexual harassment

Sexual harassment is any physical, verbal or non-verbal conduct that affects the victim's dignity. Two common types of sexual harassment at the workplace are:

- ▶ Sexual blackmail: Demanding sexual favors for some benefits
- ▶ Hostile working environment: Unwelcome sexual advances of any kind that create an intimidating, offensive, humiliating, abusive, or poisoned working environment

Like other forms of violence, sexual violence can happen anywhere, including in the:

- ▶ family;
- ▶ community;
- ▶ workplace;
- ▶ public places.



Boy leaning against a wall. © Shutterstock

People who are at particular risk of sexual violence include:

- ▶ girls and women in low-paid or low-status jobs;
- ▶ boys and men working or living in isolated places;
- ▶ girls and boys in vocational training institutions;
- ▶ men in prisons

There are many myths about rape. Read the cards below so that you can distinguish the true facts from the false myths.

Myth Rape only happens in slums and places that are a source of crime.	Fact Rape can happen anywhere: in public and private places, in poor and rich communities.
Myth Rape happens only when women wear revealing clothing.	Fact Rape can also happen to girls and women who are fully covered from head to toe.

Myth Rape only happens to young and beautiful women.	Fact Rape victims can include babies, the elderly, and the disabled, as well as boys and men.
Myth Most rapists are strangers.	Fact Rape by husbands or boyfriends is more common than rape by strangers.
Myth Rape cannot happen if a woman resists.	Fact A rapist can overpower the victim or use a gun or knife or any type of psychological weapon (black-mail, coercion, trick) to force the victim to be the object of sexual violence.
Myth Rape cannot happen to men.	Fact Men are also raped by other men.
Myth Men naturally have a much greater sex drive than women, so they cannot control themselves.	Fact Having sexual desires does not mean that they are uncontrollable – millions of men all around the world control their desires every day and show respect for others. No matter how great someone's sex drive might be, they have no right to have sex with another person without that person's consent.
Myth A husband cannot be charged for raping his wife.	Fact Husbands and ex-husbands do not have a right to have sex with their wife or ex-wife anytime they want. Any form of sex by a husband without the wife's consent during marriage, separation, or divorce is also rape.

If you ever feel someone is attempting to block you or trap you in a rape situation:

- Show clear resistance to discourage the aggressor.
- Shout if you think someone is coming towards you.
- Use any handy object with you to warn off the aggressor.
- If you feel you are being followed, stare at the person. Once they realize they have been identified, the person often feels discouraged from following you.



Resistance is the first thing to do in a rape-like situation; however, it is not always possible.

If, despite your best efforts, the rape happens, then you should know what to do during the rape and after the rape.

View each card below to learn more about how to handle a rape situation.

During the rape

Here are a few actions you must take during the rape:

- ▶ Try to escape whenever possible.
- ▶ Play dead and relax your muscles in case of gang rape.
- ▶ Try to remember the faces of the rapists.
- ▶ Try to decrease the sexual excitement of the rapists.
- ▶ Seek help from people you trust immediately after the rape.

After the rape

Here are a few actions you must do after the rape:

- ▶ Seek medical help immediately without cleaning your body.
- ▶ Seek help from an organization that helps rape victims.
- ▶ Take someone with you to the police station and hospital.
- ▶ Keep a copy of the police report and medical report safe.

People who commit sexual violence, including rape, can be strangers or someone you know. You can follow a few things to keep yourself safe from such people.

What to do if you experience or fear you are about to experience sexual violence?

- ▶ Try to say "No" if it does not endanger your life. Make it clear that you do not like it and are not happy with it. If you do not say "No", the problem will likely worsen. Try to run away if the situation is intolerable.
- ▶ Do not think it is your problem, and do not blame yourself.

Read the cards below to learn how to avoid sexual violence.

Protect yourself from strangers

Here are a few ways to protect yourself from strangers:

- ▶ Do not share your personal details, such as name, address, or phone number.
- ▶ Do not meet any online friends alone or in a private place.
- ▶ Carry an umbrella, stick or pepper spray when you step out.
- ▶ Learn self-defense techniques to gain confidence.
- ▶ Think in advance about how to escape from a lonely place.
- ▶ Do not walk alone in a lonely place after dark.
- ▶ Do not tell anyone that you are alone.
- ▶ Run to a safer place.
- ▶ Shout for help.

Protect yourself from known people

Here are a few ways to protect yourself from known people:

- ▶ Avoid the company of someone with a history of sexual violence.
- ▶ Avoid spending time with people who drink alcohol or use drugs.
- ▶ Set clear limits and say “No” to unwanted sexual behaviour by others.
- ▶ Avoid drinking alcohol or using drugs when you are alone.
- ▶ Shout if someone is making sexual advances.
- ▶ Avoid going to lonely places.
- ▶ If you cannot avoid going to lonely places, make sure to leave the address of the place you are heading to with someone you trust. Use your phone to let the person know when you are at the scene.

Protect other children and youth

Here are a few ways for parents, teachers and people in the community to protect children and youth from violence:

- ▶ If your children tell you or hint to you that they might be subjected to some form of sexual violence, do not ignore what they share.
 - ▶ Listen attentively and identify solutions, taking the “best interests of the child” principle into account.
 - ▶ Help victims, especially child victims, who often cannot say “No” to sexual abuse, by providing shelter and protection.
 - ▶ Raise awareness in your community and workplace against sexual violence.
 - ▶ Educate children to respect others and to solve problems through talking.
 - ▶ Help victims to find ways to stop the violence and seek justice.
 - ▶ Provide moral and material support to the victims as needed.
- Ensure that people involved in crimes of a sexual nature are brought to justice.



All adults have a responsibility to protect children and youth from all forms of sexual violence.

Learning milestone

Rape happens because...?

Choose your answer. You can view the correct answer at the back of this booklet, in the Answers Annex.

☐**A**

a woman is dressed too sexily.

☐**B**

women and girls do not protect themselves well enough.

☐**C**

the rapist takes advantage of the victim.

**How difficult is it to avoid alcohol and drug addiction?
Can addiction also lead to violence?**

Lesson 7 of 9

► Alcohol and drug abuse

Imagine someone at a social event is offering you alcohol. Will you choose to accept the offer?



Group of friends at a party. © Shutterstock



Person holding up their palm. © Shutterstock

Some will accept such an offer as they like drinking alcohol, but some will not.

However, some people may not actually like to drink but they will accept it because they feel pressured to do so. If you fall into this category, you must learn to say, "No," as taking alcohol and drugs are unhealthy habits.

Saying "No" to such harmful things is not a sign of weakness but rather a sign of strength.



Man smoking. © Shutterstock

Alcohol and drugs can have far-reaching and severe effects on your physical and mental health.

There are many misunderstandings around the use of alcohol, drugs and cigarettes.

Which of the statements below are facts and which are only myths?

Mark each statements as being either a myth or a fact. You can view the correct answers at the back of this booklet, in the Answers Annex.

Statement	Myth	Fact
Alcohol is only a problem when you use it for a long period of time.		
It is rare for a teenager to become an alcoholic.		
Alcohol affects some people more than others.		
Tobacco, drugs and alcohol have negative effects on fertility.		
It's difficult to become pregnant or get STIs or HIV while drunk or using drugs.		
With alcohol you have better sex.		
Coffee, tea and many soft drinks contain drugs.		
If you know how to drink you can control yourself so as to not to get addicted to alcohol		
Smoking a cigarette now and then is not harmful.		
Drinking beer is not a problem.		
Unborn babies can become addicted to alcohol or drugs used by their pregnant mother.		
Even if you have been smoking for years it is not too late to quit.		
Driving after smoking marijuana is safer than driving after drinking alcohol.		

Alcohol, drugs and cigarettes have widespread negative effects on the body, mind, productivity and behaviour. It's important to be well-informed and make responsible choices to prioritize our well-being.

Read each card below to learn more about the harmful effects of using alcohol and drugs.

Effects on physical health

Alcohol and drugs affect one's physical health by:

- ▶ Creating long-term health issues: heart disease, kidney failure, liver or lung cancer.
- ▶ Weakening body coordination and senses.
- ▶ Increasing risk of injuries from accidents.
- ▶ Increasing heart rate and blood pressure.
- ▶ Decreasing athletic performance.
- ▶ Decreasing vitamin absorption.
- ▶ Decreasing appetite.
- ▶ Damaging brain cells.
- ▶ Decreasing memory.

Effects on reproductive health

Alcohol and drugs affect one's reproductive health by:

- ▶ Increasing the risks of miscarriage, premature birth, low birth weight baby, stillbirth, and so on.
- ▶ Reducing fertility: low sex drive, irregular menses, low sperm count.
- ▶ Developing cancers in reproductive organs: penis, cervix, rectum.
- ▶ Exposing a developing fetus to drugs or alcohol.
- ▶ Disrupting pregnancy and fetal development.

Effects on mental health

Alcohol and drugs affect one's mental health by:

- ▶ Decreasing learning and performance in school or on the job.
- ▶ Increasing risk of depression and suicide.
- ▶ Weakening decision-making skills.
- ▶ Changing feelings and moods.
- ▶ Increasing stress.

Effects in general

Alcohol and drugs affect people, at work or in school, generally by:

- ▶ Reducing the ability to communicate effectively.
- ▶ Increasing the likelihood of violence.
- ▶ Increasing the costs of healthcare.
- ▶ Adding social costs to the community.

It is best to keep away from harmful things like alcohol and drugs. However, it is also never too late to quit if you have already developed an addiction to these dangerous things.

If no serious damage has been done to your body and organs, your body can recover soon from the effects of alcohol and drugs. Even if permanent damage has already been done, quitting may allow for some measure of recovery and prevents further damage from being done.

If you have a problem with alcohol or drugs, seek out information about the pathway to quitting them. The first step along this path is to find within you the intention to say, "No".

Learning milestone

Using drugs, alcohol, and cigarettes harms your physical, mental, and reproductive health.

Match each aspect of your health with the negative effect that drugs, alcohol and cigarettes can have on that aspect of health.

You can view the correct answers at the back of this booklet, in the Answers Annex.

1

Mental

A

Reduces fertility

2

Unintended effects

B

Increases accidents, violence, and risk of unsafe sex

3

Reproduction

C

Increases stress

4

Physical

D

Damages brain cells

Lesson 8 of 9

► Self-evaluation

Well done!

You've almost completed **Module 8. Protection from violence and drugs.**

Here is a self-evaluation with questions designed to help you identify any learning gaps. This is not a test because, while you will receive a score, there is no passing score. Use your score to identify what you may need to go back and re-review.

You can attempt this self-evaluation as many times as you like.

All the best!

You can view the correct answers at the back of this booklet, in the Answers Annex.

Question 1 of 4

Pho Pho is a girl with a dark complexion. At school, everyone teases her because of her skin color.

What type of violence is Pho Pho facing?

Choose an answer.

☐**A**

Sexual violence

☐**B**

Domestic violence

☐**C**

Bullying

Question 2 of 4

Zaw is a 10-year-old boy who works as a restaurant delivery boy. One of the customers always shows him pornographic pictures on his phone and invites Zaw to his home for sexual intercourse.

What type of violence is Zaw facing?

Choose an answer.

☐**A**

Sexual violence

☐**B**

Domestic violence

☐**C**

Bullying

Question 3 of 4

What are some of the ways to prevent violence in society?

Choose your answer(s) – you can choose more than one.

☐**A**

Raise awareness about violence.

☐**B**

Create policies against violence in the workplace.

☐**C**

Educate children to respect others.

☐**C**

Ignore it and keep silent, as you cannot stop violence.

Question 4 of 4

Myat has recently started a new job. His friends invite him to celebrate after his first day of work. Since he has a habit of drinking excessively, he is excited to join the evening.

How do you think drinking alcohol can affect Myat?

Choose your answer(s) – you can choose more than one.

☐**A**

Increased risk of cancer.

☐**B**

Increased risk of depression and suicide.

☐**C**

Reduced fertility.

☐**C**

Decreased risk of accidents or death.

Lesson 9 of 9

► Summary

As you come to the end of this module, take a moment to recap the key learnings.



Person holding a glass bottle. © Shutterstock



Group of friends bully a child. © Shutterstock



Woman with a bruised face. © Shutterstock



Woman held down by force. © Shutterstock



A man puts his hand on a woman's shoulder. © Shutterstock

Harassment and bullying

To deal with harassment or bullying:

- Say "no" to harassment and bullying.
- Make a written complaint to an authority, like the police.
- Take legal action against the people who harass or bully.
- Report harassment and bullying to the appropriate people at school or work.

Domestic violence

If you face or witness domestic violence:

- Seek help from someone you trust.
- Consult NGOs to get help and to learn about your right to protection.
- Go to a health centre or doctor if you have been hurt.
- Take the people involved in the violence to court.
- Report the violence to the police/local authorities.
- Gather evidence and find witnesses to support your complaint.

Workplace violence

If you face or witness workplace violence:

- ▶ Talk to someone you trust to find a solution.
- ▶ Get your employer to introduce and enforce work safety policies.
- ▶ Seek help from co-workers, your employer, a trade union, or an NGO.
- ▶ Use panic buttons, personal alarms, and self-defense for defense.
- ▶ Seek professional help, if required.

Sexual violence

To avoid or deal with sexual violence:

- ▶ Avoid sharing personal details.
- ▶ Avoid going to lonely places.
- ▶ Avoid telling someone that you are alone.
- ▶ Carry an umbrella, stick or pepper spray when you step out.
- ▶ Learn self-defense techniques to gain confidence.
- ▶ Shout out for help if someone is making unwanted sexual advances.
- ▶ Avoid spending time with people who drink alcohol or use drugs.

Alcohol and drug abuse

You can say “no” to alcohol, drugs and cigarettes, as these things:

- ▶ Damage your physical and reproductive health.
- ▶ Affect your mental health.
- ▶ Increase stress, the risk of depression, and the risk of suicide.
- ▶ Lead to violence in society.

**Thank you! We hope you found this
learning module useful.**

**This module can also be accessed online at
<https://ecampus.ilooyangon.org/>**

Answers annex

Lesson 3, Page 5

Read the examples below and decide which are flirting and which are sexual harassment.

If you checked the below boxes, you are correct. Well done!

Behaviour	Flirting	Sexual harassment
Show interest in someone in an indirect and fun way without bothering them	✓	
Show interest in someone repeatedly, even if they say they don't like you		✓
Ask someone out for lunch	✓	
Whistle at a pretty girl who walks by and ask her if she wants to marry you		✓
Ask a transwoman if she had a sex change		✓

Lesson 3, Page 10

Learning milestone

Match each of the behaviours below to their respective harassment type.

If you matched the responses as below, you are correct. Well done!

1 Making a rude gesture at someone

B Nonverbal harassment

2 Pushing someone for no reason or touching someone without permission

C Physical harassment

3 Repeatedly calling someone a rude nickname

A Verbal harassment

Lesson 4, Page 15

What type of violence is Po Khwar facing?

If you selected A, you are correct. Well done!

Po Khwar is facing domestic violence from his mother.

Lesson 5, Page 16

Which of the following people are capable of committing violence at the workplace?

If you selected all of the options – A, B, C, D, E, and F – you are correct. Well done!

That's right, violence in the workplace can potentially be committed by anyone, including employers, supervisors, colleagues, visitors, customers and anyone else you might interact with.

Lesson 5, Page 17

Can you classify the situations below based on type of violence they display?

If you matched as below, you are correct. Well done!

1 An employee hits one of their coworkers	D Physical violence
2 A coworker rapes a fellow employee	A Sexual violence
3 A supervisor harshly criticizes a worker in front of other employees	B Verbal violence
4 A supervisor uses hand gestures to tease a worker	C Non-verbal violence

Lesson 5, Page 19

Learning milestone

What should Thuzar do now?

If you selected A, you are correct. Well done!

Thuzar should report the incident to her supervisor or manager to avoid further violent action from her coworker. Ignoring it or keeping silent is not a solution to any violence.

Lesson 6, Page 25

Learning milestone

Rape happens because...?

If you selected C, you are correct. Well done!

Rape occurs when the rapist takes advantage of the victim – it is never the victim's fault.

Lesson 7, Page 27

Which of the statements below are facts and which are only myths?

If you checked the below boxes, you are correct. Well done!

Statement	Myth	Fact
Alcohol is only a problem when you use it for a long period of time.	✓	
It is rare for a teenager to become an alcoholic.	✓	
Alcohol affects some people more than others.		✓
Tobacco, drugs and alcohol have negative effects on fertility.		✓
It's difficult to become pregnant or get STIs or HIV while drunk or using drugs.	✓	
With alcohol you have better sex.	✓	
Coffee, tea and many soft drinks contain drugs.		✓
If you know how to drink you can control yourself so as to not to get addicted to alcohol	✓	
Smoking a cigarette now and then is not harmful.	✓	
Drinking beer is not a problem.	✓	
Unborn babies can become addicted to alcohol or drugs used by their pregnant mother.		✓
Even if you have been smoking for years it is not too late to quit.		✓
Driving after smoking marijuana is safer than driving after drinking alcohol.	✓	

Lesson 7, Page 29

Match each aspect of your health with the negative effect that drugs, alcohol and cigarettes can have on that aspect of health.

If you matched as below, you are correct. Well done!



Lesson 8, Page 30

Self-evaluation**Question 1 of 4**

What type of violence is Pho Pho facing?

If you selected C, you are correct. Well done!

Pho Pho is being bullied by her schoolmates due to her skin color.

Question 2 of 4

What type of violence is Zaw facing?

If you selected A, you are correct. Well done!

Zaw is facing sexual violence from one of the customers.

Question 3 of 4

What are some of the ways to prevent violence in society?

If you selected A, B, and C, you are correct. Well done!

Silence is not a solution. To stop the violence around you, you should raise awareness of the violence, create policies against it at the workplace, and educate children to respect others.

Question 4 of 4

How do you think drinking alcohol can affect Myat?

If you selected A, B, and C, you are correct. Well done!

Drinking alcohol increases the risk of cancer, depression, suicide, accidents and death, while also reducing fertility.hers.

E-learning programme on rights, responsibilities and representation for children, youth and families (3Rs)

Building upon the foundation laid by the 3-R Trainers' Kit developed in 2018 and the E-learning Programme on Child Labour launched in 2022, the 3Rs e-Learning kit is a comprehensive resource designed to empower individuals and organizations working in communities vulnerable to child labour and trafficking. This kit equips its users with the necessary tools to prevent and combat these violations effectively.

With an increased number of children at risk of child labour in Myanmar due to the ongoing crisis, the 3Rs underscores the urgent need to instil understand child rights, workers' rights and gender equality among children, youth and their families in at-risk communities and workplaces.

Comprising 11 modules, the course covers a wide range of topics essential for holistic empowerment. From understanding child rights to promoting gender equality, the 3Rs e-Learning kit serves as a catalyst for positive change, providing the knowledge and skills necessary to create a more equitable and empowered society.

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