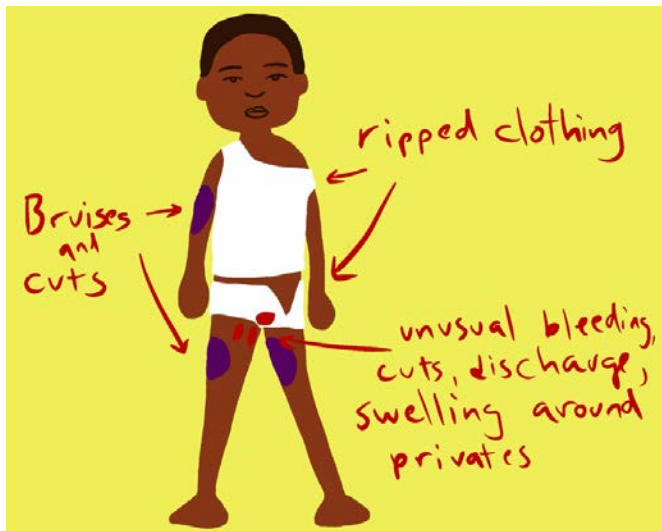




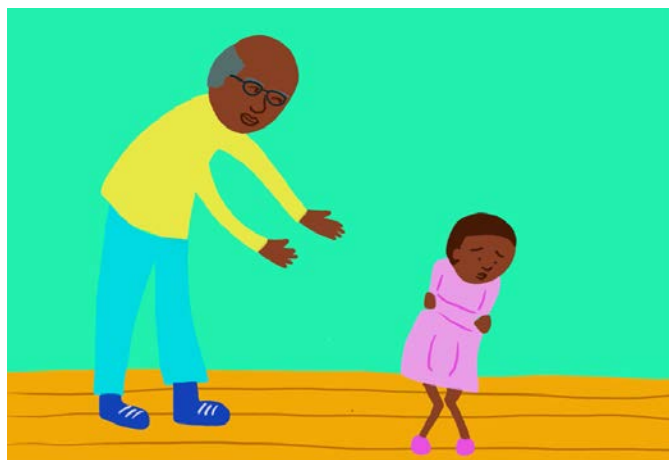
Jane's Story

Jane, age 11, had been withdrawn, dull and unkempt.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?*



Compassionate Sunset from Homabay said: "Yeah, I was. Maybe if the person agrees to confide in her or him, then she or he should report the matter to a nearby rescue center or police station and she or he will be taken to hospital for treatment. "

Lucky Boat from Kwale said: "Encouraging them that it wasn't their fault and advice her to report the matter to the police station."



Eager Girl from Kilifi said: "I will ask the boy or girl if he or she has been defiled. If yes, then i can report to the nearest police station or Justice Club and they will help."



Black Apple from Kwale: "They should talk to them private find out if they can help them or report to the police station."



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:

CATAG (Homa Bay)

Tel: 0777 977 87/0723977987
E-mail: communityaidtag@gmail.com
Address: P.O. Box 419-40300,
Homabay

GVRC Hope Centre County Referral (Homa Bay)

Caroline Obonyo
Tel: +254724261869

ICRH (Mombasa, Kwale, Kilifi)

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.

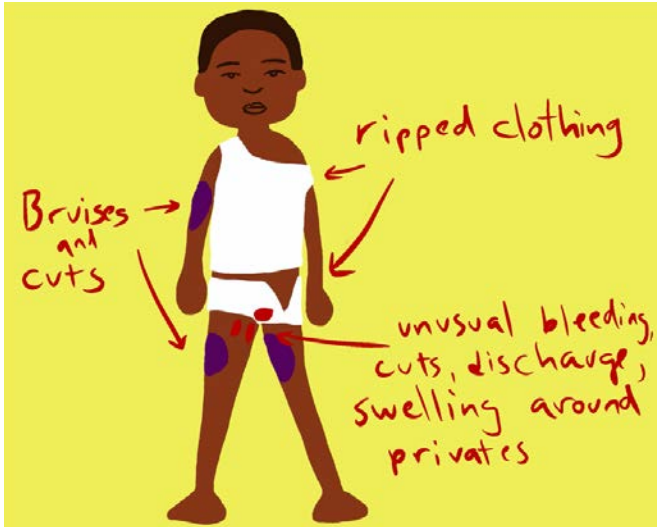




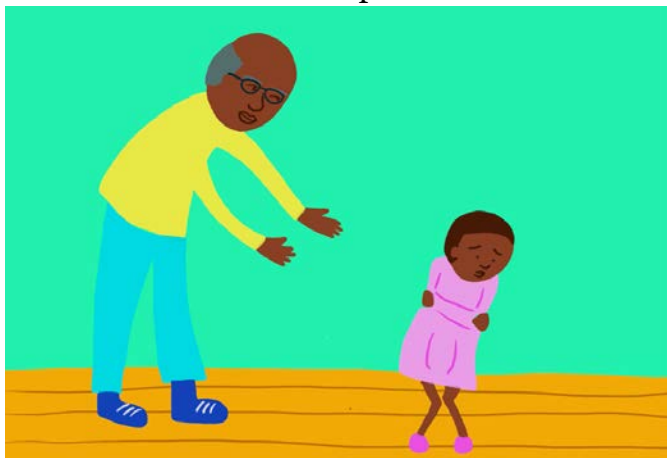
Kisa cha Jane

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 shuleni 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 shuleni au kushiriki masomo
- Hisia kali kuhusu matukio au hali za kawaida
- Tatizo la kufanya uamuzi
- Kusema kuwa hakubakwa au kujaribu kulifanya kutoonekana jambo la maana
- Kucheleweshwa kuripoti kwa polisi, kuogopa kuwa hakuna atakayewaamini
- 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 kutokea. Huenda wakapatwa na mshutuko, kutokubali hali yao, kuchanganyikiwa, wasiwasi 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 kunjisiwa. Aidha, ni muhimu kutambua dalili/ishara hizi ili kuwasaidia waliobakwa/waadhiriwa na kushughulikia yeyote ambaye anaonyesha tabia hizi.



Pembe ya Kijamii

Juma hili tuliwauliza 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 kunjisiwa?*



Compassionate Sunset kutoka Homabay: "Ndio, nilikuwa. Labda ikiwa mtu atakubali kumwamini basi anapaswa kuripoti suala hilo kwa kituo cha karibu cha uokoaji au kituo cha polisi na atapelekwa hospitali kwa matibabu."

Eager Girl kutoka Kilifi:

"Nitamuuliza mvulana au msichana ikiwa amenajisiwa. Ikiwa ndio, basi ninaweza kuripoti kwenye kituo cha polisi kilicho karibu au Klabu ya Haki na watasaidia."



Lucky Boat kutoka Kwale:

"Kumuhimiza kwamba haikuwa kosa lake na kumshauri atoe taarifa ya suala hilo kwa kituo cha polisi."



Black Apple kutoka Kwale: "Wanapaswa kuzungumza nao kwa faragha na kujua kama wanaweza kuwasaidia au kuripoti kwenye kituo cha polisi."



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:

CATAG (Homa Bay)

Tel: 0777 977 87/0723977987

E-mail: communityaidtag@gmail.com

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Tel: +254724261869

ICRH (Mombasa, Kwale, Kilifi)

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.

