

Assessment of Sexual Violence against Girls and Young Women with Disabilities in Sub-Saharan Africa: A Review

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This review looks into the prevalence of sexual violence against disabled girls and young women in Sub-Saharan Africa. Understanding this issue is vital for meeting the Sustainable Development Goals (SDGs), which seek to eliminate all forms of violence in the region. The research specifically examines the nature of sexual violence faced by girls and young women with disabilities in Sub-Saharan Africa. To achieve the desired outcomes, a comprehensive desk review was carried out on the subject of sexual violence against this demographic. The study highlights factors that contribute to vulnerability, the environments where offenders operate, the repercussions of sexual abuse, and the coping strategies

employed by victims. The findings indicate that girls and young women with disabilities are at a heightened risk of sexual abuse due to perceptions of weakness and a lack of adequate protection. Additionally, disability and poverty further exacerbate the risk of gender-based violence. It was found that many women with disabilities experienced sexual abuse due to circumstances such as limited mobility, financial hardship, familial rejection, and unemployment, which often confined them to their homes and made them easy targets. In terms of repercussions, sexual violence has been linked to unintended pregnancies, homelessness, divorce, and challenges in finding marriage partners. There is a pressing need for further research to guide policymakers in implementing effective multi-sectoral strategies that support the Sustainable Development Goals (SDGs) aimed at reducing all forms of violence in Sub-Saharan Africa.

Keywords: Sexual Violence, Disability, Impairment, Sub-Saharan Africa.



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1. INTRODUCTION

Violence against women and girls with disabilities is a critical issue stemming from discrimination and exclusion related to both gender and disability. These two factors significantly heighten the risk of violence against women and girls with disabilities. Research indicates that women with disabilities experience sexual assault at more than double the rate of the general female population. Those with cognitive or linguistic disabilities may be misinterpreted as consenting when they are unaware of the situation during a sexual assault and unable to refuse. Girls with disabilities face discrimination and increased vulnerability due to their gender, age, and disability, with those having intellectual disabilities being especially at risk. It is estimated that between 40 to 70% will experience sexual abuse before turning 18 (WHO, 2015). Despite this alarming risk, there is a lack of research on the threats of abuse, the experiences of those who have been abused, and the obstacles to seeking and receiving help among women with disabilities. The failure of scholars in the fields of disability and violence to address this issue has led to the marginalization and victimization of disabled women and girls. Research shows that most women will encounter sexual assault at some point in their lives, with the likelihood increasing for those with disabilities. Having a disability makes women more vulnerable to abuse (UN Women, 2015; Washington State Coalition Against Domestic Violence, 2015).

According to Sobsey (1994) and Aolain (2011), nearly all women with disabilities face a heightened risk of sexual assault. UN Women (2015) reports that between 60% and 80% of women with disabilities worldwide have experienced sexual abuse, with many of them victimized more than ten times. In the European Union in 2013, 34% of women with disabilities reported sexual abuse, compared to 19% of women in general (United Nations, 2015). It's important to note that men with disabilities are also victims of sexual violence. In the United States, Mitra et al. (2015) found that about 10% of boys with disabilities have been sexually assaulted. The study indicated that 5.8% and 2.3% reported attempted and nonconsensual sexual encounters, respectively. In Massachusetts, Mitra et al. (2011) found that 13.9% of boys with disabilities had experienced sexual abuse. While there is evidence of sexual assault against males with disabilities, it seems that abuse against women with disabilities is more common and often goes unreported, particularly in developing countries. According to the United Nations (UN) World Population Review 2019, Sub-Saharan Africa (SSA) consists of 48 countries with a total population of 1,066,283,427, representing 14.2% of the global population, which increased by 2.66% in 2019. The UN sub-classifies SSA into four regions: Western, Central, Eastern, and Southern Africa. Western SSA includes countries like Benin,

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Burkina Faso, Cape Verde, Gambia, Ghana, Guinea, Guinea-Bissau, Ivory Coast, Liberia, Mali. Mauritania, Niger, Nigeria, Senegal, Sierra Leone, and Togo. Central African SSA consists of Cameroon, Chad, the Republic of Congo, the Democratic Republic of Congo, Equatorial Guinea, Gabon, and Sao Tome and Principe. Southern SSA includes Angola, Botswana, Lesotho, Mozambique, Namibia, South Africa, Swaziland, Zambia, and Zimbabwe. Eastern SSA ranks as the fourth least developed sub-region, which includes countries such as Burundi, the Comoros, Djibouti, Eritrea, Ethiopia, Kenva, Madagascar, Malawi, Mauritius, Seychelles, Rwanda. Somalia, Somaliland. Tanzania, and Uganda (UN Population Preview, **2019**). Women and girls with disabilities face a higher risk of sexual violence and abuse, and they often hesitate to seek help before or during an attack. Many struggle with low self-esteem, which is tied to their economic and psychosocial dependence. The vulnerability stemming from these intersecting identities increases the risk of gender-based violence against women and girls with disabilities. For instance, girls and women with hearing impairments may not hear warning signs of danger, while those with vision impairments might not know where to find safety, making them easy targets. Additionally, negative perceptions about disability and a lack of training for health professionals, law enforcement, and other stakeholders further worsen the situation.

This will not change until girls and women with disabilities are heard and empowered to drive change for themselves, articulating their views and expectations regarding development, human rights, and women's rights initiatives, thereby holding various stakeholders accountable. It is crucial for everyone, everywhere, to recognize that women with disabilities are primarily women and advocates for human rights. Global and national commitments to gender equality and the respect for human rights for all, including the 2030 Agenda for Sustainable Development, will remain unfulfilled as long as women with disabilities in rural areas lag behind in all facets of community life.

Over 1 billion people worldwide, or 15% of the global population, are estimated to have a disability, with the majority residing in developing nations. Factors such as aging, conflict, violence, natural disasters, and forced displacement are expected to increase this number in the coming years. Women are more likely to experience disability than men. The World Report on Disability indicates that 19% of women globally have a disability, compared to 12% of men. The number of children with disabilities is projected to be between 93 million and 150 million (WHO, 2011).

Women and girls with disabilities encounter unique challenges to their rights due to the intersection of gender and disability. They often face discrimination, exclusion, isolation, and a lack of dignity and autonomy in both public and private spheres. Access to public spaces at local, national, and international levels is frequently denied to them. Current estimates suggest there are 700 million disabled women and girls worldwide. According to UN Women, the average prevalence of disability among women is 19.2%, compared to 12% among men, meaning approximately one in five women is affected. Despite their significant numbers, women and girls with disabilities often remain invisible and are excluded from decision-making processes that impact their lives. This increases the risk of gender-based violence against them. There is limited global data on gender-based violence affecting women with disabilities, highlighting this previously overlooked issue and suggesting that women with impairments face greater risks. According to We Decide, a UNFPA-led initiative, between 40% and 68% of young women with disabilities has experienced sexual abuse before turning 18.

Having impairment should not be seen as a weakness that undermines one's right to participate in society equally. We need to tackle the social and environmental obstacles that prevent women and girls with disabilities from fully engaging and being included in all areas of life. This is essential for them to exercise their rights, especially the right to live in peace.

2. STATEMENT OF THE PROBLEM

Women and girls with disabilities experience sexual violence at rates higher than those in the general population. This is a significant global issue with dire consequences, yet it often remains hidden and insufficiently addressed. The vulnerability of women and girls with disabilities to sexual violence stems from a mix of gender discrimination and challenges related to their disabilities. They may struggle to

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report abuse, depend on others for assistance, or defend themselves. Several factors contribute to the underreporting of these incidents, such as a lack of awareness about sexual violence and the rights of survivors, communication barriers that hinder the reporting process, fear of retaliation, disbelief, or bias within institutions, as well as inaccessible support services and legal systems. Additionally, many women and girls with disabilities rely on their abusers for care, complicating their situation further. The unique experiences of sexual violence faced by this group are often overlooked due to underreporting and insufficient research on this intersecting issue. The scarcity of data makes it challenging to develop effective prevention and support programs. Current support initiatives for survivors of sexual violence may not adequately cater to the needs of women and girls with disabilities, facing obstacles such as communication issues, inadequate facilities, and a lack of training for professionals on how to address the specific needs of these survivors. The legal system often falls short in addressing the needs of survivors with disabilities, presenting challenges in reporting abuse, navigating the judicial process, and ensuring that offenders are held accountable.

The consequences of this issue are profound and far-reaching. Survivors may endure physical harm, mental health challenges, social isolation, and difficulties in accessing education or employment. This not only affects individual lives but also contributes to the marginalization of disabled women and girls. Urgent action is needed to address this issue. We must raise awareness, enhance support services, and pursue justice for survivors. By working together, we can foster a safer and more equitable world for all.

3. NEED OF THE STUDY

Research into the exploitation of women and girls with disabilities serves vital purposes for various reasons; at present the true extent of this issue remains unclear owing to underreporting and research limitations. Investigating abuse against women and girls with disabilities brings visibility to the problem enabling a more accurate evaluation of the dangers confronted by this group. This information plays a role, in addressing the problem effectively. It's crucial to have an understanding of the unique vulnerabilities faced by women and girls with different disabilities and the contexts in which abuse occurs. The insights gained from research are essential for designing prevention strategies. Current support services for survivors of abuse often do not cater to individuals with disabilities. Studying violence against women and girls with disabilities can pinpoint these obstacles and facilitate the creation of more accessible support structures. Research can also shed light on the hurdles that survivors with disabilities face, within the legal framework. The results of the study could help raise awareness in society regarding the issue of abuse against women and girls with disabilities. A crucial step, in challenging harmful social attitudes and norms that perpetuate their vulnerability.

Studying violence against women and girls, with disabilities has a dual purpose; to grasp the issue and offer solutions to address it. This research is critical for developing effective preventative methods, establishing inclusive support systems, empowering survivors, and, eventually, creating a safer and more equitable society for all.

4. OBJECTIVES

- To reduce and eliminate sexual violence against women and girls with disabilities.
- To raise awareness about the issue of sexual violence affecting women and girls with disabilities.
- To empower women and girls with disabilities by providing them with knowledge and resources to protect themselves and report any abuse.
- To enhance access to support services for survivors of sexual violence with disabilities, including medical care, counseling, and legal assistance.
- To advocate for disability inclusion in order to foster a society where women and girls with disabilities feel safe and respected.

5. RESEARCH QUESTIONS

- Are there particular cultural attitudes or beliefs that heighten the vulnerability of women and girls with disabilities to sexual violence?
- What obstacles do women and girls with disabilities encounter when trying to report sexual violence and seek justice?

- What specific challenges do survivors with disabilities face in accessing support services and reporting abuse?
- How can support services for survivors be made more accessible and inclusive for women and girls with disabilities?
- What are the most effective strategies for preventing sexual violence against women and girls with disabilities?

6. METHODOLOGY

- Desk Review Method is used in extracting the relevant literature which includes analysis of publications, documents and online data is done in this study.
- All the information is gathered through secondary sources of data like Research articles, Reports, Journals, Online newspapers, Magazines etc.
- When searching the literature, terms and phrases associated with the study's title are employed.

7. OPERATIONAL DEFINITIONS

- Sexual violence is any harmful or unwanted sexual act or behavior that occurs without a person's consent. It includes rape, sexual assault, sexual harassment, sexual coercion and sexual exploitation.
- Persons with disabilities are individuals who have impairments that limit their ability to perform certain activities in the same way as people without disabilities. These impairments can be physical, sensory, intellectual, or cognitive.
- Disability refers to a physical, mental, cognitive, or developmental condition that limits a person's ability to perform certain activities or participate in typical daily life. These limitations can be caused by impairments, activity limitations, or participation restrictions.
- Impairment refers to a loss or abnormality in a person's body structure or function. It can affect physical, sensory, cognitive, or mental abilities. Impairments can be present from birth or acquired later in life due to injury, illness, or other factors.

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8. FINDINGS

Research indicates that women and girls with disabilities are at a greater risk of sexual abuse compared to their peers without disabilities. They experience significantly higher rates of mistreatment and abuse. The Ghana Statistical Service (GSS) reports that approximately 24.4% of women and girls with disabilities aged 15 to 49 have faced physical and/or sexual assault from an intimate partner at least once in their lives.

Women and girls with disabilities encounter various forms of discrimination due to their disability, gender, and other identity factors such as race, ethnicity, sexual orientation, religion, refugee status, and poverty. These intersecting identities hinder their ability to enjoy all human rights and fundamental freedoms equally.

The UNFPA-led campaign We Decide reveals that between 40% and 68% of young women with disabilities have experienced sexual abuse before turning 18. Despite their significant numbers, women and girls with disabilities often remain invisible and are excluded from decisionmaking processes that affect their lives, which heighten their risk of gender-based violence.

They have the right to live free from violence, exploitation, and abuse, yet this right is compromised by historical and systemic power imbalances. stigma, stereotypes, and discriminatory attitudes. Such discriminatory beliefs and behaviors restrict the legal rights of women and girls with disabilities, making them more susceptible to gender-based violence. The ongoing stereotypes related to gender, disability, and sexuality, along with the stigmatization of women and girls with disabilities, render them more vulnerable to violence and abuse than their counterparts without disabilities or men and boys with disabilities.

These damaging beliefs can range from viewing women as asexual to perceiving them as hypersexual to infantilizing them or equating them with supernatural abilities (for example, believing a woman with disabilities can treat HIV or is a witch, etc.). Prejudice and myths contribute to harmful practices such as rape, lynching, forced sterilization, and various forms of abuse, including gender-based violence and torture. Women and girls with disabilities are especially at risk due to their limited to education access and socioeconomic opportunities. This lack of access also restricts their ability to find resources that address violence, such as justice systems, sexual and reproductive health care, and programs aimed at preventing and responding to gender-based violence. Often, violence against women and girls with disabilities is inflicted by those in positions of financial power. Consequently, when a woman with disabilities has access to economic opportunities like paid employment or land ownership, she is more empowered to defend herself, speak out against the violence she has witnessed, and seek justice through the legal system. Many disabled women and girls have come to accept violence, abuse, and exploitation as normal parts of their lives.

The prejudice, violence, and abuse they endure are frequently overlooked as violations of their human or civil rights. As a result, many do not consider seeking help from the legal system. When a woman or girl with a disability reports a crime, law enforcement and judicial authorities often treat the matter with indifference. Victims of assault are frequently denied the opportunity to testify or present evidence in court due to assumptions about their credibility. Their voices go unheard in legal proceedings. While domestic laws and regulations exist in various areas, including access to justice, gender equality, prevention of gender-based violence, and inclusion of people with disabilities, these measures often fail to adequately safeguard the rights of women and girls with disabilities. Programs aimed at preventing and responding to gender-based violence frequently overlooks the specific needs of these individuals. Additionally, most countries lack sufficient evidence and disaggregated data regarding disabled women and girls.

Research on gender-based violence against women and girls with disabilities tends to be mostly anecdotal and lacks depth. Data collection rarely differentiates by type of impairment, age, or gender. When disability data is available, it almost never includes a gender breakdown. The absence of statistics on the prevalence of violence against girls and women with disabilities makes it challenging to convince lawmakers that changes to laws, policies, and practices are necessary to eliminate violence and abuse against these populations.

9. CONCLUSION

The need to address sexual violence against women and girls with disabilities is urgent and requires immediate attention. The impact of this violence is far-reaching, with significant financial and social costs that hinder women and girls from reaching their full potential in society. To effectively understand and tackle the complexities of sexual abuse faced by women and girls with disabilities, it is essential to explore the intersection of gender and disability more deeply.

The review aimed to examine the causes and effects of sexual violence against girls and women with disabilities. It was found that a large number had experienced such violence. Factors like limited mobility, poverty, family rejection, and unemployment left women with disabilities isolated and vulnerable, making them easy targets. The consequences of sexual violence include unplanned pregnancies, homelessness, divorce, and difficulties in finding partners, which further worsen the already challenging circumstances for girls and women with disabilities. Without adequate protective measures, these individuals will continue to be at risk of sexual abuse. It is crucial to take action against this threat. Therefore, initiatives such as national awareness campaigns are necessary to educate families on the importance of supporting their disabled relatives. Additionally, it is vital to provide girls and women with disabilities with knowledge about reproductive health and equip them with strategies for self-protection in the event of an assault.

Addressing sexual violence against young women and girls necessitates a comprehensive strategy that provides immediate assistance to survivors while also implementing long-term solutions to tackle the systemic inequalities that fuel such violence. By prioritizing economic empowerment, education, and policy reform, we can strive for a future where all women and girls can exist without the threat of violence. Future research is crucial for grasping the changing dynamics of sexual violence and for creating more effective prevention and intervention strategies. This will involve examining the intersectionality of violence and understanding how various forms of discrimination increase the risks faced by young women and girls.

10. WAY FORWARD / SUGGESTIONS

Equitable access to disability-friendly assistance means ensuring that survivors of sexual violence with disabilities receive comprehensive and accessible support. These services should encompass medical care, counseling, legal representation, and psychosocial support. Women and girls with disabilities should be empowered to assert their rights and seek justice. Initiatives aimed at addressing gender-based violence against women and girls with disabilities must explore ways to combat the stigma, prejudices, and stereotypes surrounding them, including their sexual orientation. This can be accomplished by educating community members, religious leaders, decision-makers, legal experts, sexual and reproductive health service providers, violence prevention advocates, women's rights supporters, and other human rights stakeholders.

Inclusion in policy and decision-making is essential. Women and girls with disabilities, along with their representative organizations, should be involved in the development and implementation of policies aimed at reducing gender-based violence. Their insights and experiences are vital for creating effective solutions. Projects should be designed, planned, and executed in partnership with groups that represent disabled women. Support groups should empower women with disabilities to lead initiatives that combat violence against them, as well as provide capacity-building programs to help them drive change.

Strengthening the legal and policy framework involves advocating for more robust international laws and policies that recognize the heightened risk of abuse faced by women and girls with disabilities. These frameworks should specifically address the unique risks and challenges they encounter. Women and girls with disabilities deserve to be empowered and informed about their human and civic rights.

Training focused on the rights of women girls with disabilities, along with and understanding local and national laws, is essential for preventing and addressing abuse. It is vital that police, courts, and judges support the rights of women and girls with disabilities to seek justice against their abusers without facing discrimination. This includes implementing practical measures to ensure access to justice for women with various disabilities. Legal reforms aimed at preventing gender-based violence against women and girls with disabilities should emphasize gender equality policies, frameworks for addressing gender-based violence, and national disability laws.

When including women and girls with disabilities, it is important to recognize the diverse needs of all individuals in this group, especially those from marginalized communities, such as women and girls with intellectual disabilities, deaf blind women and girls, and those with multiple disabilities. Therefore, we call on African governments to ensure the inclusion of women and girls with disabilities in the ratification of the African Union Protocol on Persons with Disabilities.

Raising awareness and providing education about sexual abuse targeting women and girls with disabilities is crucial. It's important to train communities, service providers, and law enforcement to recognize and effectively respond to these incidents. Research and data collection are essential for gaining a deeper understanding of the dynamics, trends, and experiences of violence against women with disabilities. Gathering data will help address existing gaps and inform evidence-based initiatives. In efforts to combat gender-based violence, it's vital to collect evidence specifically related to women and girls with disabilities, and advocate for the disaggregation of data by disability and sex in gender-based violence programs. Supporting local stakeholders, such as National Statistics Offices, in collecting data on disabled women and girls is key to influencing long-term policy and legislative changes. Domestic censuses and surveys should incorporate the Washington Group's short set of questions. Additionally, integrating Sexual and Reproductive Health Rights (SRHR) is important to ensure that these services are available, accessible, acceptable, and of high quality for women and young people with disabilities. This involves preventing and responding to gender-based violence. To build a safer and more inclusive environment for disabled women and girls, governments, civil society, and relevant stakeholders should work together to implement the proposals above.

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