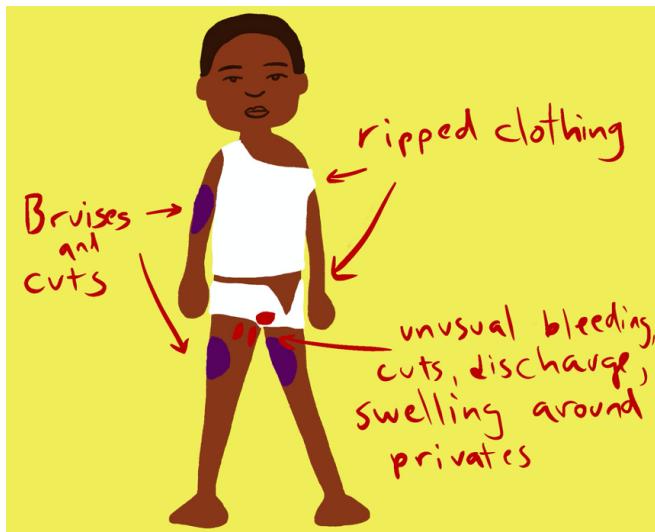


Jane's Story

Jane, age 11, had been withdrawn, dull and unkempt. She attended a Justice Club school in Kakamega. Her class performance had begun to drop drastically and the teachers and her class mates were getting worried. One morning, when her teacher, a Justice Club patron, had noticed that she was sitting alone during break time, she approached her and started a conversation. After a while, Jane revealed to the teacher that one of her cousins who had come to live with them had been forcefully trying to sexually assault her for the last 2 weeks, unsuccessfully. The teacher did not hesitate to call the parents to discuss the welfare of the girl. The cousin ran away when he heard that Jane had revealed his intentions. The teacher counseled Jane and she recovered from her shock and fear. Jane began to be bubbly again and started to do very well in school. Jane continued to encourage other girls never to keep quiet when they notice any bad sexual intentions from any person, including close relatives. *Note: Jane is not her real name.*

Physical Signs of Defilement



Injuries that are out of the ordinary can suggest violence. Other physical signs include itching or pain in the privates and pregnancy.

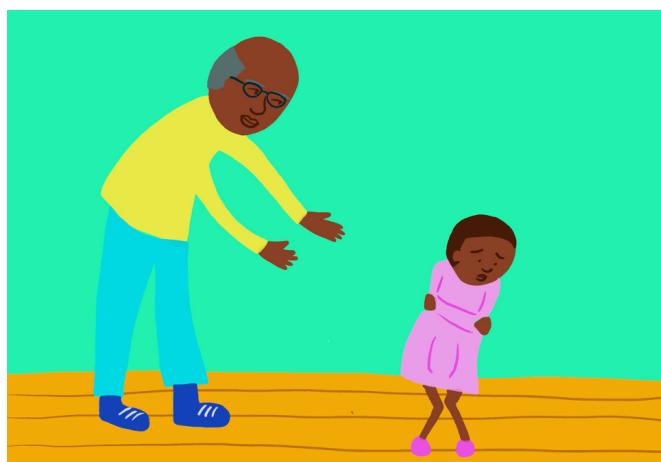
Possible Physical Signs of Defilement:

- Pain or discomfort when walking or sitting
- Sudden weight gain or weight loss
- Sudden change in appetite
- Change in sleeping patterns
- Unexplained headaches or upset stomach
- Infections in the private area, painful urination, etc.

Behavioural Signs of Defilement

If someone has experienced the trauma of defilement, there may be changes in their behaviour, such as:

- Afraid or hesitant to undress or bathe
- Scared of being alone with certain people
- Uncomfortable with physical touches, like hugging or holding hands
- Talking about or engaging in sexual behavior that is unusual for them
- Trouble concentrating in school and completing school work
- Extreme emotional reactions to ordinary situations
- Trouble with decision making
- Saying the assault did not happen, or trying to make it seem unimportant
- Delaying a report to the police, afraid they won't be believed
- Forget some of the events leading up to the assault
- Jumpy, irritable, untrusting or tense. They might feel the need to be "on guard" all the time. This behaviour is the brain's natural response to experiencing danger.



Right After an Assault

Survivors may have a hard time remembering specific details right after the assault. They might experience shock, denial, confusion, anxiety or withdrawal and might blame themselves for the assault. They might not show any physical signs of injury from the assault or any emotional expression. They might not be able to identify the abuser to the police. They might have a relationship with the abuser after the assault. It is important to know that **every case is different** and that **everyone will show different signs or indicators of defilement**. It is important to learn to recognize these signs so that we can support survivors and reach out to anyone who might be exhibiting these behaviours.



COMMUNITY CORNER

This week we asked the Justice Club leaders: *Were you surprised to learn that rape survivors may show many different signs of defilement? What can someone do if they notice that their friend or relative is showing signs of defilement?*



Fiesty Piano from Kakamega said:

"Yes he or she should report the matter to the teacher or someone who is trustful to help her or him."



Funny Bird from Mombasa:

"The rights of a [girl] in a certain community is that they must be respected and if she cries for a help must be protected. The person when knows the strangely behaviour on the survivors should take an opportunity to ask him/her and encourage him/her while advising them."



Gray Swimmer from Nairobi said:

"I've learnt that not all survivors of defilement show the signs we have learnt."



Peaceful Ocean from Nairobi said:

"You can take him/her to the hospital and report to the police station. Many girls are going through a hard time because of early pregnancy because of being raped."

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.

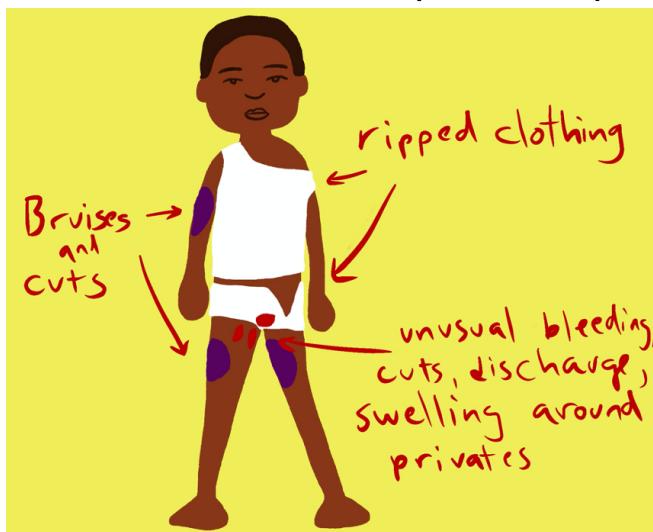




Kisa cha Jane

Jane, mtoto wa miaka 11 alikuwa amejitenga na wenzake, kukosa furaha na hakuzingatia usafi. Alikuwa akisoma katika shule mojawapo ya Justice Club kule Kakamega. Alama zake za masomo pale darasani zilikuwa zinazidi kudorora na hivyo walimu pamoja na wanafunzi wenzake walianza kuwa na wasiwasi. Asubuhi moja mwalimu ambaye pia alikuwa mlezi wa Justice Club pale shulenii alimwona Jane akiwa ameketi peke yake na hivyo kuanza kuzungumza naye. Baada ya kuanza mazungumzo, Jane alimweleza mwalimu huyo kuwa ndugu yake ambaye alikuwa amekuja kuishi nao hivi majuzi alikuwa amejaribu mara kadhaa kumbaka kwa wiki mbili sasa ila hakufaulu. Moja kwa moja, mwalimu aliwapigia wazazi wake Jane simu ili kuzungumza nao zaidi. Ndugu huyo alitoroka mara tu aliposikia kuwa Jane alikuwa ameeleza kile alichokuwa akijaribu kumtendea. Kupitia ushauri wa mwalimu, Jane alipona kutokana na hofu na wasiwasi wake. Jane alianza kuwa mwenye furaha tena na kufanya vyema masomoni. Alizidi kuwashauri wasichana wengine kutonyamaza pale wanapowaona watu wenye nia mbaya za kingono hata ikiwa watu hao ni miongoni mwa familia zao. *Kumbuka: Jane si jina lake halisi.*

Dalili za Kimwili za Unajisi/Ubakaji



Majeraha ambayo si ya kawaida hudhihirisha vurugu/kudhulumiwa. Dalili nyinginezo za kimwili ni kama vile maumivu au mwasho katika sehemu za siri na pia mimba.



Dalili zinazohusishwa na Ubakaji/Unajisi:

- Maumivu wakati wa kutembea au kuketi
- Upotezaji au uongezaji wa uzito wa ghafla
- Kubadilika kwa hamu ya kula
- Mabadiliko ya kulala/hali ya usingizi
- Maumivu yasiyoleweka ya kichwa au tumbo
- Maambukizi katika sehemu za siri, maumivu wakati wa kukojoa, nakadhalika.

Dalili za Kitabia zinazosababishwa na Unajisi/Ubakaji

Ikiwa mtu amepitia kiwewe cha unajisi, huenda tabia yake ikabadilika kama vile:

- Kuogopa kuvua nguo ama kuoga
- Kuogopa kubaki pekee na watu fulani
- Kutotaka kuguswa kama vile kupigwa pambaja au kushikwa mikono
- Kuzungumzia au kushiriki ngono ambayo si tabia yao
- Tatizo la kukamilisha kazi za shulenii au kushiriki masomo
- Hisia kali kuhusu matukio au hali za kawaida
- Tatizo la kufanya uamuvi
- Kusema kuwa hakubakwa au kujaribu kulifanya kutoonekana jambo la maana
- Kuchelewesha kuripoti kwa polisi, kuogopa kuwa hakuna atakayewaa mini
- Kusahau baadhi ya matukio ya kabla ya ubakaji kutokea
- Kutotulia, kukasirika haraka, au kutoamini watu. Huenda wakahisi kwamba wanafaa kuwa chonjo kila wakati. Tabia hii ni ya kawaida na jinsi akili inavyoshughulikia hali za hatari.

Baada ya Kudhulumiwa/Kujeruhiwa

Manusura/Waathiriwa wa ubakaji wanawezakuwa na wakati mgumu kukumbuka kila kitu hasa baada tu ya ubakaji kutokeea. Huenda wakapatwa na mshutuko, kutokubali hali yao, kuchanganyikiwa, wasiwasni na kujitenga au hata kujilaumu kuhusu tukio hilo. Huenda vilevile wakakosa kuonyesha dalili za kujeruhiwa/kudhulumiwa au hisia zozote. Wanaweza hata kushindwa kumtambua mbakaji kwa polisi. Hii ni kwa sababu wanawezakuwa na uhusiano fulani na mbakaji. Ni muhimu kukumbuka kuwa kila tukio ni tofauti na kwamba kila mtu ataonyesha dalili tofauti za kudhulumiwa au kunajisiwa. Aidha, ni muhimu kutambua dalili/ishara hizi ili kuwasaidia waliobakwa/waadhiriwa na kushughulikia yeote ambaye anaonyesha tabia hizi.



Pembe ya Kijamii

Juma hili tuliwaliza viongozi wa Justice Clubs: *Je, ulishangaa kugundua kuwa huenda waadhiriwa/manusura wa unajisi wakaonyesha dalili tofauti za ubakaji? Je, mtu anaweza kufanya nini anapoona rafiki au jamaa wake anaonyesha dalili za kunajisiwa?*

Fiesty Piano kutoka Kakamega:

"Ndio, anafaa kuripoti tukio hilo kwa mwalimu au mtu yeote anayemwamini ili kusaidiwa."



Funny Bird kutoka Mombasa:

"Haki za wasichana katika jamii fulani ni kuwa zinafaah kuheshimiwa na kwamba anafaa kusaidiwa/kulindwa kila anapoomba usaidizi. Ikiwa mtu ataona tabia isiyi ya kawaida kwa mwadhiriwa anafaa kumpa motisha huku akimshauri."



Gray Swimmer kutoka Nairobi:

"Nimejifunza kuwa sio kila mwadhiriwa wa unajisi anaonyesha dalili tulizojifunza."



Peaceful Ocean kutoka Mombasa:

"Unaweza kumpeleka hospitalini na kuripoti kisa hicho kwa polisi. Wasichana wengi wanapitia hali ngumu kutokana na mimba za mapemba zinazosababishwa na ubakaji."



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 kamere 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
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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.

