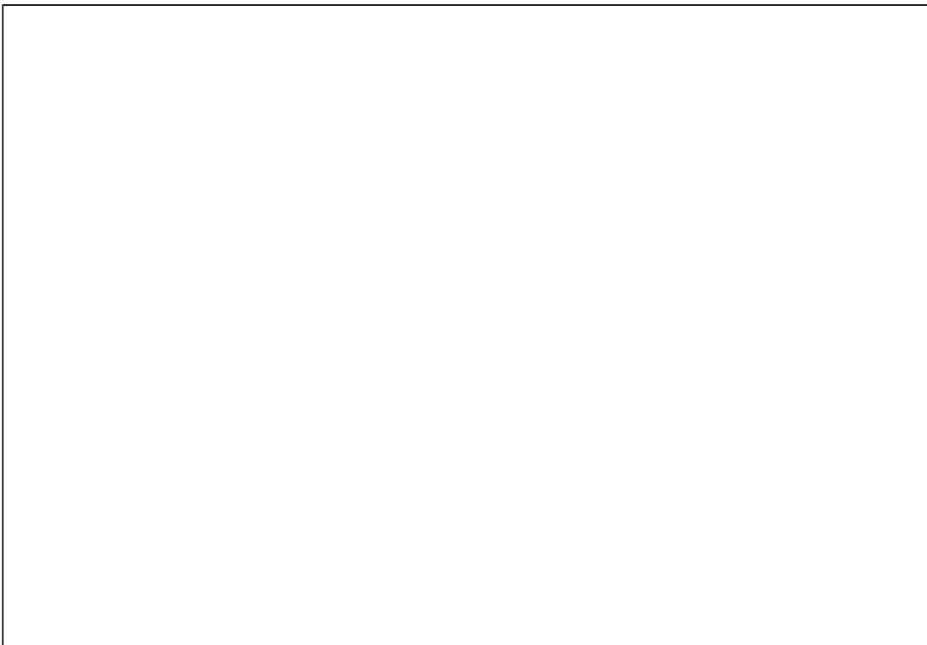


**PALLAS/KWA WAZEE:**

# **SELF-DEFENSE FOR GIRLS**

**MY NAME IS \_\_\_\_\_**

**AND HERE IS MY PICTURE**



This here is your book. You can write and draw in it if you would like to do so. But you can also only think for yourself about what we discuss here, or you can discuss it with one of your friends without writing anything. Maybe you are afraid that somebody who you don't like could read what you have written. Feel free to write and draw only what you want – it is not compulsory.

## **1. ME AND MY BODY – MY BODY BELONGS TO ME**

Some parts of my body are:

My skin, my voice, my hairs, my way to look at people, my body language, my weight, my appearance, my way to walk etc.

You find below some parts of your body. Write down how e.g. the voice can be. Then make a circle around those lines/words which comes close to how YOUR voice is. You can make more than one circle.

The voice can be (– and MY voice is mostly)

\_\_\_\_\_

Hairs can be (– and MY hairs are)

\_\_\_\_\_

Breast can be (- and MY breast are)

\_\_\_\_\_

Language can be (- and MY language is mostly)

\_\_\_\_\_

Weight can be (- and for me MY weight is)

\_\_\_\_\_

Skins can be (- and MY skin is)

\_\_\_\_\_

Hips can be (- and MY hips are)

\_\_\_\_\_

The face can be (-and MY face is)

\_\_\_\_\_

**REMEMBER: YOUR BODY IS OKAY, HOW IT IS. DON'T LISTEN (TOO MUCH) TO THE OPINIONS OF OTHER PEOPLE CONCERNING YOUR BODY!**

## **2. SEXUAL VIOLENCE**

Sexuality can be very nice and pleasant: you feel love and feel beloved, you feel excited, you have many nice feelings, you trust to another person so much that you allow him or her to be close to your body. But also often sexuality can also be bad and unpleasant, can hurt you and can be offensive.

Sexual violence begins long before rape and has many different forms! For example to touch you or to look at you where you don't want, to use words which hurt you.

When you don't want to be touched you can say NO loudly and clearly. Think you're your body belongs to you. You can also simply leave. DON'T OBEY!

When you went through sexual violence it might be that you feel like washing yourself all the time, that you feel dirty, you feel disgusted, you can not eat anymore, or you too much beyond your hunger, you sleep badly, often you might feel fearful. What happened to you will always come up in your memory and your thoughts.

Look for trustworthy people that you can tell about your experience. Don't be ashamed. You didn't anything wrong. The guilty one has to be ashamed, not you!

Remember if you have ever been confronted with sexual violence. Draw for each remembered event a **stone** – when it was very painful, draw it big.

**REMEMBER:**

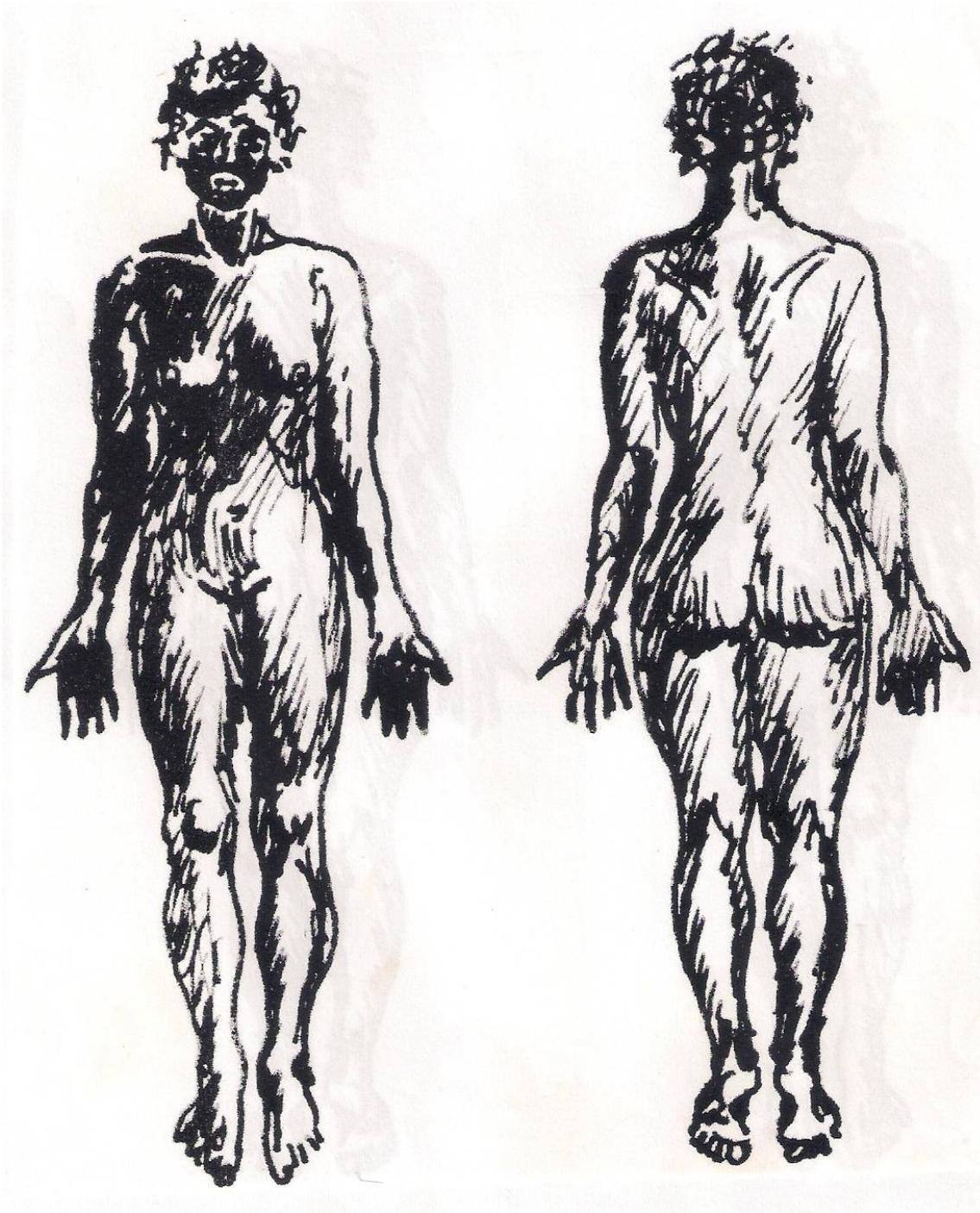
**Whatever you like is OK**

**Whatever you don't like is not OK!**

### **3. VULNERABLE PARTS OF OUR BODY**

We all have parts of our body which are more vulnerable than other parts, and it is important to know them in order to protect you better.

You find below a picture of the body of a woman. Please draw with colors all the places which you feel that you are can be hurt.



#### **4. HOW SAFE DO I FEEL IN MY ENVIRONMENT?**

**You have the right to live in a safe environment!**

My environment is composed by:

<b>MY HOME</b>	<b>TO PLAY</b>
<b>SCHOOL</b>	<b>MALE FRIENDS</b>
<b>FETCH WATER</b>	<b>NEIGHBORS</b>
<b>WORK ON THE FIELD</b>	<b>TO WORK</b>
<b>FEMALE FRIENDS</b>	<b>TO COLLECT FIREWOOD</b>
<b>TO GO TO THE MARKET</b>	_____
_____	_____
_____	_____

Look at your environment. Select for each item the color you find that it is appropriate and paint the item. E.g.: To play can be “green” (everything is okay) or orange (“sometimes I am tense and I feel embarrassed”) or ....

Green :       - Everything is okay  
                  - My inner voice is calm  
                  - I feel myself at ease and happy

Yellow:       - Sometimes I am tense  
                  - Sometimes I don't feel at ease and I feel sometimes embarrassed  
                  - Sometimes I get angry  
                  - Sometimes I feel that the situation is unpleasant  
                  - Maybe it is slightly painful

Orange:       - I am afraid  
                  - The situation is dangerous  
                  - It is painful

Red:           - The situation is very dangerous  
                  - It is very painful

## **5. SUPPORT**

We girls are often exposed to harrassment such as :

- People do not respect our bodies – e.g. males touch our body

- We are offended by bad words
- To be raped etc.

**Questions:**

**To whom can I explain what happened and my unease?**

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**Where can I get support?**

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**What type of support can I get?**

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**How can YOU help other girls?**

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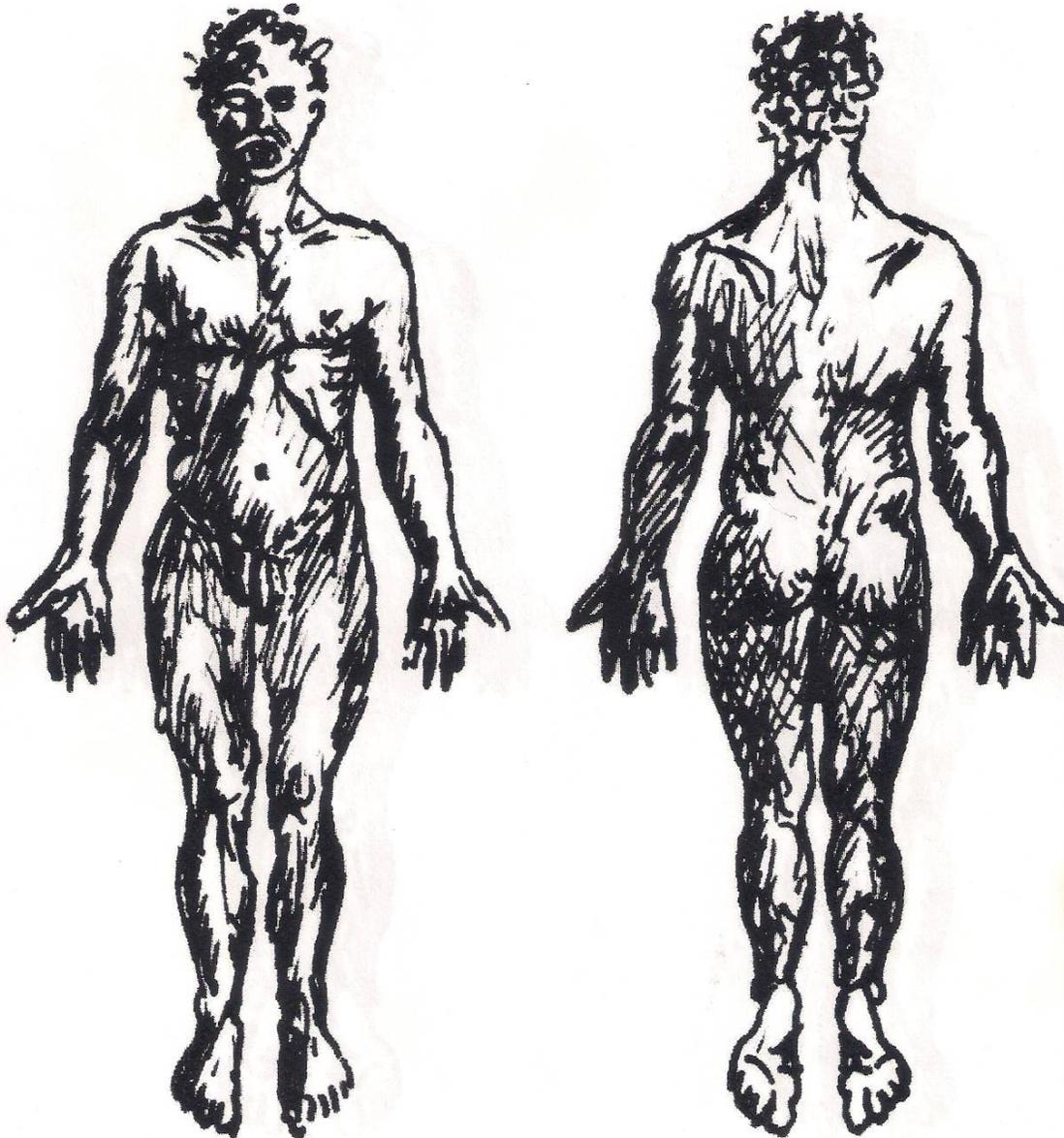
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**6. VULNERABLE PARTS OF THE MALE BODY**

Also the body of men has weak points. It is good to know them – this knowledge can help you when you have to defend yourself.

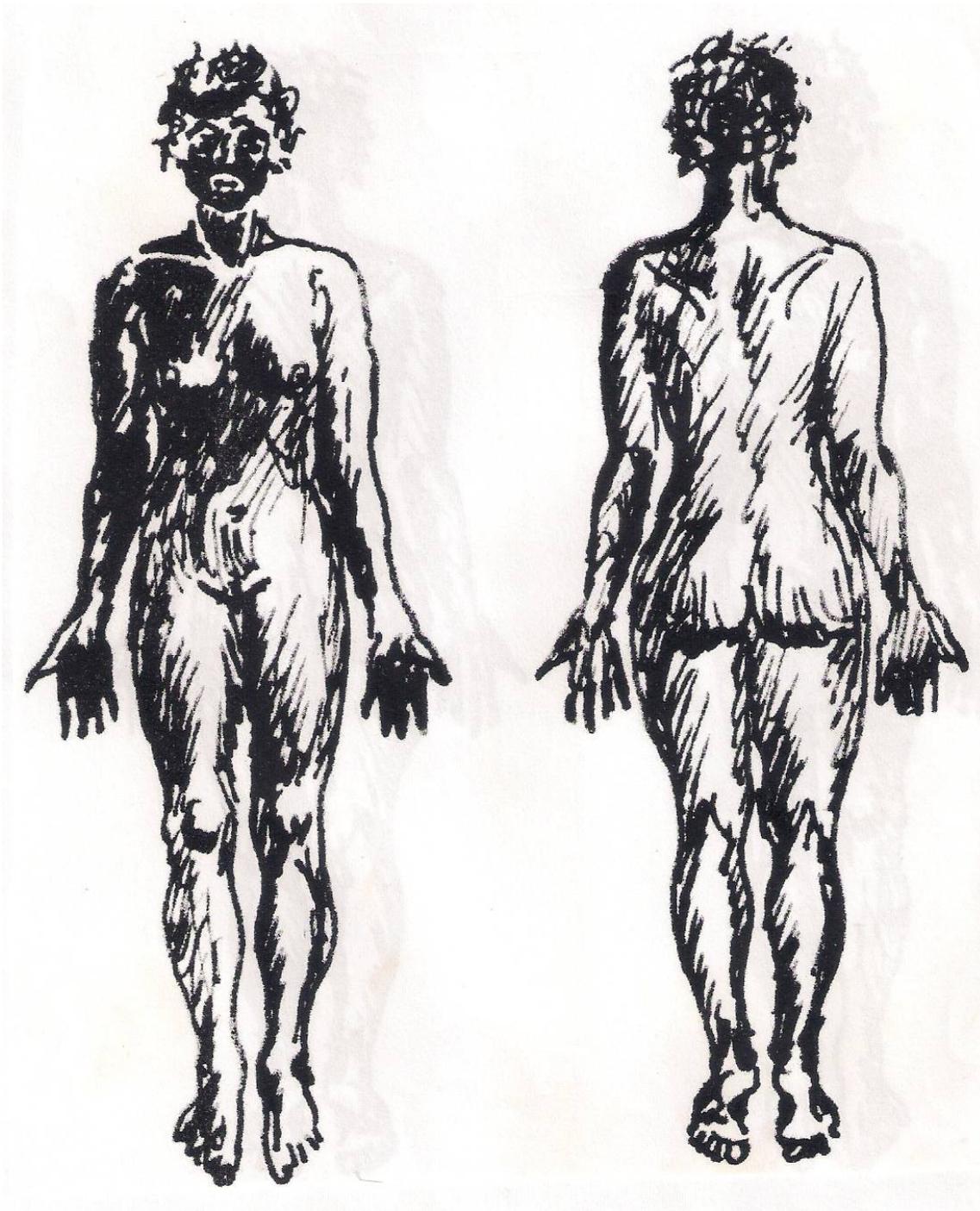
You find below a picture of the body of a man. Please draw with colors all the places which you feel that a man can be hurt.



## **7. OUR BODY : ALSO A WEAPON**

Our body is not only vulnerable but has also the means to protect you.

Draw with color all the places of your body which can help you to protect yourself.



## **8. WE ALL HAVE (AND NEED) BOUNDARIES**

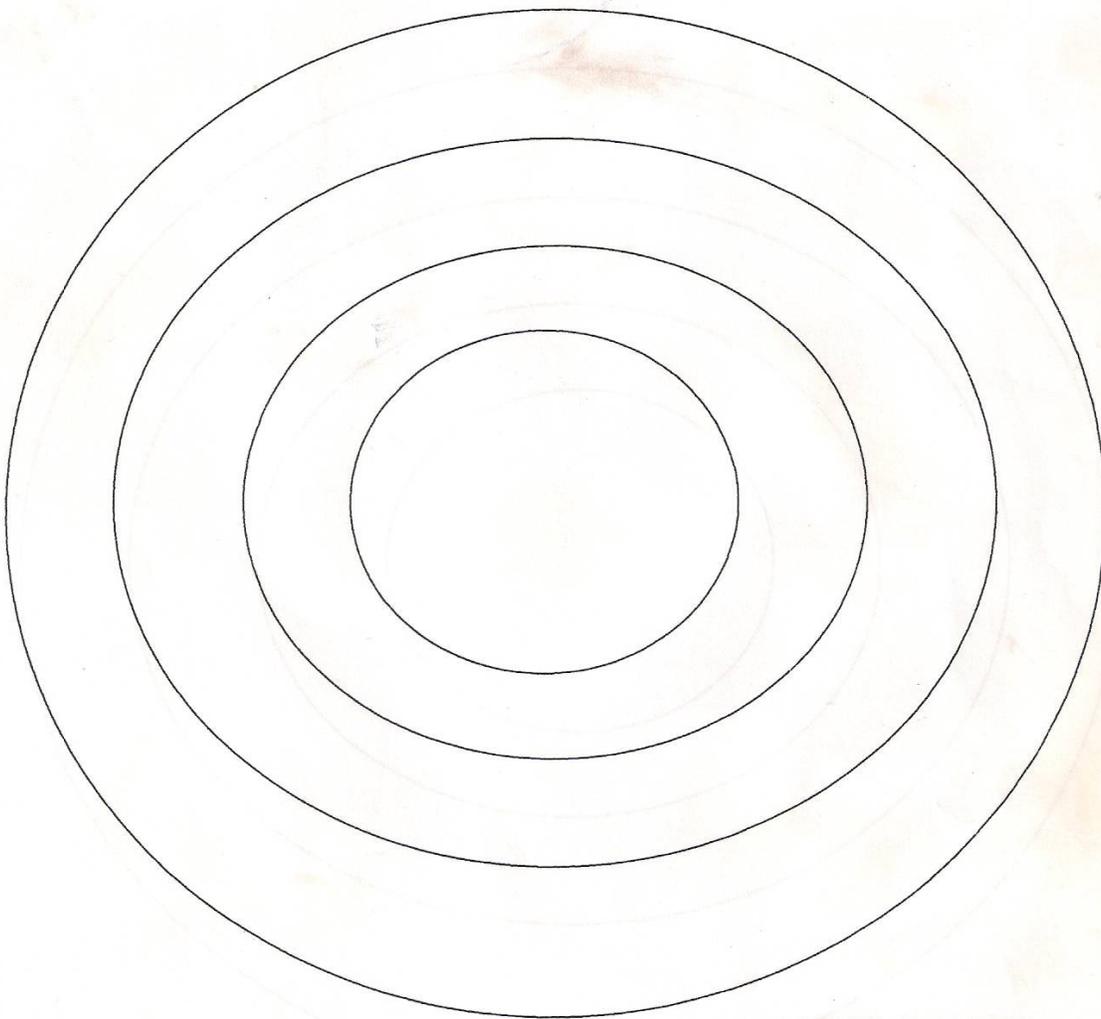
Boundaries are very important. Boundaries decide e.g.

- What joyful and sad things I'm sharing with somebody

- What I'm talking with somebody
- What secrets I share with somebody
- How much time I spend with somebody
- Who can touch me
- Where somebody can touch me

Boundaries are not always the same – they depend of the person you do something with him or her, of the environment, of the situation, of your daily mood etc.

Think about people who are important for you, and your boundaries. Where are they? Draw just small people (head and legs) – without writing the names. Has somebody shifted in the last three months from one boundary area to another? If yes, show it by an arrow.



## **9. SELF-CONFIDENCE**

We discussed with girls in Nshamba about their experiences with boys. They told us the following experiences:

- Many boys give us not advices or they give us bad advices.
- Some few boys have bad manners e.g. they want us to be their lovers and they talk about love stories with us.
- Often they do not respect us.
- They don't help us when we would need help
- They want to touch our body or our breasts - no respect!
- Others are violent.

Those girls know quite well what they like and what they dislike from boys.

Ask yourself: Do I know what I like and how I want to be treated? Draw for each quality which is important for you how you are treated, a flower and write the name into the flower , e.g. you draw a flower and write "respect" into the flower (which means that you want to be treated with respect).

Sometimes it is not easy to follow and to defend your flowers. Sometimes people might laugh about you, they might provoke, or they might promise you gifts or something else.

Following and defend your standards how you want to be treated! Don't let you be influenced too much by other opinions and don't make too much compromises.

## **10. FEELINGS**

What are the feelings you know from your experience? Which feelings do you like and which feelings you dislike ?

Below you find three boxes. Write the feeling you know and you have (sometimes) into the boxes :



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And we – ourselves? We have also a fine voice which can warn us and tell us what we should do or not to do. We call this voice sometimes the „inner voice“ – or some people call it the „conscience“ – they might say that they have a clear or a bad conscience.

Remember a situation where you felt to hear the inner voice. Share it with your partner.

There are three main sources for our inner voice:

1. One source consists of many things we have learnt from other people who tell us what the community considers as good behavior and what they consider as bad behavior
2. The other source come from our own thinking: how do WE want to be (or not to be) as a person and how do we want to be with other people.
3. Finally our body has something like an alarm system and tell us (e.g. through heart beatings, short breathing, sweating, even trembling) when we enter in a dangerous situation.

To listen to the inner voice can protect you and help you to avoid dangerous situations. But the inner voice is often very low and soft. Discuss with your partner what are good ways to give space to the inner voice and how you can hear the inner voice (e.g. to sleep one night before you decide). Write your ideas here down:

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## **12. SHAME**

Shame can be very destructive – it undermines your self-worth and self-confidence.

Below you find different sources of shame

- A) Other people laugh at you because you look or you act differently from others – and you feel ashamed about it
- B) You blame yourself – you did something you feel that was bad, or you missed your own expectations
- C) Other people did something very bad to you – they have damaged your picture of yourself
- D) Reaction on an unusual and unused exposure

Below you find four examples:

1. Leo feels ashamed because he failed in the exams.
2. Petra has been violated by three boys – she feels ashamed about it
3. Tom should stand before the class and tell a story – he is not used to it and has difficulty to talk
4. Anita is very thick – people look at her so that she avoids to go to the market

Task: Look at the examples 1-4 and look at the reasons A-D. Now find out in which reason (A or B or C or D) the example no. 1 could fit. Write the letter beside the number. Do the same with no. 2 etc.

Here in the training for self-defense we look specifically to victims of sexual violence (write the number of the example: ). The victims of sexual violence feel often ashamed. In reality, the wrong-doer and perpetrator who has done something bad, should be ashamed himself – and not you.

Shame doesn't help – it makes you only weak. Below you find six boxes. Deposit in each box one advice what Petra (no. 2) could do in order to decrease her shame or even to stop to be ashamed.


## **13. FEAR**

Fears can arise in and from SITUATIONS e.g. examination, driving too fast, night etc. Write down more situations where it is possible or even probable that people feel fear

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Fears can arise from and through PERSONS. Think about persons you fear. Draw small people for each (head and legs – but don't write the name) and think why you are afraid of them. If you fear them because of sexual violence, than make a circle around them.

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Here you see a figure.  
Draw the places in your  
body where you feel  
"fear". How do you feel it?

How can you deal with fear? Below you find some proposals – please complete them with your own proposals.

- Run away
- Avoid the situation or the person
- Shout
- Close the eyes and think "There is nothing dangerous"
- Hide yourself
- Be silent

- \_\_\_\_\_

- \_\_\_\_\_

Now look at the proposals. Are they useful and can they protect you? If you feel that they are very helpful, write a "3" beneath the sentence. If you feel that they are useless, then write "0". The numbers 1 and 2 are in between: "1": not very useful, "2": somehow useful. Discuss why the proposals are useful or not useful.

## **14. ANGER**

Anger is a very strong feeling which can occupy your whole mind and your whole body – and which can make that you loose the control over yourself. Anger can give you an additional strength (through

putting adrenaline in your blood), but it can also make you more vulnerable – e.g. when you lose the control.

Think about how you express and show anger, what you do when you are angry (write it down):

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Sometimes you are forced to suppress your anger

- Because the person you make angry is very strong – stronger than you
- Because there is a group of people who makes you angry – and you can't fight against all of them
- Because you love also the person who does harmful things to you, and you don't want to lose this person and destroy the relationship.
- Because you depend (e.g. for school support) on this person who does harmful things to you – and you would lose the support if you would show your anger
- Do you find more reason to suppress your anger: \_\_\_\_\_

**REMEMBER: WHEN YOU SUPPRESS ANGER**

- THEN IT CAN MAKE YOU SICK AND YOU CAN HAVE BAD FEELINGS ABOUT YOURSELF
- IT CAN LEAD YOU TO FEEL HELPLESSNESS
- IT CAN TURN THE ENERGY AGAINST YOURSELF WHICH CAN LEAD TO SELF DESTRUCTION SUCH AS EATING DISORDERS, DIFFICULTIES TO SLEEP, BECOME ADDICTED, HARMING YOURSELF E.G. TO CUT YOURSELF ETC.

## **15. CONCENTRATE WHAT YOU CAN DO ...and not what you cannot do**

**Note: What makes you strong is good for you! What makes you weak is bad for you!**

Do you know your powers? Write them down by distinguishing what you HAVE, what you ARE and what you CAN

**I HAVE**..... helps you to identify your external support systems and resources. The leading question to find people who support you, is: “Think about the time when I had to face a difficult and adverse situation. Who was supporting me – and would probably support me again?”

I have..... I have .....

**I AM** ..... deals with your inner strengths. The questions which helps you to find your strengths is “About which I’m proud of myself, even if only I can see or benefit from them, such as feelings, attitudes, behavioral traits and beliefs?”

I am ..... I am .....

**I CAN** .....deals with your skills you learnt from observing others or from getting training and instruction. The leading question to help you to find your skills is: “What do I know well and I’m really good at doing?”

I can..... I can .....

## **16. THIS WILL MAKE ME SAFER**

Sometimes we can just be a victim of violence – violence starts suddenly and unexpected from another person, and we don’t know, why.

Sometimes we say or do something – and other persons understand it differently e.g. we accept a gift from a boy. For us it is just a gift, but for him it might be the promise to become close friends or even the boy-friend. This can become a starting point of violence.

Sometimes we play also a little bit with other persons, or we may even provoke a little bit because we might feel good if other persons are interested about us. We promise something which – in fact – we don't want to keep. Or we say something what we don't mean really. Or we might say "Maybe" but we think inside "No".

Sometimes you are yourself divided: you want something (e.g. to meet Alfred at the river) and at the same time you don't want it and you don't feel comfortable. Then it is important that you take your time to listen to your inner voice (and maybe also consult a good and trustful friend) in order to find out "WHAT DO I WANT REALLY?" So you will decide yourself and avoid that other people decide for you!

Finally: sometimes there is a lot of pressure of your peers (e.g. to have a boyfriend). Also here it is important to feel and to know: "I WANT AND NEED THIS AND THIS" and not necessarily what my peers want me to do. Again: take your time to listen to your inner voice and then decide: "YES, IT IS THIS I WANT".

You can contribute to your own security when you are careful what you do and what you say. Think about what **YOU can do** or what **YOU can change** in order to increase your security. Write it here down and share it with your partner.

This I will do \_\_\_\_\_

\_\_\_\_\_

This I will stop \_\_\_\_\_

\_\_\_\_\_

This I will change \_\_\_\_\_

\_\_\_\_\_

## **17. What do I need to know about HIV**

### **1. The miracle of life**

A new person is growing – what a wonderful miracle. The facilitator showed you the beautiful pictures of how an egg and the sperms look like, how a child is grown in the womb of the mother, how it is cared

inside the womb getting food and oxygen, and how, after nine months, it is forced to leave this comfortable “hotel mama” and has to breathe and to eat itself – and finally how it is growing: from a small girl to a woman, and from a small boy to a man. Please write down the answers on just 4 questions in order to make sure that you have understood everything:

1. To make an egg of a woman to grow it is necessary that \_\_\_\_\_ meet the egg.

This we call in Kiswahili \_\_\_\_\_ or \_\_\_\_\_ or \_\_\_\_\_

2. Who has eggs in his body? \_\_\_\_\_

3. Who has sperms in his body? \_\_\_\_\_

4. At which age people start to produce eggs and sperms? \_\_\_\_\_

## **2. The miracle can turn into a disaster: the enemies of life**

There are many enemies which can harm or even destroy us: many types of virus (like flue, hepatitis), or of bacteria (like tuberculosis, cholera etc.) or of parasites (vimelea) (like malaria, amebas etc.). Most of the diseases can be cured – but one disease has no cure: HIV/AIDS. Therefore we need to know more about it:

1. we will know the carriers,
2. we will learn about the concentration of viruses,
3. and finally we will learn where the virus can penetrate into the body.

**a) What is a “carrier”:** All viruses or bacteria or parasites need to move in order to reach a person – they need a “carrier” to transport them. This determines the way of “transmission”.

There are THREE ways how a virus can “travel”: either by **AIR** or using **LIQUIDS** or using **MATTERS** (like food or earth).

The virus of HIV/AIDS is using \_\_\_\_\_ to travel from one person to the other.

**b) Carriers for HIV/AIDS and the concentration of viruses:** The body has eight different types of liquids. All body liquids of an infected person contain the HI-Virus. These include: tears, blood, saliva, semen, breast milk, urine, vaginal secretion/fluids, and sweat.

However, only in certain liquids there are enough HI-viruses to infect another person. We say: these liquids have a high concentration.

What does this mean? If you have a liter of water, and you put half of a teaspoon sugar into the water and you taste it – will you realize that there is sugar? Probably no – because there is not enough sugar, the concentration is too low. But if you put a cup of sugar into the water – you will realize that there is sugar: the concentration is high.

Now paint those FOUR liquids where there are a lot of viruses and therefore they are dangerous.

## **c) The ways how the virus comes into the body**

Our body is protected by the skin: no virus can penetrate the skin. However there are parts of our body where the skin is special and soft. We call these special parts MUCUS MEMBRANS.

In order to understand better what are mucus membrans we can do the following exercise: We prepare some red pepper sauce (pilipili) and we put some pilipili somewhere on the skin. Does it hurt you?

\_\_\_\_\_

Now write down, where it would heavily pain if the pilipili would enter in this part of the body:

\_\_\_\_\_

And if we would put some pilipili on the top of the penis or in the vagina, would it hurt you? \_\_\_\_\_

And if some pilipili would come into your anus, would it hurt? \_\_\_\_\_

And if you have an open wound and somebody would put pilipili on it, would it hurt? \_\_\_\_\_

Everywhere where the pilipili is paining you find “mucus membranes” These are a “special kinds of skin” where the virus can easily penetrate.

The same is true when you have a wound, the skin is destroyed: there is no protection from the skin and the virus can enter.

## **18. Self-defense starts a long time before an attack (1)**

Mostly sexual violence happens through and from people we know – sometimes we know them very well. Maybe we live with them in the same house, maybe they are from the same village, maybe we study at the same school, maybe they are relatives or neighbors.

What is the meaning of the sentence “self defense starts a long time before an attack”? The meaning is that you show people in the life of EVERY DAY that you know what you want and you don’t want. You see below some pictures:

 <p>1</p>	 <p>2</p>	 <p>3</p>
<p>Don’t say “I don’t know” when you know that you don’t like it. Don’t say “Maybe” when you are sure that you don’t want it. Say clearly what you want and you don’t want.</p>	<p>Don’t accept bad treatment. You have the right that your opinion and your will are respected, and you have to express this clearly. Don’t be polite when people don’t listen to what you tell them</p>	<p>Find people you trust and tell them. Don’t feel ashamed to share your secret with trustful people. They can advise you and support and protect you.</p>

The pictures are about self-defense in the every day life. Find out which picture belongs to which sentence. Draw a line from the picture to the sentence

Picture 3 TO CREATE RESPECT FOR YOUR PERSON

Picture 1 TO CREATE A CIRCLE OF TRUSTFUL PERSONS

Picture 2 TO BE CLEAR IN YOUR SAYING

You can train again in your daily life:

**To be attentive:**

Sometimes there are some few words which show that somebody is not respecting your boundaries. Don’t let it pass – defend your boundaries clearly.

**Have a set of sentences ready**

In the training you learnt two basis sentences: NO and I DON’T WANT. You can prepare some additional sentences. Find yourself one or two sentences you will use in the future.

- NOT WITH ME
- YOU HURT ME
- LET ME ALONE

Add some more:

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**18. Self-defense starts a long time before an attack (2)**

A boy, older than you, stops Esta to proceed on her way home. He blocked the road before her. He says that he wants just chat with her. Esta doesn’t feel comfortable – she feels afraid. Her heart is beating faster – she starts to sweat, she feels dry in the mouth.

To be ANXIOUS and AFRAID is a normal reaction in a any situation you consider dangerous for you. Our body wants to protect us and therefore it gives some specific “hormones” into the blood – especially “adrenalin”. To run away is normally the first reaction, but often we can’t do it. We have to know how we react when we are afraid – this gives us the chance to defend ourselves. Write here down how your body reacts when you are afraid:

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**Not fighting – but be prepared to fight**

It is possible that the boy has no bad intentions, but Esta prepares herself. She tells him friendly that she wants now to go home. But she is not sure about the outcome. She prepares her body to be ready to fight – if it would be necessary. See below how she is preparing herself:

		
<p>Esta holds one arm with the other arm; one hand is just smoothing the face. In this position the arms are ready to defend the body if it would become dangerous WITHOUT threatening the boy and without appearing to be aggressive.</p>	<p>Esta has one arm on the other WITHOUT FOLDING them really. If she would fold them, she couldn’t react quickly. But for the boy it looks like she would have fold her arms.</p>	<p>It is very important that Esta stands firmly and can quickly move either forward or backward. For this reason Esta has one foot in front and one foot behind. This helps her to fall backwards if the boy would suddenly attack her.</p>

**19. These are my rights – and those help me to get them**

On 20<sup>th</sup> November 1989 the United Nations General Assembly adopted the **CONVENTION ON THE RIGHTS OF CHILDREN**. The convention proposes a number of rights for **ALL CHILDREN AND YOUNG PEOPLE ALLOVER THE WORLD**. 193 states – among them Tanzania – have adopted them and declared that they will defend the rights of children.

What the Convention says? The Convention has 54 articles – we will just know the four most important guidelines and principles:

- Article 2 says that no child in the world should be harassed, excluded and discriminated because of being a girl or women (gender), being a Muslim or Christian (religion), speaking Kihaya or Kisukumu (language), being African or Chinese (color of the skin), being rich or poor (property) or of having UKIMWI (diseases).
- Article 3 says that all what Government, organizations like Kwa Wazee, schools, parents and guardians are doing should be in “the best interest of children” for their development and not harm them.
- Article 6 says that the Government – including the Village Government – have to protect children and help that children survive and can develop fully.
- Article 12 says that every child has the right to express his opinion in all decision that affects the a (e.g. education) and that the Government has to listen to these opinions.

Read the 4 basic rights. Discuss with other children which of these rights you feel is the most important right for you as GIRLS. Put them in order and write the number of the article (e.g. 1: article 4, 2. Article 1 etc.)

1. Article ..... kwa sababu \_\_\_\_\_

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2. Article .....

3. Article.....

4. Article .....

**Who can help me to get my rights?** Below you find 9 boxes. Think about persons who have the task to support you when your rights are violated. Write the function of this people (e.g. teacher, police). Write one person in each box and indicate in few words what this person is supposed to do and how this person can support you in order you get your rights.


## **20. What to do in case of sexual harassment – negotiation skill**

Anna is 12 years old. She lives with the grandmother. Her uncle tried to touch her private parts. What would you advise her to do? If you have two or even three advices write them down. Then tick if it is easy to do, difficult to do or even impossible to do. Be realistic!!

My advise	Is easy to do	Is difficult to do	Is impossible to do
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1.			
2.			
3.			

**The big burden of inequality to be a GIRL CHILD**

Girl children carry a double burden.

1. In nearly all societies **girls and women are considered “human beings of second class”**: Often parents enjoy more when a boy is born than a girl; or girls are less sent to school (“they don’t need education – they will marry”); or men can often marry more than one wife, but women can’t do it – just to give some few examples. You can add more examples.

2. The second burden is that **children as children are often considered as immature, not yet fully developed. They are often not respected as (still young) human beings: “It is ONLY a child”**. This makes it difficult for Anna that adult people will believe her story about the uncle. Other people will also tell her that she should not complain about an adult person.

In order to balance these inequalities of power Anna has to learn **NEGOTIATION SKILLS**. Here you find what we would advise Anna how to become a good negotiator:

- **Advice no. 1: Anna must have a clear message.** Anna has to describe in few words WHEN WHAT happened and WHO was present. It is helpful if Anna writes the LINI, NINI na NANE down. Maybe there is a witness – it is important to mention it.
- **Advice no 2: Anna must know what she wants.** Does she want that the uncle can’t come anymore in the house? Does she want that at least the grandmother knows about it?
- **Advice no. 3: Anna should let her anger and – if it is there – the shame at home.** This is maybe the most difficult advice. It is clear and understandable that Anna is very angry and maybe also ashamed but she has to have a clear head when she goes for negotiation. Anna wants to reach her goal, not to fight and argue.
- **Advice no 4: Anna has to check who has the authority and the power to help her to reach her goal.** Is it the grandmother because she can prohibit the uncle to come? Is it the leader of the clan who can call the uncle? It is the Village Chairman or is it even the police who can arrest the uncle?
- **Advice no 5: Anna has to find a way to cope with her anxiety.** It is very NORMAL that Anna is very afraid – conflicts are not comfortable. It is helpful when you know the clear instructions in order to know the steps to proceed. Maybe she asks the grandmother or a friend to accompany her – so she is not alone.

Discuss with your group which advice you consider as the most helpful in order to be successful:

Advice no..... because \_\_\_\_\_