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 in 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


Wavulana kama Manusura wa Ubakaji

Japokuwa wana wake wa wavulana vilevile hulengwa na wabakaji. Mara nyingi wavulana walaamua na kuadhibiwa vikali baada ya kunusurika ubakaji ingawa hayakuwa makosa yao kubwa. Hali hii inatokana na kasumba kwamba ni kukosa maadili kwa mwanamume kwenye kitendo kama hicho kitatokea.

Mzunguko wa Dhulma za Kimapenzi

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

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

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 haizungumzi mara nyingi? Unadhani ni njia gani inayofaa zaidi kuwasaidia wavulana walionusurika?

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 wadada wa unajisi waliokaribu na:

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 haizungumzi mara nyingi? Unadhani ni njia gani inayofaa zaidi kuwasaidia wavulana walionusurika?

Alisema Smart Pal kutoka Nairobi:
“Ndiyo, nafahamu dhulma za kimapenzi na unajisi na unaweza kuwa waathiri wa dhulma za kimapenzi au ubakaji kabla ya somo hili. Unadhani ni kwa nini mada hii haizungumzi mara nyingi?”

Alisema Blue Drummer kutoka Mombasa:
“Ndiyo. Kwa Sababu, nimesikia visa kadhaa. Swala hili halizungumzi mara nyingi. Si nafahamu dhulma za kimapenzi na unajisi na unaweza kuwa waathiri wa dhulma za kimapenzi au ubakaji kabla ya somo hili. Unadhani ni kwa nini mada hii haizungumzi mara nyingi?”

Alisema Funny Lake kutoka Kakamega:
“Unapowasaidia wavulana wanaweza kuhisi vyema. Usipowasaidia, huenda wakahisi wako hatarini.”

Unaweza kukupa msaada pamoja na kukusaidia kuripoti unajisi hu kwa polisi. Vilevile, unaweza kuripoti kwa polisi mwenyewe au kumweleza rafiki au jamaa yako.