

# Lifetime Spiral 文案



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.

从打掉女性胎儿到亲密杀人，女孩和妇女在婴儿期、儿童期、青春期、成年期以及作为长者时可能会遇到许多压迫。其中一些仅限于一生中的某个阶段，一些则延续到后续阶段。

Lifetime Spiral 通过列举妇女和女孩面临的暴力类型、脆弱性和伤害，揭示各种受害模式。其中还隐含地显示生命历程中可能存在的不同施虐者。祖母可能会扣留女婴的营养食品，兄弟可能会实施乱伦，牧师可能会猥亵少女，父亲可能会坚持强迫婚姻，大学生可能会约会强奸同学，同事可能会进行性骚扰，丈夫可能会在孕期进行殴打，兄弟姐妹可能会跟踪，家庭可能会沉默或羞辱，社区可能会排斥同性恋者，前男友可能会杀人。

除身体、性、经济和情感方面的虐待外；暴力是指生活在恐惧、羞耻、胁迫性控制和贬低的环境中。其往往是在基于种族、民族、年龄、性取向、性别认同、所从事的劳动类型、教育水平、阶级地位、残障和移民或难民身份的更多压迫下经历的。提高对性别暴力的历史性质的认识，可以对抗对受害者的指责，为代言提供信息，并赋予幸存者权力。



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# Lifetime Spiral of Gender Violence



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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.



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