



Faith's Story

Faith, a class 6 student from Kakamega, went to a 160 Girls Justice Club school. At school, Justice Club leaders noticed that Faith was sad and withdrawn. When they reached out to her, **Faith revealed that her uncle had been repeatedly defiling her.** The Club members reported the matter to the Justice Club patrons, who contacted a rape rescue centre in Kakamega, KARE. KARE staff followed up with the case and supported Faith. They ensured that she was treated for her physical injuries, and they found that she was pregnant as a result of the defilements. The case was reported to the police. **They investigated and arrested the uncle. The case is now awaiting trial.**

Note: Faith is not her real name.



Good Touch vs. Bad Touch

When someone touches you, either with a hug, a greeting kiss or any other kind of touch, it can feel good and make you feel happy or comforted. However, sometimes a touch can feel bad and make you feel sad, uncomfortable or out of control of your own body. This can happen when someone touches your private parts (mouth, chest, genitals, buttocks, etc.) **This is the difference between a good (safe) touch and a bad (unwanted or unsafe) touch.** Even if you have not clearly explained to someone that you do not want to be touched on your chest, and they touch you there, it is still disrespectful and **a violation of your trust and your rights.** An unwanted touch of private parts is bad, and is a crime.



Bad Touches from Trusted People

A bad touch can be painful and cause harm, but it doesn't always have to. This can be confusing because we are used to associating violence or assault with physical harm. **However, any violation of your personal boundaries/private parts can cause emotional or psychological harm.** A touch can feel bad from someone who you would usually trust (relative, friend, teacher, police, etc.) Even though you may love and trust this person, they could break your trust by disrespecting your personal boundaries. You can set your own boundaries by thinking about what you want and need from the people around you and by communicating this to them.





No Means No

If you say no to someone who is trying to touch you, they should respect you and not try to force anything on you. **If someone says no to you, you must respect them too.** Saying no means that you do not give this person your consent to touch you. Giving someone consent means giving them permission to do something. Other examples of bad touches, situations in which your rights and boundaries are violated, is if someone undresses in front of you, touches themselves inappropriately and asks you to watch them or asks you to touch them in a place that you do not want to.

Bad touches can be very confusing, because the person who is doing them might try to convince you that you wanted to be touched in that way. They might also convince you that they deserve to touch you wherever and whenever they want. When someone does this, they are disrespecting you, your body and your rights.

COMMUNITY CORNER

This week, we asked the Justice Club leaders to write poems about children's rights.



Blue Moon, Mombasa:

"A girl's dream, is her future
Her hopes are her motivation
Her success is glorious to the community
A boy's power, is not a property
His mission is his strength
His success is glorious to the community
Kenya our nation, let us work together to stop defilement
Let's support both girls and boys in anyway
Girls are your foundation
We stand against exploitation
Let's all give 160 action and bring liberation
Save both boys and girls of Kenya"



White Bushbaby, Kakamega:

"I have a right, a right to be respected,
A right to say no to anyone,
Who touches me without my permission,
If anyone wants to touch me, I have a right to say no,
I have a right to defend my body, and my health,
My body can not defend me, but I have to defend it,
Touching my body is also defilement,
Not everyone is allowed to touch me,
Anyone even my relatives need my permission,
To conclude, if I say no i mean no."

To Report a Defilement

To download the free **160 Girls defilement reporting app**: scan the QR code (right) by pointing your phone's camera at the code. The app's web page will appear with an option to download the app. You can also search "160 Girls app" in your phone's app store or submit a "help request" on 160girls.org.



You can also connect with your local rape rescue partners:

KARE (Kakamega)

Tel: 0724721671/0721782381
E-mail: kare.org@gmail.com
Website: karemp.org

GVRC (Nairobi)

Tel: 0713513141/0719638006
E-mail: gvrc@nwch.co.ke
Website: gvrc.or.ke

ICRH (Mombasa)

Tel: 0722208652/0734466466
E-mail: info@icrhk.org
Website: icrhk.org

They can offer support, and help you report the defilement to the police. You can also report to the police on your own, or talk to a trusted friend or relative.





Kisa cha Faith

Faith, ambaye ni mwanafunzi wa darasa la 6 kutoka Kakamega, alienda shule mojawapo ya 160 Girls Justice. Viongozi katika shule hiyo waligundua kuwa Faith alikuwa na huzuni na mwenye kujitenga. Walipomuuliza aliwaeleza kuwa mjombake alikuwa akimnaji kila mara. Wanachama wa Justice Club waliripoti kisa hiki kwa mlezi (patron) wao ambaye aliwasiliana na makazi ya waathiriwa wa ubakaji pale Kakamega – KARE. Wafanyakazi wa KARE walifuatilia kesi hii na kumfaa Faith pakubwa. Walihakikisha kuwa alitibiwa majeraha aliyokuwa nayo mwilini, na kugundua kwamba alikuwa mjamzito kutokana na unajisi huo. Kesi hii iliripotiwa kwa polisi ambao walifanya uchunguzi na kumkamata mjombake Faith. Kesi hiyo inasubiri kuskilizwa mahakamani. *Kumbuka: Faith si jina lake halisi.*



Kuguswa kunakofaa na kuguswa kusikofaa

Mtu anapokugusa, iwe ni kwa pambaja, busu au mguso wa aina yoyote ile, unaweza kuhisi vizuri na pia kufurahi. Hata hivyo, wakati mwingine mguso unaweza kukufanya kuwa na huzuni au vilevile kukupa wasiwasi hasa kuhusu mwili wako. Hii inawezakutokea pale mtu anapogusa sehemu zako za siri (mdomo, kifua, sehemu ya uzazi, makalio na kadhalika). Hii ndiyo tofauti kati ya kuguswa kunakofaa (safe) na kuguswa kusikofaa (unsafe/unwanted). Hata ikiwa hujamwambia mtu kwamba hafai kukugusa kwenye kifua bado hafai kukugusa hapo kwani kufanya hivyo ni kukukosea heshima na kukiuka haki na imani yako. Kuguswa kwenye sehemu zako za siri ni vibaya na pia ni hatia.



Miguso isiyojaa kutoka kwa watu tunaowaamini

Kuguswa kusikofaa kunaweza kukupa maumivu au madhara, lakini si lazima. Pengine hii inachanganya kidogo kwani tuna mazoea ya kuhusisha dhulma au madhara na majeraha ya kimwili. Hata hivyo, ukiukaji wowote wa mipaka yako hasa ya sehemu za siri unaweza kukusababishia madhara ya kiakili au kisaikolojia. Unawezahisi kuguswa kusikofaa kutoka kwa mtu ambaye kwa kawaida unamwamini (jamaa, rafiki, mwalimu, polisi na kadhalika). Ijapokuwa unampenda na kumwamini mtu kama huyo, anaweza kuivunja imani yako kwake pale anapokiuka mipaka yako ya kibinafsi. Unaweza kuweka mipaka yako ya kibinafsi kwa kufikiria kuhusu unachokitaka na kuhitaji kutoka kwa watu waliokaribu nawe na pia kuwaeleza hivyo.





'La' ni 'La'

Unaposema 'la' kwa mtu anayejaribu kukugusa, mtu huyo anafaa kuheshimu msimamo wako na wala hafai kukulazimisha kufanya chochote. Kwa kusema 'la' inamaana kuwa hujampa mtu huyo ruhusa ya kukugusa. Unapomkubalia mtu inamaana kuwa mtu huyo ana ruhusa ya kufanya kitu fulani. Mifano mingineyo ya kuguswa kusikofaa ambapo haki na mipaka yako imekiukwa ni pamoja na ikiwa mtu atavua nguo mbele yako, kujigusa isivyofaa na kutaka umtazame au kukutaka umguse sehemu usiyotaka. Kuguswa kusikofaa kunaweza kuchanganya kwani huenda yule anayetenda hivyo akajaribu kukushawishi kuwa wewe ndiwe uliyetaka kuguswa hivyo. Anaweza pia kukushawishi kuwa anafaa kukugusa popote anapotaka na kwa wakati wowote. Ikiwa mtu atafanya hivyo, atakuwa anakukosea heshima wewe pamoja na mwili wako na vilevile haki zako.

Pembe ya Kijamii



Wiki hii tuliwataka viongozi wa Justice Club kuandika mashairi kuhusu haki za watoto.

Blue Moon, kutoka Mombasa:

"Ndoto ya msichana ndiyo maisha yake
Matumaini ndiyo motisha wake
Mafanikio yake ni utukufu wa jamii

Uwezo wa mvulana sio mali
Matumaini yake ndiyo nguvu yake
Mafanikio yake ni utukufu wa jamii
Taifa langu la Kenya, tushikirikiane kusitisha unajisi
Tuwasaidie wasichana pamoja na wavulana kwa njia yoyote ile

Wasichana ndio msingi wako
Tunasimama dhidi ya kudhulumiwa
Sote tutimize kauli ya mradi wa 160 Girls na kuleta ukombozi
Okoa wavulana na wasichana wa Kenya"



White Bushbaby, kutoka Kakamega:

"Nina haki, haki ya kuheshimiwa
Haki ya kusema 'la' kwa mtu yeyote
Ambaye ananigusa bila idhini yangu
Ikiwa mtu anataka kunigusa

Nina haki kusema 'la'
Nina haki kulinda mwili wangu na afya yangu
Mwili wangu huwezi kunilinda
Lakini naweza kuulinda
Kugusa mwili wangu ni unajisi pia
Si kila mtu anafaa kunigusa
Kila mtu, hata jamaa wangu wanahitaji idhini yangu kunigusa
Nikihitimisha, nikisema 'la' ninamaanisha 'la'

Ili Kuripoti Unajisi:

Pakua (Download) app ya 160 Girls inayohusu kuripoti visa vya unajisi (160 Girls defilement reporting app): skana (scan) msimbo wa QR (QR code) - ulio upande wa kulia kwa kuumulika kwa kamera ya simu yako. Wavuti (website) ya app hiyo itafunguka na kuashiria 'Download'. Vilevile unaweza kuitafuta app hiyo kwenye app store yako au kutuma ombi kwa 160girls.org



Unaweza pia kushirikiana na wadau wa unajisi waliokaribu nawe:

KARE (Kakamega)

Tel: 0724721671/0721782381
E-mail: kare.org@gmail.com
Website: karemp.org

GVRC (Nairobi)

Tel: 0713513141/0719638006
E-mail: gvrc@nwch.co.ke
Website: gvrc.or.ke

ICRH (Mombasa)

Tel: 0722208652/0734466466
E-mail: info@icrhk.org
Website: icrhk.org

Hawa wanaweza kukupa msaada pamoja na kukusaidia kuripoti unajisi huo kwa polisi. Vilevile, unaweza kuripoti kwa polisi mwenyewe au kumweleza rafiki au jamaa yako.

