



## United Nations Activity Report

Sigma presented the program “Precursors to Violence: Identifying, De-escalating, and Reducing Women’s Risks” parallel to the 63rd session of the United Nations Commission on the Status of Women (CSW63) on Monday, 11 March 2019. The event, convened at 2:30 p.m. (1430), was held on the second floor of the Church Center for the United Nations, located at 777 United Nations Plaza, New York, New York, USA.

### Report Submitted by Dania Al-Itani, Sigma United Nations Youth Representative

This presentation highlighted precursors to violence against women. Participants were taught skills for understanding and quickly identifying causes of incivility and violence and learned de-escalation techniques. Being knowledgeable in these settings can decrease the risk of violence.

This event impacts [Sustainable Development Goal #3](#), which advocates for healthy lives and well-being for all. One in every three women has experienced sexual and or physical violence at some point in her life. This violence results in both short- and long-term consequences for their mental, physical, and sexual health. Reducing risk factors helps promote well-being. Addressing interpersonal violence and ways to deescalate ensures healthy lives. This event also impacts [Sustainable Development Goal #5](#), which calls for gender equality and empowerment of all women and girls. Based on data collected from 87 countries, one in five women and girls experienced sexual and/or physical violence by an intimate partner within the last 12 months. Shockingly, 49 countries lack laws protecting women from domestic violence (UN Statistics Division, 2019). Gender inequality continues to deprive women and girls from basic rights and opportunities. While no direct follow up is specifically indicated, we hope that our presentation continues to empower women and girls affected by violence to take proactive actions to avoid the escalation of violent behavior.

Why is this important to Sigma members? Participants were provided practical applications to home, workplace, and social-setting incivility and violence. As nurse leaders, Sigma members have “become more educated about how to recognize, understand the behavior of, and de-escalate the actions of others.” Eliminating gender-based violence is a priority because it is still one of the most pervasive human rights violations today.