



### Mary's Story

Mary was 16 years old when she was married off. She dropped out of school to live with the 'husband'. One day, she visited a relative in Kakamega. One of her cousins, Jane, who was a student and a member of 160 Girls Justice Clubs, became curious about the state of her cousin Mary. Upon further discussion with her cousin, Jane discovered that her cousin had been married for over four months. Jane spoke to Mary's family about the matter. She used all the skills she had gained through the Justice Club program to convince the family to consider taking Jane back to school. At the end of the two weeks, Mary and the parents were convinced that Jane was right and that the marriage was against the law and had exposed Mary to a bleak future. Mary never went back to the 'husband.' Instead, she joined another school in Kakamega, where she continued with her education. Jane shared: **'When you gain knowledge, you use it to change lives around you, you don't keep it to yourself.'** Mary shared: **'I was headed for the dark, I didn't know what to do, Jane saved my life and my future'**. *Note: None of the names in this story are real.*

### Who are the Perpetrators of Sexual Violence?

Perpetrators of sexual violence are rarely strangers to their survivors. They are often relatives or other adults who are close to the survivor. This can include fathers, grandfathers, uncles, neighbours, teachers, or any other adults who are present in a child's life. Other common perpetrators of sexual violence are neighbours, friends and classmates. They can also be complete strangers who target women and girls who appear vulnerable to them.



### Why do Perpetrators Rape?

In many societies around the world, men have assumed positions of power and dominance over women. A society in which men control the government and the social structure is called a patriarchy. Women and girls are sometimes treated unfairly by the men in power, just because of their gender. The fight against the patriarchy is led by feminists. **Feminists believe that women and men (and girls and boys) should have equal rights and opportunities.** When it is culturally accepted that women and girls should obey men at all times, this allows men to abuse and assault women and girls with impunity. When a perpetrator is able to commit sexual crimes with impunity, it means that the legal and justice systems do not punish them for their actions. This establishes a **culture of rape**, in which people in a society believe that rape and sexual assault are inevitable, meaning they will happen no matter what. However, this does not have to be the case.



## Rape is Abuse of Power

Men in positions of power (fathers, teachers, religious leaders, etc.) sometimes take advantage of their power and influence in their communities. It is important to remember that rape is about violence and the abuse of power by a person. It is not about love. They choose to abuse women and girls because they might think that they will be able to get away with it, and that they will not be punished for their actions. Survivors might feel like they have to go along with it so that they are not further harmed or their families are not put at risk. In the case of teachers or professors who abuse their students, the students feel like they have no choice but to remain silent about their assaults, because they fear that their grades will be affected.

## The Cycle of Abuse

Perpetrators sometimes choose to harm others because they were harmed by someone in their life. They have been traumatized, and therefore they are conditioned to make others suffer through the same trauma. To make sure that perpetrators do not grow up to harm others, it is important to prevent them from being harmed in the first place. This can stop the cycle of abuse and stop the transmission of intergenerational trauma – traumatic experiences that are passed down from one generation to another.

## COMMUNITY CORNER

This week we asked the Justice Club leaders:

*After learning about why perpetrators rape, how would you explain the term 'rape culture'?*



**FastSun from Kakamega said:**

“PEOPLE BELIEVE RAPE IS inevitable.”

**Amazing Star from Nairobi said:**

“Rape culture is when men can abuse people because they've forced them to think they must be obedient. Society in which men control government and social structures. Women and girls are treated unfair by men in power.”



**Mega Giraffe from Mombasa said:**

“Rape culture is not good, I am saying this because it can bring harm or sickness to our girls life.”



**Smart Rainbow from Nairobi said:**

“It's a sociological concept for a setting in which rape is pervasive and normalised due to societal attitudes about gender and sensuality.”



## 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](http://160girls.org).



You can also connect with your local rape rescue partners:

### KARE (Kakamega)

Tel: 0724721671/0721782381

E-mail: [kare.org@gmail.com](mailto:kare.org@gmail.com)

Website: [karemp.org](http://karemp.org)

### GVRC (Nairobi)

Tel: 0713513141/0719638006

E-mail: [gvrc@nwch.co.ke](mailto:gvrc@nwch.co.ke)

Website: [gvrc.or.ke](http://gvrc.or.ke)

### ICRH (Mombasa)

Tel: 0722208652/0734466466

E-mail: [info@icrhk.org](mailto:info@icrhk.org)

Website: [icrhk.org](http://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 Mary

Mary alikuwa na umri wa miaka 16 alipoozwa. Aliacha shule ili kuishi na 'mumewe'. Siku moja aliwatembelea mojawapo wa jamaa zake huko Kakamega. Jane, mmojawapo wa ndugu zake ambaye pia alikuwa mwanafunzi na mwanachama wa 160 Girls Justice Clubs, alitaka kufahamu zaidi kuhusu hali ya Mary. Baada ya majadiliano na Mary, Jane aligundua kuwa ndugu yake huyo (Mary) alikuwa kaolewa kwa zaidi ya miezi minne sasa. Hivyo basi, Jane alizungumza na familia ya Mary kuhusu kisa hiki. Alitumia mbinu zote alizojifunza katika mradi wa Justice Club kuishawishi familia ya Mary kumrejsha shuleni. Baada ya majuma mawili, Mary pamoja na familia yake walikuwa wameshawishika kuwa Jane alisema kweli na kwamba ndoa ya Mary ilikuwa kinyume cha sheria kwa pia ingemharibia maisha yake. Mary hakurejea tena kwa 'mumewe'. Badala yake, alijiunga na shule mojawapo huko Kakamega ambako aliendeleza masomo yake. **'Unapopata maarifa, unayatumia kubadilisha maisha ya wale waliokaribu nawe, hujiwekei tu'**, alisema Jane. **'Maisha yangu yangeharibika, sikujua cha kufanya, Jane aliniokoa na kuokoa maisha yangu'**, alisema Mary.

*Kumbuka: Majina yaliyomo katika hadithi hii si halisi.*

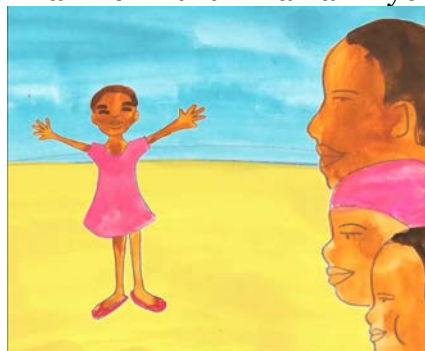
## Je, waendeshaji dhulma za kimapenzi ni akina nani?

Waendeshaji dhulma za kimapenzi huwa watu wanaofahamika kwa waathiriwa. Mara nyingi huwa jamaa au watu wengine wazima wenye ukruba na waathiriwa. Hawa wanawezajumuisha baba, babu, wajomba, majirani, walimu, au watu wengine wazima walio karibu na waathiriwa. Waendeshaji ubakaji wengineo ni pamoja na majirani, marafiki na wanafunzi wenza. Wanaweza pia kuwa watu wasiotambulikana na waathiriwa na wanaolenga wanawake na wasichana wanaoishi katika mazingira magumu.



## Ni kwa nini watu hubaka?

Katika jamii nyingi duniani, wanaume wamejitwika utawala dhidi ya wanawake. Jamii ambayo serikali na mifumo yake inatawaliwa na wanaume huitwa jamii ya kibabe au mfumo dume. Wakati mwingine wasichana na wanawake wanabaguliwa au kudhulumwa na wanaume wenye mamlaka kwa misingi ya kijinsia. Vita dhidi ya ubabe au mfumo dume huongozwa na wapiganiaji wa haki za kinamama. Hawa huamini kuwa wanawake na wanaume (pamoja na wasichana na wavulana) wana haki na fursa sawa. Inapokubalika kitamaduni kwamba wanawake na wasichana wanafaa kuheshimu wanaume kila wakati, hii huwapa wanaume nguvu/sababu za kuwadhulumu wanawake na wasichana bila kujali. Ikiwa mwendeshaji ubakaji atatenda dhulma za kimapenzi bila kujali inamaanisha kwamba mifumo ya kisheria iliyopo haimpi adhabu inayofaa kuambatana na matendo yake. Hii inafanya ubakaji kuwa kama utamaduni ambapo watu fulani katika jamii wataamini kuwa ubakaji pamoja na dhulma za kimapenzi haziwezi kuzuiliwa na hivyo zitaendelea kutokea. Hata hivyo, hali haifai kuwa hivi.



## Ubakaji na utumizi mbaya wa nguvu/mamlaka

Wakati mwingine wanaume wenye mamlaka na vyeo (baba, walimu, viongozi wa kidini na wengineo) hutumia uwezo wao vibaya. Ni muhimu kukumbuka kuwa ubakaji unahusu dhulma au mashambulio pamoja na matumizi mabaya ya mamlaka. Huhusu mapenzi hata kidogo. Wao huamua kuwadhulumu wanawake pamoja na wasichana kwa sababu wanadhani hawatafanyiwa chochote au kuadhibiwa kuambatana na matendo yao. Waathiriwa huhisi kuwa wanafaa kukubali wanachokitaka wabakaji ili wasiumizwe au kuathirika zaidi au kuhatarisha maisha ya familia zao. Katika hali ambapo walimu au wahadhiri hudhulumu wanafunzi wao, wanafunzi hao huona kuwa hawana jingine ila kunyamaza kwani wanaogopa matokeo (gredi) yao yataathirika.

## Mzunguko wa Dhulma

Wakati mwingine wabakaji huamua kuwadhulumu watu wengine kwa kuwa wao pia walidhulumiwa. Wao huingiwa na kiwewe na hivyo kuamini kuwa wanafaa kufanya watu wengine kupitia kiwewe kama hicho. Ili kuhakikisha kuwa wabakaji hawawadhuru watu wengine maishani mwao ni muhimu kuwakinga kutokana na kubakwa. Hii inaweza kusitisha mzunguko wa dhulma na kukomesha upitishwaji wa kiwewe toka kizazi hadi kingine.

## Pembe ya Kijamii

Wiki hii tuliwauliza viongozi wa Justice Club: *Je, baada ya kujifunza kuhusu sababu za watu kutenda ubakaji, unaweza kufafanua 'utamaduni wa ubakaji' kuwa nini?*

### Fast Sun kutoka Kakamega:

“Watu huamini kuwa ubakaji huwezi kuzuiwa.”

**Amazing Star kutoka Nairobi:**  
“Utamaduni wa ubakaji ni pale ambapo wanaume wanaweza kuwabaka watu kwa kuwa wamewalazimisha kudhani kuwa wanafaa kutii. Ni jamii ambapo wanaume wanatawala serikali pamoja na mifumo ya kijamii. Wanawake na wasichana wanabaguliwa au kudhulumiwa na wanaume wenye mamlaka.”

### Mega Giraffe kutoka Mombasa:

“Utamaduni wa ubakaji si jambo zuri. Nasema hivi kwa sababu unaweza kuwadhuru au kuwapa magonjwa wasichana wetu.”

### Smart Rainbow kutoka Nairobi:

“Ni hali ya kisaikolojia ambapo ubakaji unaonekana kama jambo la kawaida kulingana na mitazamo ya kijamii kuhusu jinsia na hisia za kingono.”

## 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.

