



Mitchelle's Story

Mitchelle had just celebrated her 12th birthday when her neighbour attacked her while she was leaving the market. The neighbour pushed her into a nearby abandoned house and defiled her. After the horrible ordeal, Mitchell gathered courage and reported the incident to her mother who reported this to the police in Kakamega County and to a local rape rescue centre (KARE). The police and the KARE staff worked together to arrest the perpetrator and have him prosecuted. A court in Kakamega County found the suspect guilty and sentenced him to 20 years in prison. This sent shivers in the village, as the community realized that defilement is a grave injustice and thus carries a long punishment. To date, the case is being cited as one that was truly followed and expediently dispensed. *Note: Mitchell is not her real name.*



The Brain's Response to Trauma

Sexual assault is a traumatic event that affects a survivor's brain. Scientists can now identify which parts of the brain are activated when a person thinks about a traumatic event like rape. The part of the brain which manages decision making and memory often temporarily stops working properly. The part of the brain that handles emotions starts to take over. These changes in the brain can result in memories of the traumatic experience becoming disorganized. This means that a survivor's story of the sexual assault may not be clear and could be hard for others to understand. A survivor of rape may not retell their experience with a logical flow and a clear beginning, middle and end. When survivors talk about what has happened to them, the story might be disorganized, told out of order or have gaps. Their story could appear inconsistent or change over time. Survivors often have difficulty remembering the details of what happened.



Telling Their Story

A survivor may not seem emotional when they are telling their story right after the violation. They may talk in a monotone, unexpressive way. People can be confused by this – they mistakenly think that the survivor would be upset and very emotional when telling their story. But this is not true. Survivors are often ignored because people who are the gatekeepers of the justice system (police officers, lawyers, community members, etc.) don't always believe their stories or don't understand their behaviour. However, a survivor's behaviour (memory challenges, confusion, lack of emotion) should be evidence that they have been traumatized – not that they are lying about what happened to them.



How to Respond to a Survivor

Here are some ways you can support someone who tells you they have been defiled or assaulted. It is important to tell the survivor that you believe what they are telling you. Remind the survivor that you will support them and will continue to listen to their story.



COMMUNITY CORNER

This week we asked the Justice Club leaders: *Before the 160 Girls High Court decision, the equality effect put up a billboard that read: 'justice is nowhere for child rape victims.' After the legal victory, a pink line was drawn to change the sentence to: 'justice is now here for child rape victims.' This is an example of a girls' rights slogan. We are interested in hearing your ideas for a poster slogan like this example. Please write a phrase or sentence related to girls' rights that could be used on billboards around your community!*

Wonder Elephant from Kakamega said:

"Justice to all! Let our girls be free ! Respect to girls and women! Let's stop defilement!"

Sweet Swimmer from Mombasa:

"SHATTER THE SILENCE STOP THE VIOLENCE."

White Moon from Nairobi said:

"Rise up and speak justice is now here."

Mighty Hartebeest from Mombasa said:

"As girls we have our dreams forward us. We need our rights so that we can lead tomorrow."

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 Michelle

Mitchelle alikuwa ndio amefikisha miaka 12 pale jirani yake alipomvamia alipokuwa akitoka sokoni. Jirani huyo alimsukuma hadi kwenye nyumba iliyokuwa mahame na kisha akamnajisi. Baada ya tukio hilo la kuogofya, Michelle alijipa ukakamavu na kumwambia mamake ambaye aliripoti kisa hicho kwa polisi wa Kaunti ya Kakamega na pia kwenye kituo cha kuwashughulikia waathiriwa wa unajisi (KARE) pale Kakamega. Polisi wakishirikiana na maafisa wa KARE walimkamata mnajisi husika pamoja na kuhakikisha kuwa amehukumiwa. Korti mojawapo katika Kaunti ya Kakamega ilimpata mshukiwa na hatia ya kunajisi na kumfunga kifungo cha miaka 20 gerezani. Hukumu hii iliwapa wanakijiji uoga na kuwadhihirishia kuwa unajisi ni ukiukaji wa haki na hujumuisha hukumu kali. Hadi waleo, kesi hii inarejelewa kuwa mojawapo ambayo ilifuatiliwa kikamilifu na haki kupatikana kwa haraka. *Kumbuka: Michelle si jina lake halisi.*



Athari ya Kiwewe kwa Akili

Ushambulizi wa kingono ni tukio lenye kusababisha kiwewe na ambalo huathiri akili ya yule aliyevamiwa. Wanasayansi wanaweza kutambua ni sehemu zipi za akili zinazoathiriwa na matukio yenye kuzua kiwewe kama vile ubakaji. Sehemu ya akili inayohusika na uamuzi na kumbukizi huathiriwa kiasi cha kusita kufanya kazi inavyofaa kwa muda. Hii inamaanisha kuwa sehemu ya akili inayohusika na mihemko/hisia huchukua nafasi ya ile sehemu iliyosita kufanya kazi. Mabadiliko haya yanaweza kufanya akili kugeuza kumbukizi ya tukio hilo lenye kiwewe. Hii inamaanisha kuwa maelezo ya mwathiriwa kuhusu tukio la ubakaji huenda yasieleweke na watu wengine. Kwamba huenda manusura wa ubakaji akakosa kueleza tukio hilo kwa mfuatano unaotarajiwa – mwanzo, kati na hata mwisho. Waathiriwa hao wanapoeleza kisa chao huenda kikakosa mfuatano (kuchanganyika) na chenye mianya mingi (chenye kuzua maswali mengi). Huenda maelezo yao yakakosa mwelekeo na kubadilika kila wakati. Hii ni kwa sababu kwa kawaida waathiriwa wa ubakaji hukosa kukumbuka kilichotokea kwa kikamilifu.



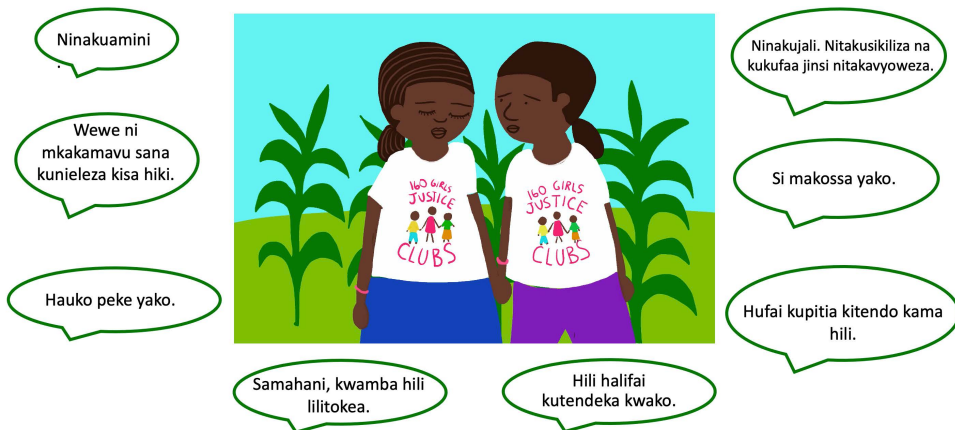
Kueleza Kisa Chao

Huenda mwathiriwa wa ubakaji akakosa kuonekana mwenye mihemko/hisia pale anapoeleza tukio hilo mara tu linapotokea. Huenda akaonekana kana kwamba anajiongelesha mwenyewe. Huenda watu wakachanganywa na hali hii – kwani wanatajia mwathiriwa kueleza kisa chake kwa mihemko/hisia na kwa hasira kuu. Lakini hii si kweli. Waathiriwa wa ubakaji hupuuzwa kwani wale wanaofaa kuchunga mifumo ya haki kama vile (polisi, mawakili, wanajamii nakadhalika) mara nyingi hawaamini maelezo yao kuhusu kilichotokea au hawaelewi tabia zao. Hata hivyo, tabia ya mwathiriwa (changamoto za kikumbukizi, kuchanganyikiwa na kukosa hisia/mihemko) inafaa kuwa thibitisho kwamba amepatwa na kiwewe – si kwamba anadanganya kuhusu alichotendewa.



Jinsi ya Kumshughulikiwa Mwathiriwa

Hizi ni baadhi ya jinsi za kumfaa/kumsaidia yule aliebakwa au kuvamiwa kingono. Ni muhimu kumweleza mwathiriwa kuwa unaamini kile anachokwambia. Mkumbushe kwamba utamfaa na kuendelea kusikiliza kisa chake.



Pembe ya Kijamii

Juma hili tuliwauliza viongozi wa Justice Club: Kabla ya uamuzi wa korti wa 'the 160 Girls High Court', Shirika la The Equality Effect lililweka bango kubwa lililosoma: 'Hakuna haki kwa mwathiriwa wa ubakaji' ('justice is nowhere for child rape victims'). Baada ya ushindi huu wa kisheria, mstari wa waridi ulichorwa ili sentensi hiyo kusoma hivi: 'Sasa haki imepatikana kwa watoto wanaobakwa' ('justice is now here for child rape victims'). Huu ni mfano wa kauli mbiu kuhusu haki za wasichana. Tungetaka kusikia mawazo yenu kuhusu kauli mbiu kama hii. Tafadhali andika maneno au sentensi inayohusiana na haki za wasichana ambayo inaweza kutumika katika mabango makubwa katika jamii yako!



Wonder Elephant kutoka Kakamega:

"Haki kwa wote! Acheni wasichana wetu kuwa huru! Heshima kwa wanawake na wasichana! Tukomeshe unajisi!"

Sweet Swimmer kutoka Mombasa:

"TUSINYAMAZE. KOMESHA GHASIA."



White Moon kutoka Nairobi:

"Simama na uzungumze, tumepata haki."

Mighty Hartebeest kutoka Mombasa:

"Kama wasichana ndoto zetu hutuongoza. Tunahitaji haki ili kuongoza kesho."



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
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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.

