



Supporting Survivors of Defilement

- 1. Believe the Survivor:** It is scary for the survivor to share their experience with others. You can create a safe space and reassure them that you know the assault was not their fault, and that you still love and care about them. Some survivors may not tell anyone about their assault right away, to stop the attention or to protect the perpetrator from being identified or prosecuted. This does not mean that the survivor was lying.
- 2. Provide Psychological First Aid (PFA):** If possible, ensure that you are in a secure and safe place when discussing with the survivor or third party, for example, a quiet corner of the school yard, under a tree, away from other people. Listen without judgment.
- 3. Respect the Survivor's Privacy:** Limit the number of people who are informed about the incident. Remember that you are only able to tell others if the survivor has agreed to share their story, meaning that you have the informed consent or agreement of the survivor to reach out to someone else for help or support.



Survivors' Emotional Responses



These are some emotions that a survivor of defilement may experience. They may go through several of these emotions at once and it is important to learn how to best support them.

4. There is No Right or Wrong Way to Heal from Defilement: The survivor did their best under tremendous stress. Feeling scared is normal. It is very normal if they weren't able to fight back or protect themselves. They could have felt like they were in danger or scared for their lives. This does not mean that they gave the perpetrator consent, or that they wanted to be assaulted. The speed of a journey to healing can depend on the time over which the abuse occurred, the intrusiveness of the abuse, the acquaintance level between the survivor and perpetrator, and the way that the defilement occurred.

5. The Survivor Will Talk When They are Comfortable: As much as you want to help right away, the survivor will do what is comfortable for them. They may not want to talk about the incident right away, or at all. It is your job to listen, be supportive and provide a safe space.

6. Do Not Discriminate: Boys can also be survivors of defilement. Make sure that you provide the same support to a survivor if they are a boy or a girl.

Responses to Avoid

It is difficult to understand how to best support survivors. Here are some responses to avoid when someone discloses a defilement to you.

1. Do not ask questions that make the survivor relive the experience or pressure the survivor for further details.
2. Do not offer advice or judgments. Do not provide counseling. This is the job of a social worker or rape rescue counselor.
3. Do not make false promises or provide false information.
4. Do not force help, be intrusive or pushy.
5. Do not share the story without the survivor's agreement unless absolutely necessary.
6. Do not mediate between the survivor and perpetrator or third party.



COMMUNITY CORNER

This week we asked the Justice Club leaders: *what would be the first message of support you would share with a defilement survivor? If you were to create a message of empowerment for girls, relating to sexual violence to put on a t-shirt, what would it be?*



Elegant Topi from Kakamega said:

"I believe you it was not your fault."

Amazing Boat from Mombasa:

"Believe defiled girls the leaders of stopping defilement cases tomorrow."



Loyal Sun from Nairobi said:

"IT IS NOT HER FAULT. YOU NEED TO BELIEVE HER."

Gray Impala from Nairobi said:

"Haki kwa vijana itendeke. Every girl child must have their right."



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.





Kuwasaidia Waathiriwa/Manusura wa Unajisi

1. **Mwamini mwathiriwa/manusura:** Inaogofya kwa mwathiriwa kusimulia kisa cha kunajisiwa. Unaweza kumwezesha kusimulia kisa hicho kwa kumwandalia mazingira salama (faraghani) na kumhakikishia kwamba kitendo hicho hakikutokana na makosa yake na kwamba bado unampenda na kumjali. Huenda baadhi ya waathiriwa wakakosa kusema kuhusu kunajisiwa kwao mara moja, pengine kwa kuogopa au kuwalinda wale waliowanajisi ili wasitambulike au kuhukumiwa. Hii haimanishi kuwa mwathiriwa huyo alikuwa adanganya.
2. **Mpe Ushauri wa Kisaikolojia (Psychological First Aid – (PFA):** Ikiwezekana, hakikisha kuwa upo mahala salama unapozungumza na mwathiriwa au mlezi wake kuhusu kisa hicho. Kwa mfano, sehemu au pembe salama kwenye uwanja wa shule, mbali na watu wengine. Kisha, sikiliza bila kuhukumu au kulaumu.
3. **Heshimu Usiri wa Mwathiriwa:** Hakikisha kwamba ni watu wachache sana wanaojulishwa kuhusu kisa cha unajisi. Kumbuka kuwa unaweza tu kuwaeleza wengine kuhusu kisa cha unajisi ikiwa mwathiriwa amekupa ruhusa kufanya hivyo kupitia sahihi au makubaliano rasmi, ili kupata usaidizi zaidi.



Hisia za Mwathiriwa



Hizi ndizo baadhi ya hisia ambazo humkumba mwathiriwa wa unajisi. Huenda wakapitia hisia hizi kwa mwandamano au kwa mara moja. Ni vyema kujifunza jinsi ya kuwasaidia.

4. Hakuna Njia Nzuri au Mbaya ya Kuuguza Unajisi: Mwathiriwa alifanya kila alichoweza na kupitia dhiki kubwa. Kuhisi hofu ni jambo la kawaida. Ni kawaida ikiwa hawakuweza kujipigania au kujilinda. Huenda walihisi kuwa katika hatari fulani au kuhofia maisha yao. Hii haimanishi kuwa walimruhusu mnajisi kuwatendea kitendo hicho au kutaka kushambuliwa. Kasi au kipindi cha kuuguza unajisi huenda kikategemea muda wa unajisi, kiwango cha dhulma, uhusiano kati ya mnajisi na mwathiriwa, pamoja na jinsi unajisi ulivyotokea.

5. Mwathiriwa Atasimulia Kisa Atakapoweza Kufanya Hivyo (Usimlazimisha Kuzungumza): Japokuwa ungetaka kumsaidia mwathiriwa mara moja, atafanya tu anachoweza kufanya kwa wakati huo. Huenda wasitake kuzungumzia kisa hicho mara moja, au milele. Ni jukumu lako kusikiliza, na kumsaidia huku ukimpa mazingira yanayofaa kuweza kufanya hivyo.

6. Usibaguane: Wavulana wanaweza kuwa waathiriwa wa unajisi. Hakikisha kuwa unawapa msaada kama unaowapa wasichana.

Majibu/Maswali Unayofaa Kukwepa/Yasiyofaa

Ni vigumu kujua ni jinsi gani ya kumsaidia mwathiriwa. Haya ni baadhi ya majibu au maswali unayopaswa kukwepa pale mtu anapokweleza kuhusu kunajiswa kwake.

1. Usiulize maswali yatakayomfanya mwathiriwa kuhisi kana kwamba anapitikia kitendo hicho tena wala kushinikiza kutoa maelezo zaidi.
2. Usitoe ushauri au hukumu/msimamo. Hili ni jukumu la mshauri wa kijamii au wa ubakaji.
3. Usitoe ahadi au taarifa za uongo.
4. Usilazimishe mwathiriwa kupokea uasaidizi wako au kukauka usiri wake.
5. Usiwaeleze watu wengine kuhusu kisa cha mwathiriwa ila kupitia idhini yake au ikiwa ni lazima kufanya hivyo.
6. Usingilie kati au kuwa mpatanishi wa mwathiriwa na mnajisi au mtu mwingine.



Pembe ya Kijamii

Juma hili tuliwauliza viongozi wa Justice Club: *je, ni ujumbe upi wa kimsaada ambao ungempa mwathiriwa wa unajisi kwanza? Je, ni ujumbe upi ungejumuisha katika fulana (T-shirt) ili kuhamasisha wasichana kuhusiana na dhulma za kimapenzi?*



Elegant Topi kutoka Kakamega:
"Ninaamini kuwa halikuwa kosa lako."

Amazing Boat kutoka Mombasa:

"Naamini wasichana walionajisiwa ndio viongozi watakaositisha visa vya unajisi siku zijazo"



Loyal Sun kutoka Nairobi:
"SI KOSA LAKE. MWAMINI."

Gray Impala kutoka Mombasa:

"Haki kwa vijana itendeke. Ni lazima kila msichana apate haki yake."



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:

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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.

