

# Teacher Resources

Bombing

Hitting Torture War Threats

Sexual Violence



Killing

**Direct violence** is usually the most visible kind of violence and what most of the people identify with the meaning of the term 'violence'. It is physical but also psychological violence.

Abuse

These three forms of violence are interrelated and when there is structural and cultural violence, with time and if not addressed, direct violence will happen.

**Cultural Violence** is the legitimization of violence founded in cultural norms, traditions, and values. It is also an invisible form of violence as it relates to people's attitudes, feelings and values.

**Structural Violence** is less visible. It is indirect violence caused by an unjust structure. Structures and systems in societies that generates discrimination or inequalities such as, having access to rights, services or resources.

Forced / Early Marriage

Racism

Sexism

Corruption

Rape Jokes

Poverty

Unjust Laws

Cultural Beliefs

Discrimination

Segregation

Example:  
Apartheid

Gender Inequality