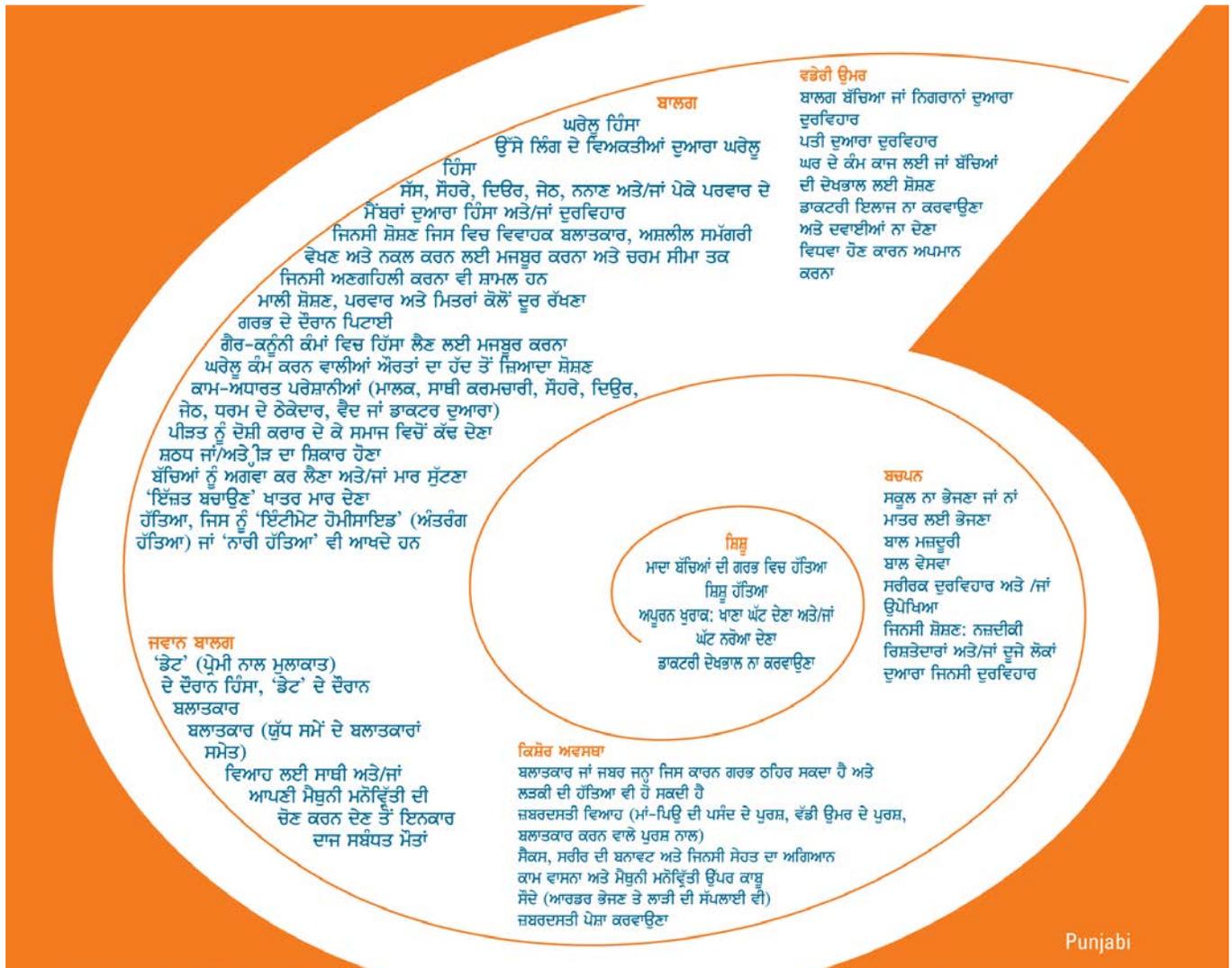


# ਆਪਣੇ ਜੀਵਨ ਦੇ ਦੌਰਾਨ ਔਰਤ ਰਾਹੀਂ ਸਹੇ ਗਏ ਦੁਰਵਿਹਾਰ ਦਾ ਜੀਵਨ ਚੱਕਰ

## Lifetime Spiral of Gender Violence



Punjabi

Translated versions of the Lifetime Spiral in Chinese, Farsi, Korean, Tagalog and Vietnamese available at api-gbv.org. January 2002. Revised 2010.



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# Lifetime Spiral of Gender Violence



Translated versions of the Lifetime Spiral in Chinese, Farsi, Korean, Punjabi, Tagalog and Vietnamese available at [api-gbv.org](http://api-gbv.org). January 2002. Revised 2010.

From the aborting of female fetuses to intimate homicide, girls and women may encounter numerous oppressions during infancy, childhood, adolescence, adulthood, and as elders. Some of these are confined to one stage in the lifecycle, some continue into subsequent stages. Domestic violence is just one amongst many forms of violence against women. It is about more than physical, sexual, economic and emotional battering; it is also about living in a climate of fear. The lives of abused Asian and Pacific Islander women are shadowed by the cultural burdens of shame and devaluation.

By enumerating types of violence over the lifecourse, the Lifetime Spiral implicitly locates a range of abusers in the lives of girls and women, revealing patterns of victimization and perpetration. The Lifetime Spiral is designed to be used by everyone to identify histories of violence in their own lives or in the lives of family and friends. By raising awareness about the historical nature of violence against women and girls, we can begin to diminish victim-blaming.

Gender violence is often experienced in the context of additional oppressions based on race, ethnicity, age, sexual orientation, gender identity, type of labor performed, level of education, class position, disability, and/or immigration or refugee status.

