

Take Charge; Be Safe.

### Physical Violence

Beating, hair-pulling, strangling, slapping, or any other rough treatment.

Toka kwa hii nyumba ....ukafanyie umalaya mbali

**TYPES OF VIOLENCE** 

### **Emotional Violence**

Unlawful detention, unlawful arrests, threats, harassment, being thrown out of your house, being made to feel afraid, humiliation, verbal abuse, name calling, blackmail, and bullying.





### Economic Violence

Theft, misusing funds through lies, controlling or withholding money.



24- HR HOTLINE NUMBER :

#### PERPETRATORS

- 1. Clients/ paying partners
- 2. Law enforcers (e.g. police, county askaris)

Get out!!!

.... prostitutes

will not stay

in my house

- 3. Family members
- 4. Brothel/ bar owners, pimps, bouncers
- 5. Community policing agencies
- 6. Boda-boda riders
- 7. Intimate partners/ nonpaying partners
- 8. Religious or cultural leaders
- 9. Other community members
- 10. Online bullying



# **KNOW YOUR RIGHTS**

- 1. The state is obligated to see that all rights enshrined in the Constitution are fulfilled, respected, and protected.
- 2. Female sex workers can hold the authorities accountable if it fails to honour any of its obligations regarding human rights.

#### You have following rights:

1. To life.

- 2. To health, emergency medical treatment, including immediate care in cases of rape and physical assault.
- 3. To have your dignity respected and protected and not to be treated in a cruel, inhuman, or degrading manner.
- 4. To equal protection and equal benefit of the law, and to be free from discrimination on any grounds.
- 5. To liberty and not to be deprived of freedom without just cause or detained without trial.
- 6. To freedom of movement.
- To administrative action that is expeditious, efficient, lawful, reasonable, and procedurally fair. This includes the right to record a statement at the police station and to be assisted fairly.
- To privacy and confidentiality regarding personal information. Hence, no one may disclose your information to others without your permission.

Note: Most of the rights are not absolute and can be limited by law. for example, freedom of movement, expression or right to privacy. CONSTITUTION



# IF RAPED



1. Report to the nearest hospital within 72 hours.

2. Do not destroy, lose, or wash your clothes.

3. Do not wash or clean any part of your body or comb your hair.

to examine them.

6. Report to the police.

24- HR HOTLINE NUMBER :

POLICE

# PROCEDURE TO BE FOLLOWED IN CASE OF ANY VIOLATION

- 1. Call the 24-hour hot line for help.
- 2. You can also talk to your peer educator or the project clinician if you experience violence.
- 3. The crisis management team / project team will then assess the violation and provide necessary support.
- 4. If the violation requires medical attention or psychological support, the survivor will be taken to the necessary facilities for medical and psychosocial support.
- 5. If the survivor needs safety and security, the team will accompany and link the survivor with services.
- 6. If the survivor chooses to take legal action, the team will assist with the necessary legal support for accessing justice.
- 7. At the programme level, the violation will be reported and documented.



## CORE MESSAGES AFTER AN EXPERIENCE OF VIOLENCE

- 1. I am sorry that this happened to you.
- 2. You did not deserve to be treated this way.
- 3. Remember, it is not your fault.
- 4. Your rights are recognized by the Constitution of Kenya.
- 5. You have a right to live a life free from violence.
- 6. You are not alone: many people experience such violations.
- 7. You have the right to access health, mental health, and justice services.
- 8. The information you give will remain confidential unless you give me permission to share it.
- 9. I am here to support you.
- 10. We can come together and support each other when we or our peers experience violence.

## **EXPLORE NEXT STEPS**

Explore next steps and any existing support systems the person may have in place.  $\ensuremath{\textbf{SAY}}$ 

Sometimes, it's helpful to think about what support systems we have in place to help us when we have difficult times. I am also here to support you.

"What has helped you cope with difficult situations in the past?" "What kind of activities help you when you're feeling anxious or tense?" "When you're not feeling well, whom do you like to be with?" "Who has helped you in the past?"

"Are there people you trust, whom you could talk to about difficult things in your life?"



# SAFETY TIPS & INFORMATION

- 1. Carry emergency phone numbers.
- 2. Negotiate payment and venue upfront.
- 3. Go to a venue that you are familiar with.
- 4. Go slow on alcohol intake, so you are not completely unaware of your surroundings.
- 5. Look at the client carefully, so you have clear identifiers.
- 6. When arrested or confronted by police or askaris, be polite and do not argue
- If it is a law enforcer, try to memorize his/her name and other identifiers, such as the number of stars on his/her uniform, etc.
- Always trust your instinct/gut feelings. If you feel uncertain about someone, there is probably a good reason.
- 9. Be aware, walk tall, act confident, and be assertive. Perpetrators often go for people who look vulnerable.
- 10. Keep at least one arm free, and always be ready, mentally and physically, to protect yourself.
- 11. Accept only unopened drinks and/or packaged food (or food that you have seen being prepared) from clients.
- 12. Avoid hot spots at closing time, as you may be subjected to drunken abuse.
- 13. Avoid working in areas with no easy escape routes.
- 14. Try to work near a busy road, and stay on the same side of oncoming traffic. If a car pulls up and you think that something is not quite right, walk quickly against the direction of the traffic.
- 15. Take care and look out for each other, especially newcomers.
- 16. Establish a signal to alert one another, so you can request help if you are worried about your safety.

#### REMEMBER: If arrested, be polite and do not confront the police.





# WHERE CAN YOU REPORT OR SEEK HELP?

















Ministry of Health National AIDS & STI Control Programme NASCOP

NASCOP

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