



Easy  
Read

**Looking at the different types of violence that Tanzanian girls with disabilities face when they access health services to do with bodies, sex, relationships and having children.**





In this Easy Read document, hard words are in **bold**. We explain what these words mean in the sentence after we have used them.

# Introduction



This **study** looks at how girls with disabilities, who live in Tanzania, have to deal with violence when they access **health services**.



A **study** is where people spend time collecting information to find out new things.



This study looks at **health services** that are to do with bodies, sex, relationships and having children.

These services can involve:



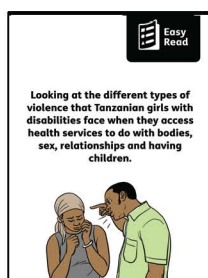
- Helping people to get tested for diseases you can get from having sex.



- Helping people to decide if and when they want to have children.



- Health care if you are having a baby.



This information will tell you more about the study and what was discovered.

## About the study



The study collected information on how girls with disabilities in Tanzania felt about accessing health services.



This was done by asking girls with disabilities to tell a story about how accessing health services might go for them or for others.



The stories show different types of violence girls with disabilities face when accessing health services.



The information collected from these stories was looked at by Tanzanian people with disabilities who helped to carry out this study

## What was discovered?

The study found that:



- Different types of violence against girls with disabilities are carried out by family, local communities, friends and health care staff.



- Girls with disabilities face **emotional violence** when accessing health services.

**Emotional violence** is when someone uses non-physical behaviour to scare or control another person. It can involve:



- Using words to make girls with disabilities feel scared or embarrassed.



- Threatening to use physical violence.



- Controlling girls with disabilities and their actions.



- Ignoring or not meeting the needs of girls with disabilities.

The study also found that:

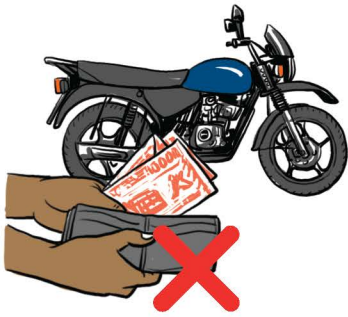
- Girls with disabilities face **economic violence** when accessing health services.



**Economic violence** is when someone controls another person's money, or the things that they can buy. It can involve:



- Not helping girls with disabilities pay for health services.



- Not helping girls with disabilities travel to health services.



- Giving girls with disabilities incorrect information about how much health services cost.

The study also found that:



- Girls with disabilities face **sexual violence** when accessing health services.

**Sexual violence** is when anything sexual happens to you, that you have not agreed to. It can involve:



- Health care staff saying sexual comments to girls with disabilities.



- Health care staff doing sexual acts to girls with disabilities when they have not agreed to anything sexual.



- Health care staff trying, or thinking about trying, to do sexual acts to girls with disabilities.



- Health care staff telling girls with disabilities they can only access health services if they do a sexual act.

The study also found that:



- Health care staff are not good at communicating with girls with disabilities who need health services.



- Girls with disabilities often do not understand the information that is given to them by health services.



- This affects their health and can even put lives at risk. This is how not being able to access health services can lead to physical harm.



# Understanding what was discovered



The study found that violence can stop girls with disabilities from getting the health services they need.



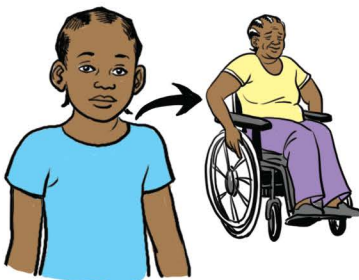
Girls with disabilities deal with violence more often than other people because of their:



- Disability.



- Gender



- Age.



These services are very important and can save lives. When girls with disabilities are not able to access the services they need on time, this is a type of violence.



More people need to understand that making sure someone cannot access the services they need is a type of violence.

## What changes could be made?



Changes that could be made to help girls with disabilities access the services they need include:



- Making sure everyone understands different ways girls with disabilities have to deal with violence.



- Thinking about girls with disabilities and their needs when planning new services.



- Making sure communication and buildings are accessible in sexual health services for girls with disabilities.



In general everyone should treat people with disabilities fairly and see them as people who have the same rights as people without disabilities.



## Help and support

You can get support if someone is violent to you. Please call the National Child Helpline: 166.

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