

15. Sexual violence



Objectives

By the end of this session, group members will be able to:

- Define rape, date rape, and incest.
- Explain what to do if raped.



Background notes

For many young people, sex is not a choice. Some young people are forced to have sexual relations. They may have sex in exchange for good grades, pocket money or gifts; are beaten if they refuse to have sex; or sell sex in order to survive.

Everyone should know that his or her sexual organs are private. Nobody should touch them without permission.

Defilement is when someone has sex with a girl below age 16 or a boy below age 14 with or without his or her permission. Often young children are the victims of incest. Incest is when a young person is forced to touch, kiss, or feel the sex organs, or have actual sexual intercourse with a relative. Because of the older person's position in the family, he or she may be able to force the child into doing sexual things without actually having to use force. These crimes are not the fault of the victim or child.

Rape is defined by the Kenyan law as having sex with a woman or girl without her permission; this could involve threats, force, or violence. Date rape means a rape that happens between individuals who are in a relationship or who know each other. Sexual violence includes the use of sexual contact by one person to another against his or her will. It can cause serious injuries, emotional problems, unwanted pregnancy, and infection with STIs, including HIV.

Sexual violence cause physical and emotional damage. If you know someone who was raped, you should go with them to a hospital or health centre. At the hospital they will have a medical exam, their injuries will be treated, they will receive counselling, and they will be given medicine to prevent HIV infection and pregnancy.

If someone has been raped they can use emergency contraceptives (EC) to prevent pregnancy within 120 hours (5 days). They can also get medicine to help prevent HIV infection. These medicines are a combination of antiretroviral drugs that are taken for 28 days. Both the medicines to prevent pregnancy and HIV should be started as soon as possible.



Session guide

1. Facilitate a discussion by asking group members the following questions:
 - What is incest?
 - What can someone do if he or she is a victim of incest?
 - What is rape?
 - What should someone do if he or she is raped?
 - Can anything be done to prevent getting HIV if you are raped?
 - Can anything be done to prevent pregnancy if you are raped?
2. After discussing all of the questions, share the information from the Background Notes section.



Main points

- Rape means having sex with someone without permission; this could involve threats, force, or violence.
- If someone has been raped they should go to a health facility immediately for treatment. They can use Emergency Contraceptives (EC) to prevent pregnancy within 120 hours (5 days). They can also get medicine to help prevent HIV infection.

What to do if raped...

- Do not shower. Do not wash any clothes, including underwear.
- Talk to a parent or trusted adult.
- Go to the nearest hospital or health facility for a medical exam and treatment. A doctor should provide treatment, confirm the rape, and obtain evidence. A PRC1 (Post Rape Care) form should be completed in duplicate at this time. A PRC1 form allows the P3 form to be completed effectively because it contains all clinical notes. You should be given the original PRC1.
- Take the PRC1 to the police station where a report is entered into the Occurrence Book. You will be given a P3 form, which should be free of charge. An OB number should be given to you. Bring the clothes worn at the time wrapped in newspaper (not nylon or plastic). If hurt, the police should be asked to visit the health facility with a P3 form to record the crime.
- The police record your statement and that of any witnesses.
- Sign it when you are satisfied with what is written.
- Take the P3 form to be completed by an authorized health worker based on the PRC1 form. (If up country, go to the District Government Hospital.) The P3 form does not have to be completed immediately. This can be done at a later date after the medical evaluation is completed.
- Identify the accused for arrest and attend court when the accused is charged.

16. Why wait to have children?



Objectives

By the end of this session, group members will be able to:

- List health reasons to wait to have children.
- List social reasons to wait to have children.



Background notes

There are many medical and social reasons to wait to have children.

Some medical reasons to wait to have children are:

- A young woman under age 16 has not reached physical maturity. If her pelvis is too small, she may suffer during labour or have an infection that could cause the death of the mother or the infant.
- Young women, especially those under age 15, are more likely than women over 20 to not have a healthy pregnancy or baby.
- First births are more risky than other births. Women giving birth for the first time have a higher chance of developing a variety of problems.
- Babies born to adolescents have a much higher chance of dying.

Some social reasons to delay childbearing include:

- It can give young women the chance to pursue education, work outside the home, and achieve their future goals.
- Men who delay the start of their families can pursue education and jobs without the worry of providing for a family.
- Delayed pregnancy can mean smaller families and can offer economic benefits.
- Pregnant girls are often expelled from or drop out of school and few girls return to school after giving birth.
- Having to care for a child and not having finished school can limit a young woman's chances for a good job and income.
- They may not be supported by the father of the child or even by their own families.

Adolescence is a time to enjoy your life, learn about yourself, and make plans to reach your goals. Young people can plan to have a family when they are ready – both emotionally and financially. A child needs a stable parent who can take care of him or her.



Session guide

1. Facilitate a discussion by asking group members the following questions:
 - At what age do you want to have children?
 - What can you do to make sure you do not have children before you are ready?
 - How would having a child now change your life?
 - What would you like to do before you have children?
 - What are qualities of a good parent?
2. After discussing all of the questions, share the information from the Background Notes section.



Main points

- Young women (under age 20) are more like to have health problems during pregnancy and give birth to a baby with health problems than older women.
- Waiting to have children can give girls the chance to finish their education, work, or try to reach other goals for their future.