



EASTERN
MEDITERRANEAN
UNIVERSITY

Stop Violence

EMU-PDRAM

Psychological Counseling, Guidance and Research Center

Handbook 2008

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Preface

This booklet, prepared with both professional and societal awareness, aims to tackle the issue of domestic violence particularly that directed towards women which is a serious threat occurring either openly or discretely, experienced not only in North Cyprus but all around the world and in all walks of society.

Our research is the first step on the path to increasing awareness and compassion toward violence on a general level and domestic violence and Women's Rights on a more personal level. Continuing research in line with the rapidly changing face of the North Cyprus population and culture is of vital importance. Due to the sensitive and taboo-like nature of the subject matter, research conducted in North Cyprus is scarce and insufficient.

In addition to developing public awareness and compassion towards human rights violations, new social policies and laws must be prepared in line with the changing face of the society and preexisting Human Rights and the Convention of Elimination of all forms of Discrimination against Women must be urgently and efficiently implemented as a sociopolitical duty of governmental bodies. Only when social justice and societal egalitarianism is obtained on this land will we, as a country, be a contemporary and enlightened society.

Wishing you all non-violent days.

Assoc. Prof. Biran MERTAN
Uğur MANER (MA.)

Introduction

“Spare the rod and spoil the child”

“A husband can both love and beat his wife” (a Turkish proverb)

One cannot disregard such euphemisms as existing in the past. Domestic Violence and discrimination is ever present not only in the lands we live in but all over the world. The most effective methods of preventing domestic violence and discrimination are to stop silently observing, passively accepting it as ones “destiny” and seeking ways of escape.

You may feel that domestic violence does not exist in North Cyprus. You may also be a victim of domestic violence or a witness to domestic violence within your home. You may even be the perpetrator. Whoever you may be, this booklet is just for you! This booklet has been prepared in order to serve as a milestone on the path to a well-balanced society formed of happy and healthy individuals.

This booklet has been prepared by psychologists working at Eastern Mediterranean University, Psychological Counseling Guidance and Research Center in order to further examine the issue of domestic violence, provide insight into the dynamics behind it, create societal awareness of the issue at hand and aid those experiencing domestic violence.



What is a “Family”?

A family is referred to as the smallest societal unit that meets the individual's needs for nutrition and care, providing a sense of security as well as protecting and enhancing their physical and psychological well-being.

What is domestic violence?

Domestic violence is any type of aggressive act directed toward a person's partner, children, parents, siblings and/or relatives. However, not only violence of a physical nature is included in this definition; derogation, threatening, limiting financial expenditures, coercing into marriage, forcing or prohibiting one from getting work, and limiting or preventing involvement with friends and family members are also forms of domestic violence which serve to reduce the dignity and self-esteem of the individual, creating a false sense of insecurity in oneself and ones environment.

Domestic violence may take different form depending on whom it is directed at, such as the partner, children or elderly at home. In terms of domestic violence between spouses, research suggests that men are more likely to be abusive towards their wives.



Research conducted in the West on domestic violence, the abuser is known as the PERPETRATOR and the abusee is referred to as the VICTIM or SURVIVOR. The perpetrator is the partner that has serious problems and behavior that needs to change. The VICTIM/SURVIVOR is in no way responsible for the violence directed toward him/herself.

According to scientific research conducted around the world, women are the most likely group to experience domestic violence.

In 1999 United Nations declared the 25th November as “International Day for the Elimination of Violence against Women.” The aim of such a decision was to raise public awareness of the fact that domestic violence is on the rise around the world and to encourage governments to create and enforce precautionary policies to prevent domestic violence



Myths and Realities of Domestic Violence

1. *Only a small percentage of women experience domestic violence.*

REALITY The percentage of domestic violence cases yielded by research is actually under representative of the true situation due to the shameful and taboo-like nature of the act.

2. *Domestic violence only occurs in families of low socio-economic status.*

REALITY: Domestic violence is experienced in every society at all levels of socio-economic status. The domestic violence cases experienced by families of low socio-economic status are more likely to involve governmental institutions such as social welfare offices and will therefore seem larger in number.

3. *The violent husband cannot really love his wife.*

REALITY: Scientific research indicates the presence of a vicious cycle of violence in families of domestic violence. It is known that the husband may transform from a loving, considerate, caring man to an abusive, violent, aggressive monster.

4. *Abusive people cannot control their aggressive impulses.*

REALITY: Abusers will often find consolation in such a notion and therefore avoid taking responsibility for their actions. They are however, in control in relationships outside their home.

5. *Abusive people are mentally ill.*

REALITY: Clinical research suggests that this is not the case. Abusive individuals are able to lead a controlled and well-balanced lifestyle outside their home environment. They may be from all occupations and societal class.



6. Women actually enjoy being abused.

REALITY: Many women are unable to leave their partners due to several factors (e.g. fear, economical dependence, etc.).

7. If a woman truly wants to, she can leave an abusive relationship.

REALITY: Research shows that one in every three women refuses to leave her abusive partner in fear of what may happen to them if they do so. For example:

- Fear of more intense abuse to their children or themselves
- Fear of feeling disconnected with ones community; abused women usually have children who are dependent on them, or do not wish to go into public with bruises or marks on their faces. Due to this feeling of disconnectedness, they may not be able to find a person willing to help them.
- Economical dependence
- Societal views and prejudice toward divorcee women
- Love for the partner and the hope that he will change
- Low self-esteem as a result of several years of physical, emotional and verbal abuse

8. Some women deserve to be abused.

REALITY: There is NO single reason that may justify abuse. It is known that women will submit to anything in order to prevent the buse from occurring. In such relationships, the man is the dominant figure who rules.

9. Alcohol leads to domestic violence.

REALITY: No single or simple reason can justify domestic violence.

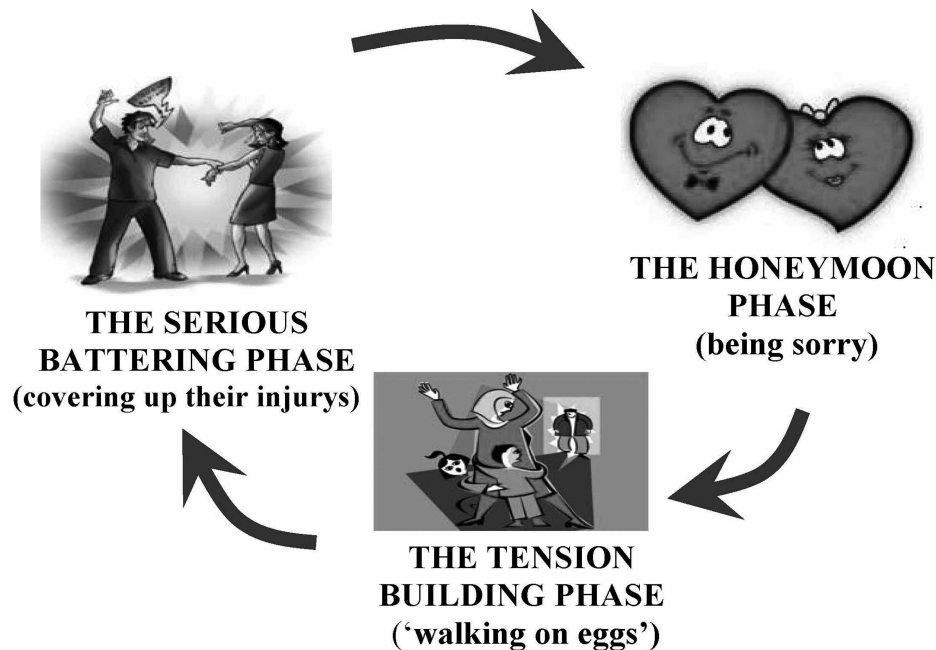
10. Those experiencing domestic violence tend to exaggerate the situation.

REALITY: Many victims of domestic violence generally do not view themselves as victims, and instead feel that the abuse they endure is trivial and forgivable.



Cycle of Violence

Psychology is a behavioral science that began dealing with women's issues particularly after the 1900's whereby the number of women scientists were on the rise. At the time, assumed differences between men and women in personality traits and skills were once again researched in detail. These researches emphasized equality between the sexes, based on a foundation of human rights. The cycle of violence wheel illustrated below was suggested by a female academician, Lenore Walker in 1970.



The model describes the actions of the “victim” and “abuser” in three separate phases:

- The **honeymoon** phase (apologies, excuses, amends)
- The **tension** building phase
- The **serious battering** phase (abuse)

Research has demonstrated that the cycle is often passed down from generation to generation, further suggesting that participation of both the “victim” and “abuser” into rehabilitation and empowerment programs help individuals cope with the issue.

Figure 1: Cycle of Violence Wheel

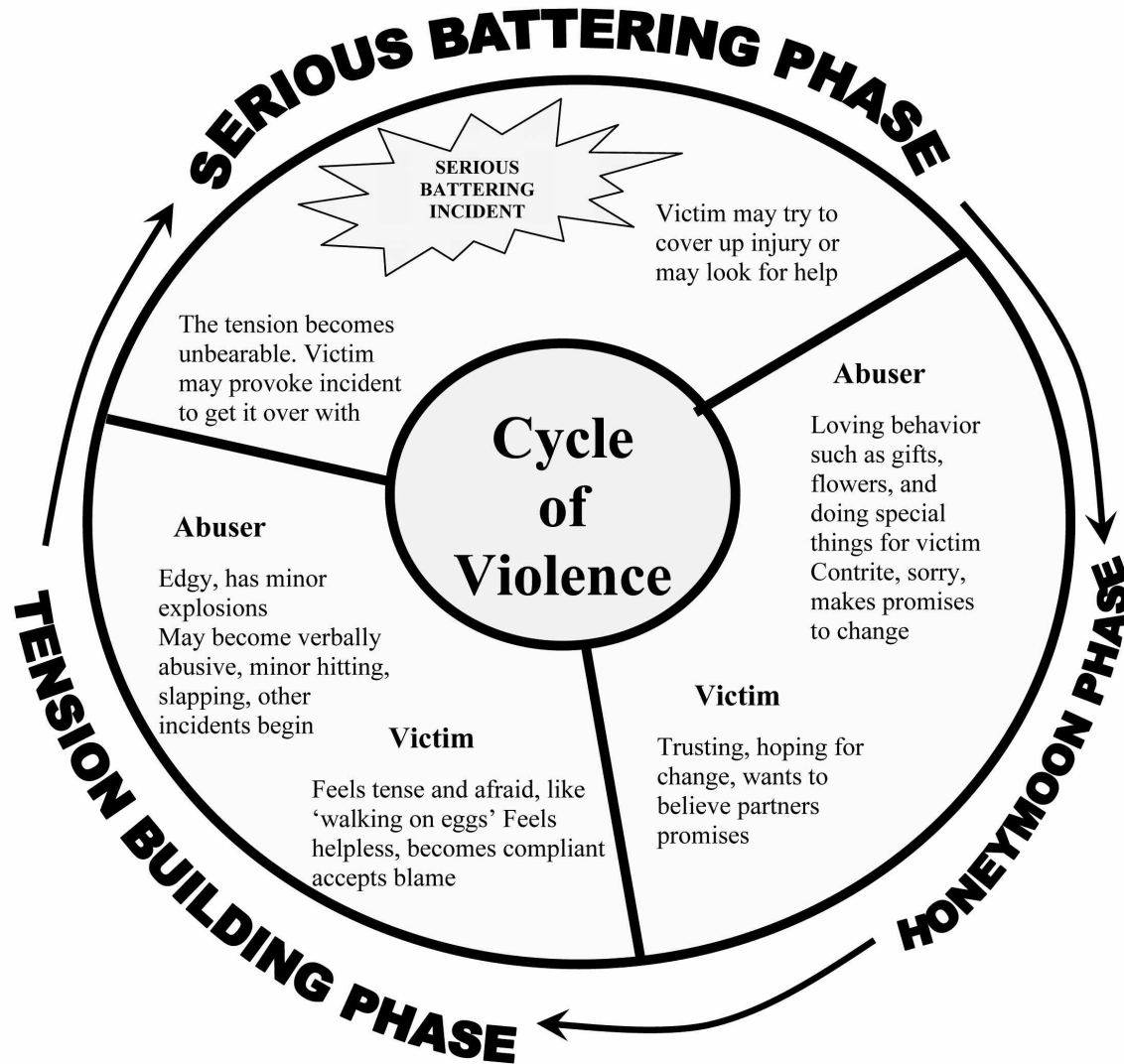


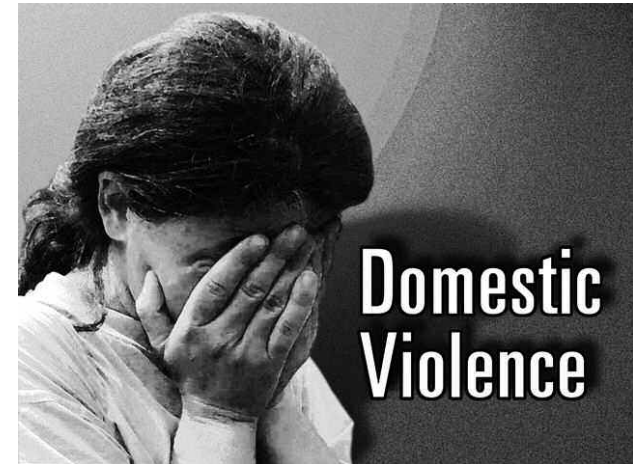
Figure 1: Cycle of Violence Wheel (Walker, 1970)

Types Of Domestic Violence

Domestic violence may change as a function of whom the abuse is directed to and how it is enacted. The perpetrator may abuse the individual in several ways including physical, emotional (psychological), sexual or social abuse. Physical, emotional and economic abuse are defined below.

1- Physical Abuse

This is the most common form of domestic violence. Pushing, punching, slapping, kicking, throwing objects, pushing against walls, grabbing and pulling by hair, hitting using a cane or stick, tying the arms or legs, forcing into sex, attacking or injuring with a sharp object or firearm, and attempting to kill are all types of physical abuse.



2- Emotional Abuse

Yelling, disparaging in front of others, hurting one's pride or honor, threatening to hurt one physically, preventing one from freely expressing thoughts or feelings, forcing to behave in ways the abuser sees fit, controlling and limiting one's involvement with family and friends, preventing from choosing one's own clothes are all methods which are not actually physically oppressive however threaten one's mental health and psychological well-being.

3-Economic Abuse

Preventing one from getting a job and having one's own income, preventing one from buying or selling products, taking full control over one's salary, or forcing one to work are methods of economic abuse.

Consistency in Domestic Violence

In domestic violence cases, with each turn of the wheel of the cycle of violence the aggression is elevated. Therefore in households by which physical abuse takes the form of more simple actions such as pushing or hitting, this may escalate to strangling and even killing using a firearm. Emotional abuse such as constant criticism, naming, repeatedly suggesting one is worthless may on the other hand lead an individual to feel degraded which can lead to attempts of suicide.



Research states that several factors may trigger domestic violence in a man?



- Unstable family environment
- Unhealthy family affairs and relationships
- Stress
- Substance abuse
- Economic strain

However even in the absence of such factors, some men may still continue to be abusive.



Abuse is used as a method to control and monitor the individual.



Figure 2: Model of Power and Control

In traditional cultures, **USING VIOLENCE WITHIN THE HOME** is not regarded as a crime.

Abusers can be;

- From any socioeconomic status
- Of any age
- Of any personality characteristic

HOW TO BREAK THE CYCLE OF VIOLENCE WHEEL

Why does a woman not leave such a bad relationship (or cannot leave)?

A painful relationship may be continued if the individual does not have any economic security, family support, feels fear, and societal pressure in addition to the love felt toward the partner, the hope that they may change and due to their children. A woman imprisoned in the cycle of violence loses complete self-esteem and the hope that she will ever escape and be free. The first intervention at this point is to empower the individual. It must be explained in detail to her that no one deserves to be abused and provoke her to think of ways to escape from the situation. This will be a difficult and challenging process however, it is not

impossible. If the abuser feels that he is about to lose his power and control in the relationship this may lead to an escalation of the violence causing a dangerous situation. Therefore the abused must behave carefully and take possible risks into consideration,



Whatever the reason, no one deserves to be abused.

IF YOU ARE AWARE OF A CASE OF DOMESTIC VIOLENCE WHAT SHOULD YOU DO?

YOU ARE NOT ALONE!

FOR GUIDANCE:

e-mail:counsel.pdram@emu.edu.tr
<http://pdram.emu.edu.tr/Index.htm>

FOR MORE INFORMATION:

Convention on the Elimination of All Forms of Discrimination against Women (CEDAW)
<http://www.die.gov.tr/tkba/cedaw-tr.htm>

Universal Human Rights Report
http://www.ihb.gov.tr/mevzuat/um_bm_sozlesmeleri/bm_ih_evrensel_beyannamesi.htm

Domestic Violence Slogans

End domestic violence!

Violence is a human rights violation. No excuse can justify it.

Nobody deserves to be abused, no matter what the reason.

Men: Stop abusing, Women: stop concealing

The longer we ignore it the worse domestic violence will get.

Listen attentively to those abused and explain to them that no one deserves it.

Contrary to popular belief DV is not just experienced in the poor or uneducated but in all walks of society.

DV is a taboo... however it is prevalent in North Cyprus.

WOMEN and HUMAN RIGHTS

The “International Convention on the Elimination of All Forms of Discrimination against Women Law” (5/1996) approved by the Turkish Republic of North Cyprus on the 8 March 1996, was announced and published in the 39th Official Gazette on 22 March 1996.

Convention on the Elimination of All Forms of Discrimination against Women (CEDAW)

Article 1: For the purposes of the present Convention, the term discrimination against women shall mean any distinction, exclusion or restriction made on the basis of sex which has the effect or purpose of impairing or nullifying the recognition, enjoyment or exercise by women, irrespective of their marital status, on a basis of equality of men and women, of human rights and fundamental freedoms in the political, economic, social, cultural, civil or any other field.

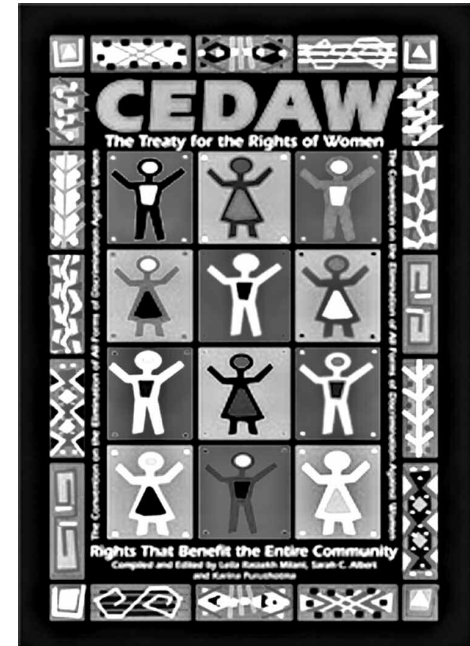
Article 2: States Parties condemn discrimination against women in all its forms, agree to pursue by all appropriate means and without delay a policy of eliminating discrimination against women and, to this end, undertake:

- a) To embody the principle of the equality of men and women in their national constitutions or other appropriate legislation if not yet incorporated therein and to ensure, through law and other appropriate means, the practical realisation of this principle;
- b) To adopt appropriate legislative and other measures, including sanctions where appropriate, prohibiting all discrimination against women;
- c) To establish legal protection of the rights of women on an equal basis with men and to ensure through competent national tribunals and other public institutions the effective protection of women against any act of discrimination;
- d) To refrain from engaging in any act or practice of discrimination against women and to ensure that public authorities and institutions shall act in conformity with this obligation;
- e) To take all appropriate measures to eliminate discrimination against women by any person, organisation or enterprise;
- f) To take all appropriate measures, including legislation, to modify or abolish existing laws, regulations, customs and practices which constitute discrimination against women;
- g) To repeal all national penal provisions which constitute discrimination against women.

Article 3: States Parties shall take in all fields, in particular in the political, social, economic and cultural fields, all appropriate measures, including legislation, to ensure the full development and advancement of women, for the purpose of guaranteeing them the exercise and enjoyment of human rights and fundamental freedoms on a basis of equality with men.

Article 4: a) Adoption by States Parties of temporary special measures aimed at accelerating de facto equality between men and women shall not be considered discrimination as defined in the present Convention, but shall in no way entail as a consequence the maintenance of unequal or separate standards; these measures shall be discontinued when the objectives of equality of opportunity and treatment have been achieved.

b) Adoption by States Parties of special measures, including those measures contained in the present Convention, aimed at protecting maternity shall not be considered discriminatory.



Article 5: States Parties shall take all appropriate measures:

- a) To modify the social and cultural patterns of conduct of men and women, with a view to achieving the elimination of prejudices and customary and all other practices which are based on the idea of the inferiority or the superiority of either of the sexes or on stereotyped roles for men and women;
- b) To ensure that family education includes a proper understanding of maternity as a social function and the recognition of the common responsibility of men and women in the upbringing and development of their children, it being understood that the interest of the children is the primordial consideration in all cases.

Article 6: States Parties shall take all appropriate measures, including legislation, to suppress all forms of traffic in women and exploitation of prostitution of women.

Article 7: States Parties shall take all appropriate measures to eliminate discrimination against women in the political and public life of the country and, in particular, shall ensure to women, on equal terms with men, the right:

- a) To vote in all elections and public referenda and to be eligible for election to all publicly elected bodies;
- b) To participate in the formulation of government policy and the implementation thereof and to hold public office and perform all public functions at all levels of government;
- c) To participate in non-governmental organisations and associations concerned with the public and political life of the country.

Article 8: States Parties shall take all appropriate measures to ensure to women, on equal terms with men and without any discrimination, the opportunity to represent their Governments at the international level and to participate in the work of international organisations.

Article 9: a) States Parties shall grant women equal rights with men to acquire, change or retain their nationality. They shall ensure in particular that neither marriage to an alien nor change of nationality by the husband during marriage shall automatically change the nationality of the wife, render her stateless or force upon her the nationality of the husband.

b) States Parties shall grant women equal rights with men with respect to the nationality of their children.

Article 10: States Parties shall take all appropriate measures to eliminate discrimination against women in order to ensure to them equal rights with men in the field of education and in particular to ensure, on a basis of equality of men and women:

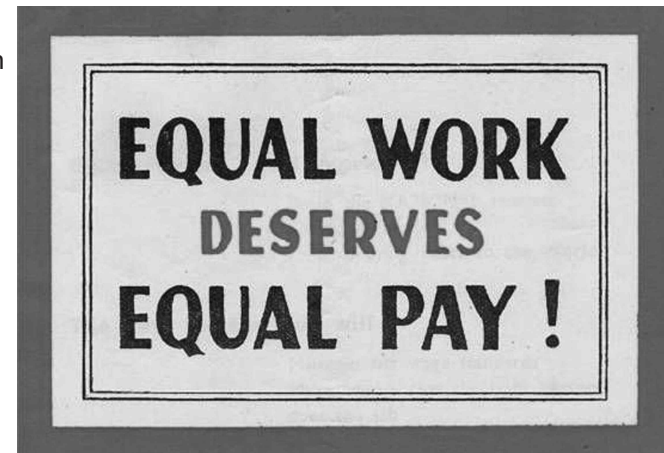
- a) The same conditions for career and vocational guidance, for access to studies and for the achievement of diplomas in educational establishments of all categories in rural as well as in urban areas; this equality shall be ensured in pre-school, general, technical, professional and higher technical education, as well as in all types of vocational training;
- b) Access to the same curricula, the same examinations, teaching staff with qualifications of the same standard and school premises and equipment of the same quality;



- c) The elimination of any stereotyped concept of the roles of men and women at all levels and in all forms of education by encouraging coeducation and other types of education which will help to achieve this aim and, in particular, by the revision of textbooks and school programmes and the adaptation of teaching methods;
- d) The same opportunities to benefit from scholarships and other study grants;
- e) The same opportunities for access to programmes of continuing education, including adult and functional literacy programmes, particularly those aimed at reducing, at the earliest possible time, any gap in education existing between men and women;
- f) The reduction of female student drop-out rates and the organisation of programmes for girls and women who have left school prematurely;
- g) The same Opportunities to participate actively in sports and physical education;
- h) Access to specific educational information to help to ensure the health and well-being of families, including information and advice on family planning.

Article 11: 1. States Parties shall take all appropriate measures to eliminate discrimination against women in the field of employment in order to ensure, on a basis of equality of men and women, the same rights, in particular:

- a) The right to work as an inalienable right of all human beings;
- b) The right to the same employment opportunities, including the application of the same criteria for selection in matters of employment;
- c) The right to free choice of profession and employment, the right to promotion, job security and all benefits and conditions of service and the right to receive vocational training and retraining, including apprenticeships, advanced vocational training and recurrent training;
- d) The right to equal remuneration, including benefits, and to equal treatment in respect of work of equal value, as well as equality of treatment in the evaluation of the quality of work;
- e) The right to social security, particularly in cases of retirement, unemployment, sickness, invalidity and old age and other incapacity to work, as well as the right to paid leave;
- f) The right to protection of health and to safety in working conditions, including the safeguarding of the function of reproduction.



2. In order to prevent discrimination against women on the grounds of marriage or maternity and to ensure their effective right to work, States Parties shall take appropriate measures:

- a) To prohibit, subject to the imposition of sanctions, dismissal on the grounds of pregnancy or of maternity leave and discrimination in dismissals on the basis of marital status;
- b) To introduce maternity leave with pay or with comparable social benefits without loss of former employment, seniority or social allowances;

- c) To encourage the provision of the necessary supporting social services to enable parents to combine family obligations with work responsibilities and participation in public life, in particular through promoting the establishment and development of a network of child-care facilities;
 - d) To provide special protection to women during pregnancy in types of work proved to be harmful to them.
3. Protective legislation relating to matters covered in this article shall be reviewed periodically in the light of scientific and technological knowledge and shall be revised, repealed or extended as necessary.



- Article 12:**
- a) States Parties shall take all appropriate measures to eliminate discrimination against women in the field of health care in order to ensure, on a basis of equality of men and women, access to health care services, including those related to family planning.
 - b) Notwithstanding the provisions of paragraph 1 of this article, States Parties shall ensure to women appropriate services in connection with pregnancy, confinement and the post-natal period, granting free services where necessary, as well as adequate nutrition during pregnancy and lactation.
- Article 13:** States Parties shall take all appropriate measures to eliminate discrimination against women in other areas of economic and social life in order to ensure, on a basis of equality of men and women, the same rights, in particular:
- a) The right to family benefits;
 - b) The right to bank loans, mortgages and other forms of financial credit;
 - c) The right to participate in recreational activities, sports and all aspects of cultural life.
- Article 14:**
- a) States Parties shall take into account the particular problems faced by rural women and the significant roles which rural women play in the economic survival of their families, including their work in the non-monetised sectors of the economy, and shall take all appropriate measures to ensure the application of the provisions of the present Convention to women in rural areas.
 - b) States Parties shall take all appropriate measures to eliminate discrimination against women in rural areas in order to ensure, on a basis of equality of men and women, that they participate in and benefit from rural development and, in particular, shall ensure to such women the right:
 - c) To participate in the elaboration and implementation of development planning at all levels;
 - d) To have access to adequate health care facilities, including information, counselling and services in family planning;
 - e) To benefit directly from social security programmes;
 - f) To obtain all types of training and education, formal and non-formal, including that relating to functional literacy, as well as, inter alia, the benefit of all community and extension services, in order to increase their technical proficiency;
 - g) To organise self-help groups and co-operatives in order to obtain equal access to economic opportunities through employment or self employment;

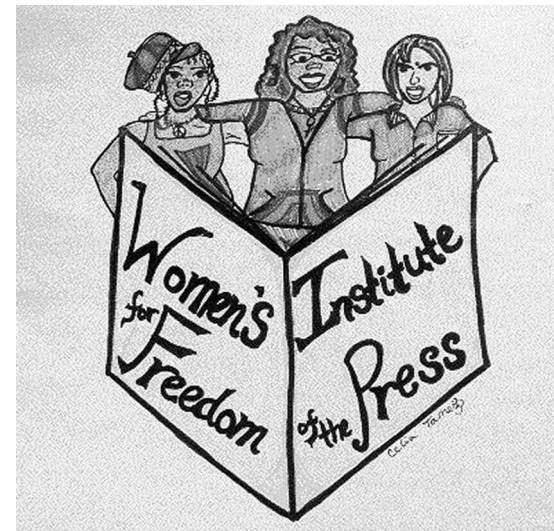
- h) To participate in all community activities;
- i) To have access to agricultural credit and loans, marketing facilities, appropriate technology and equal treatment in land and agrarian reform as well as in land resettlement schemes;
- j) To enjoy adequate living conditions, particularly in relation to housing, sanitation, electricity and water supply, transport and communications.

Article 15: a) States Parties shall accord to women equality with men before the law.

- b) States Parties shall accord to women, in civil matters, a legal capacity identical to that of men and the same opportunities to exercise that capacity. In particular, they shall give women equal rights to conclude contracts and to administer property and shall treat them equally in all stages of procedure in courts and tribunals.
- c) States Parties agree that all contracts and all other private instruments of any kind with a legal effect which is directed at restricting the legal capacity of women shall be deemed null and void.
- d) States Parties shall accord to men and women the same rights with regard to the law relating to the movement of persons and the freedom to choose their residence and domicile.

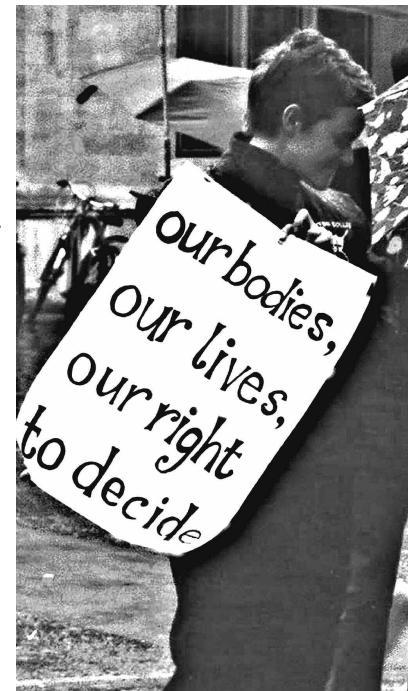
Article 16: 1. States Parties shall take all appropriate measures to eliminate discrimination against women in all matters relating to marriage and family relations and in particular shall ensure, on a basis of equality of men and women:

- a) The same right to enter into marriage;
- b) The same right freely to choose a spouse and to enter into marriage only with their free and full consent;
- c) The same rights and responsibilities during marriage and at its dissolution;
- d) The same rights and responsibilities as parents, irrespective of their marital status, in matters relating to their children; in all cases the interests of the children shall be paramount;
- e) The same rights to decide freely and responsibly on the number and spacing of their children and to have access to the information, education and means to enable them to exercise these rights;
- f) The same rights and responsibilities with regard to guardianship, wardship, trusteeship and adoption of children, or similar institutions where these concepts exist in national legislation; in all cases the interests of the children shall be paramount;
- g) The same personal rights as husband and wife, including the right to choose a family name, a profession and an occupation;
- h) The same rights for both spouses in respect of the ownership, acquisition, management, administration, enjoyment and disposition of property, whether free of charge or for a valuable consideration.



2. The betrothal and the marriage of a child shall have no legal effect, and all necessary action, including legislation, shall be taken to specify a minimum age for marriage and to make the registration of marriages in an official registry compulsory.

- Article 17:**
- a) For the purpose of considering the progress made in the implementation of the present Convention, there shall be established a Committee on the Elimination of Discrimination against Women (hereinafter referred to as the Committee) consisting, at the time of entry into force of the Convention, of eighteen and, after ratification of or accession to the Convention by the thirty-fifth State Party, of twenty-three experts of high moral standing and competence in the field covered by the Convention. The experts shall be elected by States Parties from among their nationals and shall serve in their personal capacity, consideration being given to equitable geographical distribution and to the representation of the different forms of civilisation as well as the principal legal systems.
 - b) The members of the Committee shall be elected by secret ballot from a list of persons nominated by States Parties. Each State Party may nominate one person from among its own nationals.
 - c) The initial election shall be held six months after the date of the entry into force of the present Convention. At least three months before the date of each election the Secretary-General of the United Nations shall address a letter to the States Parties inviting them to submit their nominations within two months. The Secretary-General shall prepare a list in alphabetical order of all persons thus nominated, indicating the States Parties which have nominated them, and shall submit it to the States Parties.
 - d) Elections of the members of the Committee shall be held at a meeting of States Parties convened by the Secretary-General at United Nations Headquarters. At that meeting, for which two thirds of the States Parties shall constitute a quorum, the persons elected to the Committee shall be those nominees who obtain the largest number of votes and an absolute majority of the votes of the representatives of States Parties present and voting.
 - e) The members of the Committee shall be elected for a term of four years. However, the terms of nine of the members elected at the first election shall expire at the end of two years; immediately after the first election the names of these nine members shall be chosen by lot by the Chairman of the Committee.
 - f) The election of the five additional members of the Committee shall be held in accordance with the provisions of paragraphs 2, 3 and 4 of this article, following the thirty-fifth ratification or accession. The terms of two of the additional members elected on this occasion shall expire at the end of two years, the names of these two members having been chosen by lot by the Chairman of the Committee.
 - g) For the filling of casual vacancies, the State Party whose expert has ceased to function as a member of the Committee shall appoint another expert from among its nationals, subject to the approval of the Committee.



- i) The Secretary-General of the United Nations shall provide the necessary staff and facilities for the effective performance of the functions of the Committee under the present Convention.

Article 18: 1. States Parties undertake to submit to the Secretary-General of the United Nations, for consideration by the Committee, a report on the legislative, judicial, administrative or other measures which they have adopted to give effect to the provisions of the present Convention and on the progress made in this respect:

- a) Within one year after the entry into force for the State concerned;
 - b) Thereafter at least every four years and further whenever the Committee so requests.
2. Reports may indicate factors and difficulties affecting the degree of fulfilment of obligations under the present Convention.

Article 19: a) The Committee shall adopt its own rules of procedure.
b) The Committee shall elect its officers for a term of two years.

Article 20: a) The Committee shall normally meet for a period of not more than two weeks annually in order to consider the reports submitted in accordance with article 18 of the present Convention.
b) The meetings of the Committee shall normally be held at United Nations Headquarters or at any other convenient place as determined by the Committee. (amendment, status of ratification)

Article 21: a) The Committee shall, through the Economic and Social Council, report annually to the General Assembly of the United Nations on its activities and may make suggestions and general recommendations based on the examination of reports and information received from the States Parties. Such suggestions and general recommendations shall be included in the report of the Committee together with comments, if any, from States Parties.
b) The Secretary-General of the United Nations shall transmit the reports of the Committee to the Commission on the Status of Women for its information.

Article 22: The specialised agencies shall be entitled to be represented at the consideration of the implementation of such provisions of the present Convention as fall within the scope of their activities. The Committee may invite the specialised agencies to submit reports on the implementation of the Convention in areas falling within the scope of their activities.

Article 23: Nothing in the present Convention shall affect any provisions that are more conducive to the achievement of equality between men and women which may be contained:

- a) In the legislation of a State Party; or
- b) In any other international convention, treaty or agreement in force for that State.



Article 24: States Parties undertake to adopt all necessary measures at the national level aimed at achieving the full realisation of the rights recognised in the present Convention.

Article 25: 1. The present Convention shall be open for signature by all States.
2. The Secretary-General of the United Nations is designated as the depositary of the present Convention.
3. The present Convention is subject to ratification. Instruments of ratification shall be deposited with the Secretary-General of the United Nations.



4. The present Convention shall be open to accession by all States. Accession shall be effected by the deposit of an instrument of accession with the Secretary-General of the United Nations.

Article 26: 1. A request for the revision of the present Convention may be made at any time by any State Party by means of a notification in writing addressed to the Secretary-General of the United Nations.
2. The General Assembly of the United Nations shall decide upon the steps, if any, to be taken in respect of such a request.

Article 27: 1. The present Convention shall enter into force on the thirtieth day after the date of deposit with the Secretary-General of the United Nations of the twentieth instrument of ratification or accession.
2. For each State ratifying the present Convention or acceding to it after the deposit of the twentieth instrument of ratification or accession, the Convention shall enter into force on the thirtieth day after the date of the deposit of its own instrument of ratification or accession.

Article 28: 1. The Secretary-General of the United Nations shall receive and circulate to all States the text of reservations made by States at the time of ratification or accession.
2. A reservation incompatible with the object and purpose of the present Convention shall not be permitted.
3. Reservations may be withdrawn at any time by notification to this effect addressed to the Secretary-General of the United Nations, who shall then inform all States thereof. Such notification shall take effect on the date on which it is received.

- Article 29:** 1. Any dispute between two or more States Parties concerning the interpretation or application of the present Convention which is not settled by negotiation shall, at the request of one of them, be submitted to arbitration. If within six months from the date of the request for arbitration the parties are unable to agree on the organisation of the arbitration, any one of those parties may refer the dispute to the International Court of Justice by request in conformity with the Statute of the Court.
2. Each State Party may at the time of signature or ratification of the present Convention or accession thereto declares that it does not consider itself bound by paragraph 1 of this article. The other States Parties shall not be bound by that paragraph with respect to any State Party which has made such a reservation.
3. Any State Party which has made a reservation in accordance with paragraph 2 of this article may at any time withdraw that reservation by notification to the Secretary-General of the United Nations.
- Article 30:** The present Convention, the Arabic, Chinese, English, French, Russian and Spanish texts of which are equally authentic, shall be deposited with the Secretary-General of the United Nations.



In witness whereof the undersigned, duly authorised, have signed the present Convention.

Universal Declaration of Human Rights

Article 1: All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.

Article 2: Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, color, sex, language, religion, political or other opinion, national or social origin, property, birth or other status. Furthermore, no distinction shall be made on the basis of the political, jurisdictional or international status of the country or territory to which a person belongs, whether it be independent, trust, non-self-governing or under any other limitation of sovereignty.

Article 3: Everyone has the right to life, liberty and security of person.

Article 4: No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms.

Article 5: No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

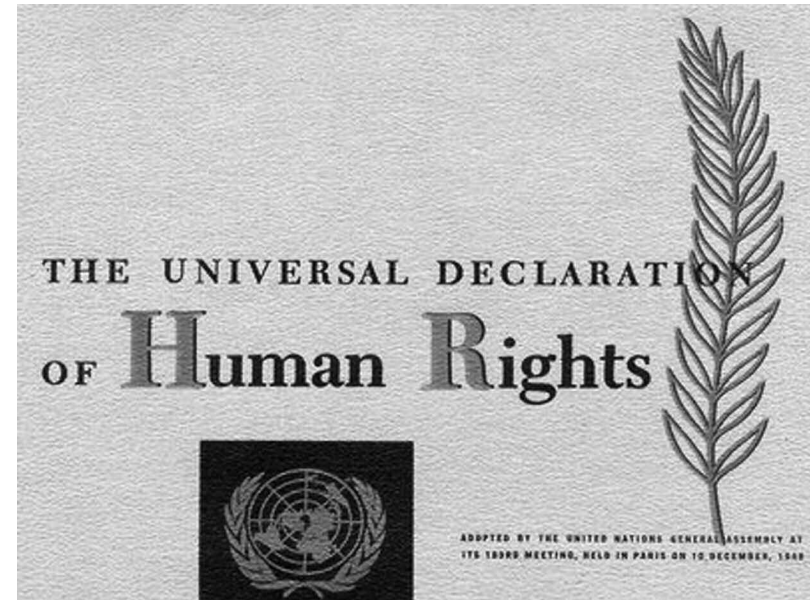
Article 6: Everyone has the right to recognition everywhere as a person before the law.

Article 7: All are equal before the law and are entitled without any discrimination to equal protection of the law. All are entitled to equal protection against any discrimination in violation of this Declaration and against any incitement to such discrimination.

Article 8: Everyone has the right to an effective remedy by the competent national tribunals for acts violating the fundamental rights granted him by the constitution or by law.

Article 9: No one shall be subjected to arbitrary arrest, detention or exile.

Article 10: Everyone is entitled in full equality to a fair and public hearing by an independent and impartial tribunal, in the determination of his rights and obligations and of any criminal charge against him.



- Article 11:** a) Everyone charged with a penal offence has the right to be presumed innocent until proved guilty according to law in a public trial at which he has had all the guarantees necessary for his defence.
 b) No one shall be held guilty of any penal offence on account of any act or omission which did not constitute a penal offence, under national or international law, at the time when it was committed. Nor shall a heavier penalty be imposed than the one that was applicable at the time the penal offence was committed.

Article 12: No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, nor to attacks upon his honor and reputation. Everyone has the right to the protection of the law against such interference or attacks.

- Article 13:** a) Everyone has the right to freedom of movement and residence within the borders of each State.
 b) Everyone has the right to leave any country, including his own, and to return to his country.

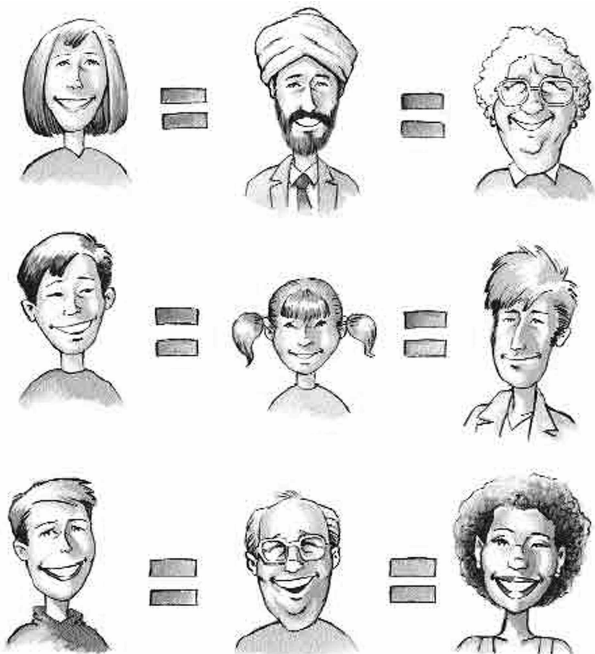
- Article 14:** a) Everyone has the right to seek and to enjoy in other countries asylum from persecution.
 b) This right may not be invoked in the case of prosecutions genuinely arising from non-political crimes or from acts contrary to the purposes and principles of the United Nations.

- Article 15:** 1. Everyone has the right to a nationality.
 2. No one shall be arbitrarily deprived of his nationality nor denied the right to change his nationality.

- Article 16:** a) Men and women of full age, without any limitation due to race, nationality or religion, have the right to marry and to found a family. They are entitled to equal rights as to marriage, during marriage and at its dissolution.
 b) Marriage shall be entered into only with the free and full consent of the intending spouses.
 c) The family is the natural and fundamental group unit of society and is entitled to protection by society and the State.

- Article 17:** a) Everyone has the right to own property alone as well as in association with others.
 b) No one shall be arbitrarily deprived of his property.

Article 18: Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his religion or belief, and freedom, either alone or in community with others and in public or private, to manifest his religion or belief in teaching, practice, worship and observance.



Article 20: a) Everyone has the right to freedom of peaceful assembly and association.
b) No one may be compelled to belong to an association.

Article 21: a) Everyone has the right to take part in the government of his country, directly or through freely chosen representatives.
b) Everyone has the right to equal access to public service in his country.
c) The will of the people shall be the basis of the authority of government; this will shall be expressed in periodic and genuine elections which shall be by universal and equal suffrage and shall be held by secret vote or by equivalent free voting procedures.

Article 22: Everyone, as a member of society, has the right to social security and is entitled to realisation, through national effort and international co-operation and in accordance with the organisation and resources of each State, of the economic, social and cultural rights indispensable for his dignity and the free development of his personality.

Article 23: a) Everyone has the right to work, to free choice of employment, to just and favourable conditions of work and to protection against unemployment.
b) Everyone, without any discrimination, has the right to equal pay for equal work.
c) Everyone who works has the right to just and favourable remuneration ensuring for himself and his family an existence worthy of human dignity, and supplemented, if necessary, by other means of social protection.
d) Everyone has the right to form and to join trade unions for the protection of his interests.

Article 24: Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay.

Article 25: a) Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.
b) Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection.

**EVERY
HUMAN
HAS
RIGHTS**



- Article 26:** a) Everyone has the right to education. Education shall be free, at least in the elementary and fundamental stages. Elementary education shall be compulsory. Technical and professional education shall be made generally available and higher education shall be equally accessible to all on the basis of merit.
- b) Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms. It shall promote understanding, tolerance and friendship among all nations, racial or religious groups, and shall further the activities of the United Nations for the maintenance of peace.
- c) Parents have a prior right to choose the kind of education that shall be given to their children.

- Article 27:** a) Everyone has the right freely to participate in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits.
- b) Everyone has the right to the protection of the moral and material interests resulting from any scientific, literary or artistic production of which he is the author.

Article 28: Everyone is entitled to a social and international order in which the rights and freedoms set forth in this Declaration can be fully realised.

- Article 29:** a) Everyone has duties to the community in which alone the free and full development of his personality is possible.
- b) In the exercise of his rights and freedoms, everyone shall be subject only to such limitations as are determined by law solely for the purpose of securing due recognition and respect for the rights and freedoms of others and of meeting the just requirements of morality, public order and the general welfare in a democratic society.
- c) These rights and freedoms may in no case be exercised contrary to the purposes and principles of the United Nations.

Article 30: Nothing in this Declaration may be interpreted as implying for any State, group or person any right to engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein.

