



Moses' Story

Moses was an 8-year-old boy at a Justice Club school in Kakamega. One evening, a villager walked into Moses' family's compound, forcefully grabbed him, dragged him into the nearby cane plantation and sodomized him. Moses didn't tell anyone about this incidence, even though he was going through a lot of pain and trauma. Moses couldn't hide his 'strange' walking style and behavior and some Justice Club members at school noticed his behavior and decided to privately talk with him. He opened up and described his ordeal. The matter was reported to the teacher, who called the boy's parents.

They reported it to the Kakamega Central police station. The suspect was arrested by the police. He is currently under detention and the case is ongoing at the Kakamega Law Court. Moses has received medical treatment and he is healing. *Note: Moses is not his real name.*



Boys as Survivors

While women and girls are most often subject to sexual violence, boys and men are also targeted by perpetrators. Boys will often be blamed and punished in violent ways after they have survived sexual abuse, even though it was not their fault. This partly comes from a climate of anti-homosexuality, where men having sex with men is seen as immoral, illegal or sinful. Boy survivors of defilement will often feel guilty and ashamed of their experiences, and **they are less likely than girls to tell anyone what happened to them.** Community members often will not believe boys who are survivors of sexual violence because people think that this only happens to women and girls. Male survivors of rape are likely to be self-conscious or ashamed about the fact that they were unable to prevent the rape, because they feel as though "strong" men and boys should not be victimized and should be able to protect themselves. This is a dangerous myth, because **a young boy is not at fault for being targeted by a perpetrator.**

Cycle of Abuse

Male survivors can sometimes grow up to become perpetrators of rape. This is called **the cycle of abuse, and it occurs because boys who have been traumatized did not receive the support they needed to recover or heal properly.** As a result, they put all of their unresolved trauma onto new victims - they feel that other people should suffer just like they did. Other times, they believe it's normal to force younger survivors into sexual acts, because they were forced themselves. It is important to recognize this cycle of abuse, so that it can be stopped. It's also important to note that **not all boys who have been victimized will choose to become perpetrators of sexual violence.**





Supporting Male Survivors

As with female survivors, research suggests that male survivors are likely to suffer from a range of psychological consequences right after the assault and for many years afterwards. This can include guilt, anger, anxiety, depression, post-traumatic stress disorder, sexual dysfunction, sleep issues, withdrawal from relationships and attempted suicide. Studies of adolescent males have also found an association between suffering rape and substance abuse, violent behaviour, stealing and absenteeism from school. It is important that we support male survivors of assault and defilement in the same way that you would support female survivors. **If a boy tells you that he has been assaulted or raped, listen to his story and believe him.**

COMMUNITY CORNER

This week we asked the Justice Club leaders: *Before this lesson, did you know that boys could be survivors of sexual assault or defilement? Why do you think this topic is not often discussed? What do you think is the best way to help boy survivors of rape?*

Smart Pal from Nairobi:

"Yes I did know about defilement and sexual assault towards the boys and I think the reason why boys situations are not mostly discussed is because most people think rape and sexual assault mostly happens to girls and that the best way to help boy survivors is by encouraging them and making sure that they don't feel bad for what has happened to them but to seek justice."

Blue Drummer from Mombasa:

"Yes. because I have heard of some of the cases. This topic is not often discussed because the community and people mainly think that girls are the ones who are at risk. For me the best way of helping them is to create awareness to the society for them to know that boys are also defiled and they should take this matter seriously."

Funny Lake from Kakamega:

"When you suport boys [they] can feel better. And when you don't suport them [they] can feel unsafe."



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 Moses

Moses alikuwa mvulana wa miaka 8 katika mojawapo ya shule za Justice Club kule Kakamega. Jioni moja mwanakijiji fulani aliwasili nyumbani kwa kina Moses, akamkamata kwa nguvu na kumpeleka kwenye shamba la miwa na kisha akamlawiti. Japokuwa Moses alikuwa anahisi uchungu mwingi pamoja na kiwewe kingi, hakumweleza mtu yeyote kuhusu tukio hili. Hata hivyo, Moses hangewea kuficha tabia na mwendo wake wa 'kushangaza' pale shuleni. Hili lilipelekea baadhi ya wana Justice Club pale shuleni kumwita kando ili kuzungumza naye faraghani (kwa siri). Moses aliwaeleza kuhusu kisa hicho cha kuogofya.

Kisa hiki kiliripotiwa kwa mwalimu ambaye aliwaeleza wazazi wake Moses ambao waliripoti katika Kituo cha Polisi cha Kakamega. Mshukiwa alikamatwa na polisi na kwa sasa anazuiliwa korokoroni huku kesi hiyo ikiendelea katika Korti ya Kakamega (Kakamega Law Court). Moses amekwishapokea matibabu na anaendelea kupata nafuu.



Wavulana kama Manusura wa Ubakaji

Japokuwa wanawake na wasichana ndio wanaopitia ubakaji zaidi, wanaume na wavulana vilevile hulengwa na wabakaji. Mara nyingi wavulana hulaumiwa na kuadhibiwa vikali baada ya kunusurika ubakaji ingawa hayakuwa makosa yao kubakwa. Hali hii inatokana na kasumba kwamba ni kukosa maadili kwa mwanamume kufanya mapenzi na mwanamume mwingine, kinyume cha sheria na pia ni dhambi. Hivyo basi, wavulana manusura na waathiriwa wa ubakaji mara nyingi huhisi kuwa na hatia na kuona aibu na hivyo **ni vigumu kwao (kuliko wasichana) kumwambia mtu yeyote pale kitendo kama hicho kitatokea.** Huenda wanajamii wakakosa kuwaamini wavulana wanaopitia dhulma za kimapenzi kwani inadhaniwa hilo hutokea kwa wasichana na wanawake pekee. Huenda pia wanaume wanaonusurika kutokana na ubakaji wakaona aibu zaidi na kujilaumu kwa kutoweza kujikinga dhini ya ubakaji huo kwani wanaume na wavulana wanafaa kuwa 'wenye nguvu' (wakakamavu) na hivyo wanapaswa kujilinda. Hii ni kasumba hatari kwa sababu **si kosa la mvulana kulengwa na mbakaji.**

Mzunguko wa Dhulma za Kimapenzi

Wakati mwingine wanaume ambao ni manusura au waathiriwa wa ubakaji hukua na kuwa wabakaji. Hali hii inajulikana kama **Mzunguko wa dhulma za kimapenzi, na hutokea kwa sababu mvulana aliyepata kiwewe kutokana na kubakwa hakupata usaidizi ili kupona inavyofaa.** Hivyo basi, mvulana kama huyo ataelekeza kiwewe alichopata kwa wale anaolenga kubaka – anahisi kuwa watu wengine wanafaa kuathirika au kuumia kama alivyomua yeye. Vilevile wavulana kama hawa wanaamini kuwa ni kawaida wao kuwalazimisha wadogo wao kushiriki mapenzi nao kwani walishurutishwa kufanya hivyo pia. Ni muhimu kutambua mzunguko huu ili kuusitisha mapema. Kumbuka kuwa **sio wavulana wote waliobakwa ambao watakua na kuwa wabakaji.**





Kuwafaa Manusura Wanaume (Wanaume waliobakwa/waliolawitiwa)

Kama ilivyo kwa wanawake, utafiti unaonyesha kuwa wanaume waliobakwa au kulawitiwa wanaweza kuumia au kuathirika kisaikolojia mara tu baada ya kitendo hicho kutokea na pia miaka mingi baadaye. Athari hizi ni pamoja na: kujilaumu, hasira, wasiwasi, huzuni, dhiki, ulemavu wa kimapenzi, kukosa usingizi, kujitenga na hata kutaka kujiua. Aidha, utafiti miongoni mwa wavulana vijana umebainisha kuwepo kwa uhusiano kati ya kubakwa (athari za kubakwa) na matumizi ya dawa za kulevya, kupenda vurugu/ghasia, wizi, na kutotaka kusoma. Ni muhimu kuwafaa au kuwapa misaada wanaume walionusurika ubakaji au kulawitiwa kama vile tunavyowafaa wanawake waliopitia dhulma hizo. **Iwapo mvulana atakwambia kuwa amebakwa au kudhulumwa kimapenzi, msikilize na kumwamini.** Ni muhimu kuwafaa wavulana waliodhulumwa kimapenzi kwani kasumba na unyanyapaa unaohusu ulawiti ni hatari na wenye ubaguzi.

Pembe ya Kijamii

Juma hili tuliwauliza wanafunzi wa Justice Club: Je, ulifahamu kuwa wavulana wanaweza kuwa waathiriwa wa dhulma za kimapenzi au ubakaji kabla ya somo hili? Unadhani ni kwa nini mada hii haizungumziwi mara nyingi? Unadhani ni njia gani inayofaa zaidi kuwasaidia wavulana walionusurika ubakaji/waliobakwa?

Alisema Smart Pal kutoka Nairobi:



“Ndiyo, nafahamu dhulma za kimapenzi na ulawiti wa wavulana. Ninadhani sababu kuu ya visa hivi kutoangaziwa, ni kwasababu watu wengi wana dhana kuwa unajisi na dhulma za kimapenzi mara nyingi huwahusisha wasichana. Njia ile nzuri kuwasaidia wavulana waliolawitiwa ni kuwahimiza wasijilaumu bali wapigania haki.”

Alisema Blue Drummer kutoka Mombasa:

“Ndiyo. Kwa Sababu, nimesikia visa kadhaa. Swala hili halizungumziwi kwasababu jamii na watu wengi wana dhana kuwa wasichana ndio walio hatarini. Kwangu binafsi, njia ile nzuri ya kuwasaidia ni kuielimisha jamii ili ilifahamu kuwa wavulana pia wanalawitiwa na wanastahili kuwa makini.”



Alisema Funny Lake kutoka Kakamega:

“Unapowasaidia wavulana wanaweza kuhisi vyema. Usipowasaidia, huenda wakahisi wako hatarini.”



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.

