

WE

WANT

TO BE

FREE



KWANELE!

A book about gender-based violence

Your rights

How to handle GBV

How to stop it



ENGLISH

How to use this book

This book about gender-based violence (GBV) will help you to understand violence against women and children, to know what to do when it happens and to know how to help prevent it.

Read these pages and share the information with your family and friends



This book is for everyone – men and women. More and more men are learning about the problem of violence* against women. They are helping to stop violence against women in South Africa.

This book can be used in your club and to go through with your friends.



You may want translations of some of the difficult words if English is not your home language. These words have a star* next to them. They are explained in isiXhosa and Afrikaans in boxes on the side of each page.

Violence
Ubundlobongela
Geweld

Contents

Thanks for
opening this book..

We're going to be with you
from beginning to end.

Like true friends who are
there for each other through
happy and sad times



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Nozuko

Khanyi

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What is gender based violence

When someone hurts us because we are a girl or a woman, or because of our sexual orientation, it is gender-based violence (GBV). There are many reasons why GBV happens. Patriarchy is one of them. Read more about patriarchy on page 4.

More info
about sexual
orientation on
page 10.

If we don't stand
up against violence
against children
and women, it will
carry on.

There may be reasons
why people abuse others.
But there is **NO EXCUSE**
for abuse.

Can you
girls think of
others?

Story 1

Neville beats up his girlfriend, Maria, at home. Neighbours hear her screams for help. They hear him swearing at her. The neighbours say, 'It's a private matter. We can't interfere.' One person says, 'She must have done something wrong to make him so angry.' Another neighbour nods.

Story 2

Themba beats up his girlfriend, Thandi, at home. Neighbours can hear her screams for help. They hear him swearing at her. The neighbours say, 'This is wrong. We must do something.' One person calls the police. Another person says, 'Let's take our pots and beat them outside to let him know we're against what he is doing.' And another person says, 'I am going to help her escape and find a safe place to stay. Call the police!'



Read these stories and use the questions to have a discussion.

1. Who is blamed for GBV in the different stories?
2. Who should be held responsible* for GBV in these stories?
3. Does GBV happen among your friends, in your family, or in your community? In what ways does it happen?
4. Do you agree that children who grow up in homes and go to schools where there is GBV might grow up seeing it as normal and acceptable*?
5. What could we, as young women, do if we are the neighbours in the story?

Responsible
Ukuba noxanduva
Verantwoordelik

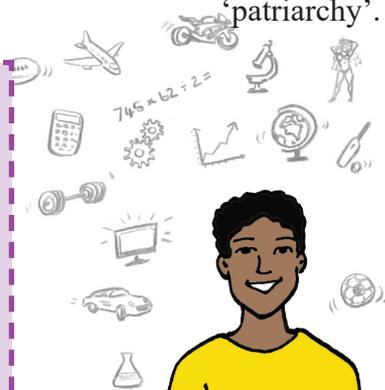
Acceptable
Yamkelekile
Aanvaardbaar

Patriarchy and Power

Boys and men are mostly brought up to believe they are stronger, more intelligent and better than girls and women. They have also been brought up to believe they have all kinds of rights over women. Girls have been brought up to believe this too. We call this system of male domination* 'patriarchy'.

Growing up with patriarchal values is a big part of what makes boys and men think it's okay to do what they like to girls and women. They have a sense that they own women. But the Constitution, which guides all the laws of our country, says we are all equal.

We learn from our families and communities. The media plays a big part in keeping patriarchal values going. They do this through the roles men and women play in movies, adverts that treat women like sex objects, and the way they write about women.



Girls are often valued more for looks than who they are, or what they think. This makes it easier for boys and men to treat them like things not people.

Believe it or not, I don't spend the whole day thinking about what colour lipstick to wear.



Domination
Uninzi olulawulayo
Dominering

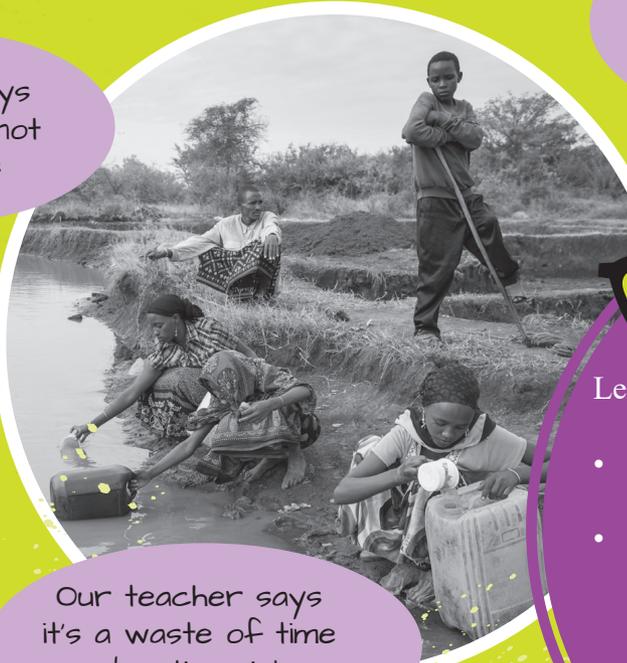


Patriarchy* is not a black thing. It's not a white thing. It's not a rich people's thing, or a poor people's thing. It's not a certain culture's thing or a certain religion's thing. Patriarchy is a global* thing. It is everywhere.



My dad says science is not for girls

My brother refuses to cook. He says it's a girl's job



Our teacher says it's a waste of time educating girls



Talk about it

Let's put on 'patriarchy detective' glasses.

- Where do we see patriarchy happening?
- Where do we see boys and girls and women and men being treated as equals?
- What can we as young women say or do to be treated as equals?

Fast Facts

South Africa has one of the highest rates of GBV and violence against children in the world.



Global
Yelizwe jikelele
Globale

Patriarchy
Ubuthandazwe
Patriargie

Watch out
for the

!
**signs
of abuse**

in your relationship



Relationships have
their ups and downs.



But watch
out for these
signs.



If these are
happening to you,
get out.

It will only get
worse.



He says horrible things about you. He does this when you're alone, or in front of other people, like your friends and family. He wants you to feel worthless so that he has power over you. You start to look to him for your feeling of worth.

What to do?

No brainer.
Why would he treat
someone he is supposed
to respect so badly?
Remove yourself
from his life.



He tries to control and limit what you do, where you go and who you see. This could include things like saying you can't go out with your friends and family, how he hates that particular friend or family member, or trying to stop you doing something you love, like dancing classes or soccer. This is his way of isolating* you so you become dependent on him. You're giving him more power over you. He's doing this because he's jealous. It's a bad kind of jealous.

What to do?

Well, you can probably answer that question yourself. Do you want to be stopped from seeing your friends, family and doing the things that make you happy?



He tries to frighten and/or injure you. He might slap, shove, punch or kick you. He might kick objects around you to frighten and shock you. The abuser wants you to be scared so he can control you.

What to do?

If he's done it once he will probably do it again. Physical abuse is assault and against the law. You can report it and get a protection order from the police (see page 39). Don't wait around for it to happen again. You can also ask your family, church or friends for help. See pages 48 and 49 for organisations that can help.



We all say hurtful things from time to time.



You deserve happiness, friend.



Isolating
Ukuba lilolo
Isolering



He tries to make you feel afraid by looking at you in a scary way. Or he does and says things to frighten you. He might destroy something that belongs to you. He might control your access to your cell phone and demand to see who you are in contact with. Or pull a gun or another weapon out.

What to do?

You are in danger!
Speak to someone you trust.
If you are living with him, make a plan to leave. Remember you cannot change someone else.
You are worth having a healthy and non-abusive relationship.



He forces you to have sex even though you say 'no'. This is rape. This includes forcing his penis or any other thing into your mouth, anus or vagina. It is against the law, no matter whether he is your boyfriend or husband. He does not own your body. You do. He might attack other sexual parts of your body. He might try to stop you from using pregnancy prevention* (contraception)

What to do?

Report rape.
Go to a Thuthuzela Care Centre or other rape survivor support service. Read pages 32 to 37. It is not a good idea to stay in the relationship.
Seek help so you can decide what to do next.



These signs of abuse are a reality check.



If someone loves you they won't do these things.



What to do?
He might or might not change his behaviour. Do you want to wait for months and years to find out? Women and men are equals in the eyes of the law.

What to do?
You need to find ways to get out of the situation. Make a plan. Get your own life together to become economically independent.

See page 48 for organisations that can help you.

Economically independent
Ukuzimela kwezozoqosho
Ekonomies onafhanklik

Exploring sexual orientation

How do you see yourself in the world? Who are you sexually, romantically and emotionally attracted to? When you answer this question, you're talking about your sexuality and sexual orientation. We're all different, and can have (or choose) different sexual orientations. We don't have a right to treat people who are different from us in a disrespectful way. It causes hurt and harm. Our Constitution and our laws protect each and every one of us. The law says we can marry who we want to marry.

Lesbian

Amabhinqa athandana odwa
Lesbiër

Gay

Indoda mfazi
Homoseksueel

Transgender

Ukungahambelani kwesitho
sangasese nemvakalelo
Transgender

Bisexual

Lowo uthandana nabantu
bezini zozibini
Biseksuele

Intersex

Izitho zangasese ezingacaci
nokuba zikwenza
ubengumfazi okanye indoda
Interseksueel

That's me.



L

G

B

Are you attracted to people of the same sex as you? If it's girl to girl (or woman to woman), we're **lesbian***. If it's boy to boy (or man to man), we're **gay***.

If we're attracted to people of the same and the opposite sex, we're **bisexual***.

Some of us are born with a female body but we identify as being a boy. Some of us are born with a male body but we identify as being a girl. We're **transgender***.

How are you orientated?

Are you sexually attracted to people of the opposite sex?

That's me.
Heterosexual.
Straight. But not everyone is like me.



T I Q ?

Those of us born **intersex*** might have both male and female sexual organs. We can choose to do surgery when we are old enough to decide if we want to change.

Queer is a word people used to use to be rude about gay and lesbian people. The LGBTIQ community has taken it back as a word to include anyone who wants to call themselves queer, or who feels they don't fit into society's way of labelling people.

? is for questioning who we are and how we want to be in the world.

So when exactly did you decide you were straight?



Let's not judge or tell people how they should be. I want to be me. You want to be you. We all want to be free.





Take the relationship

TEST

Is your relationship good for you? Find out with this test. Rate yourself and your partner. Or your relationship with a family member or a friend. Give a score out of 10.

Respect*



I treat my boyfriend/girlfriend with respect when we are alone.	10
I treat my boyfriend/girlfriend with respect when we are with other people.	10
My boyfriend/girlfriend treats me with respect when we are alone.	10
My boyfriend/girlfriend treats me with respect when we are with other people.	10

Equality*

I treat my boyfriend/girlfriend as an equal when we are alone.	10
I treat my boyfriend/girlfriend as an equal when we are with other people.	10
My boyfriend/girlfriend treats me as an equal when we are alone.	10
My boyfriend/girlfriend treats me as an equal when we are with other people.	10

Honesty*

I am honest with my boyfriend/girlfriend	10
I offer constructive feedback to my boyfriend/girlfriend in a caring way.	10
I am 100% sure that my boyfriend/girlfriend is honest with me.	10
My boyfriend/girlfriend offers me constructive feedback in a caring way.	10

Compassion*

I care about my boyfriend/girlfriend.	10
I help my boyfriend/girlfriend find solutions to his/her challenges.	10
My boyfriend/girlfriend shows care for me.	10
My boyfriend/girlfriend helps me find solutions to my challenges.	10

Encouragement*

I encourage my boyfriend/girlfriend to achieve his/her goals.	10
I celebrate my boyfriend/girlfriend's successes	10
My boyfriend/girlfriend encourages me to achieve my goals.	10
My boyfriend/girlfriend is not jealous of my successes.	10

How do you score on each question? and how do you score your partner?

I am honest with my boyfriend/girlfriend	There's a problem. A big problem. Go back to basics. Find out how to put the qualities of respect, equality, honesty, compassion and encouragement back into action in your relationships. Work on it. Hard. And fast.
A score between 5 and 6	Your relationships are pretty average. Are you happy to settle for this? More understanding and effort is required if you want good quality relationships.
A score between 7 and 8	Your relationships are doing very well! Keep it up! And try for a 10, you can do it!
A score between 9 and 10	Wow! Fantastic! Share your tips for quality relationships with others!

Questions to think about if a relationship isn't as good as it should be:

Think about it

- ? On a scale of 0 to 10, how happy am I?
- ? What am I doing right?
- ? What isn't working?
- ? What needs to change for me to be happier?
- ? What can I change within myself to make sure I am in a better relationship?
- ? What change do I need in the other person?
- ? Are they open to change?
- ? Is it time to move on?

Respect
Intlonipho
Respek

Equality
Ukulingana
Gelykheid

Honesty
Ukuthembeka
Eerlikheid

Constructive feedback
Impendulo engakhiyo
Konstruktiewe terugvoering

Compassion
Uvelwano
Deernis

Encouragement
Inkuthazo
Aanmoediging

It helps to talk to someone when you need to work through a relationship.

Chat to a friend you trust, a relative who is on your side, or a counsellor.

Acknowledgement: Murray & Roberts, Asifundisane – bursar newsletter Issue 3, 2015.

We don't like it. We don't want it.

Talk about it

You'll find lots of short stories to discuss in this section of the book. When you discuss them, you'll come up with strategies to tackle sexual harassment and abuse. The main thing is: the victim is never to blame.

Your father's friend always tries to get you on your own. He talks to you about sex, tells jokes about sex and makes sexual comments. You hate it. You're scared your father won't believe you if you tell him.

- How does it make you feel?
- What can you do to get him to stop?

Someone sends you or shows you sexual pictures or messages. You don't want to see them.

- How does it make you feel?
- What can you do to get them to stop?

14

Some boys at school call you rude names. They make you feel angry, bad and sad.

- How does it make you feel?
- What can you do to get them to stop?

You're walking down the street and a guy walking past you grabs your breast as he walks past.

- How does it make you feel?
- What can you do to get this kind of thing to stop?

Your teacher tells you he'll give you higher marks if you do something 'special' with him. You worry that if you aren't nice to him he'll make you fail instead.

- How does it make you feel?
- What can you do to get him to stop?

!
For you
to do

Read these short stories and discuss them.

- Share your own stories about sexual harassment*.
- Think of things you can do to stop it happening.
- How can we get boys and men to change how they think about girls as sex objects to play with?
- What can we do?
- Who can we get help from to stop sexual harassment and abuse? Who is on our side? Who can we win over to our side?



You know when we're walking down the street after school and those boys whistle at us?

I hate it. We've asked them to stop but they just laugh at us.



You whistle at dogs, not people.



All of these stories are about sexual harassment. We live with stuff like this all the time.

! For you to do

Share this story at a public place, like the school assembly, church or a club meeting. Invite everyone to discuss sexual grooming*. Do others find it a problem in the community? How can we support and protect each other?

He did special things for her

This older guy Lelethu met at a party made her feel special. He spent time with her. He took an interest in her. He did special things for her. He gave her gifts and lifts. He told her she was pretty. Lelethu felt excited, special and important. She was still hurting from her mother passing away a year ago. He told her how sorry he was and that he cared for her.

A few weeks later, he began to make sexual comments. He asked Lelethu to send him selfies in her underwear. She felt uncertain about this but he had started to have power over her. One day, he took Lelethu to his place instead of going to the mall. He told her how much he had done for her and now she must do something for him. He said if she didn't he might just send out the photographs of her in her underwear. Lelethu felt trapped. He only ever wanted to have sex with her. He was grooming her all the time for sex.

Grooming is when someone builds an emotional connection with someone to gain their trust for the purposes of sexual abuse or exploitation.

Sexual harassment
Ukuxhaphaza ngokwesondo
Seksuele teistering

Sexual grooming
Ukukhulisa ngokwesondo
Seksuele voorbereiding

Beware of drink spikers

Shannon was out with her friends at a venue where a DJ was playing. Being thirsty after dancing, she returned to the table where she had left her soft drink. A short while after sipping it she began to feel confused and weak. She next remembers being taken by her friends for emergency medical help. It turned out that someone, without her knowing, had put a drug in her drink. It had been 'spiked'.

People can spike your drink with different kinds of drugs. It can happen to both women and men. They do it to make you less in control, or to lose control. It could be a stranger who does it, or a 'friend' who thinks you'll be more relaxed and have more fun. People usually spike your drink to make you weak and vulnerable because they want to commit a sexual assault, or some other crime.

TIPS

- Stick with a group of people you know. Watch out for each other.
- Only accept drinks from people you know and trust.
- Watch carefully when your drink is being poured.
- If by mistake you leave your drink unattended, pour it away.
- Don't share drinks.
- Don't leave your drink unattended.
- If you begin to feel weak and confused immediately get help from a trusted person.
- Always tell your family where you are going.
- Make sure you have safe transport to go back home.

See page 46
for more
information
on drinking
alcohol

Stay safe on social media

A teenage girl from Gauteng made friends on Facebook with a guy she did not know. Then they started to chat online. She agreed to go to a party with him.

But when she went to meet him he kidnapped her and took her to his house. He forced her to watch child pornography and he gave her drugs that made her unconscious. He raped her. Finally, she reached the toilet and locked the door.

She sent a text message on her phone to her parents. They told the police and together they were able to save her. The man was eventually arrested.

!
For you
to do

- Discuss what you thought about and felt while you read the story.
- Make a list of all the social media you know, and of the ones you have used.
- Come up with tips on what's okay and what's not okay to do on social media, like Facebook, Twitter, WhatsApp, Mxit and others.





Transactional sex and sugar daddies/blessers

Transactional relationships are unequal and young girls often do not have power in these. Sometimes these can lead to abuse or violence. This can also put you at risk of unplanned pregnancy, STIs and HIV/AIDS.

We often feel as if we don't have enough money for all the things we would like – fancy clothes, a smartphone and perhaps entertainment. Some people may even have sex for food because they are so hungry. This is called 'survival sex'.

However, we should remember that our health and self-respect are worth preserving. Some things are worth waiting for.

My friend Rhandzo took off with a certain Mr Vincent one weekend. She came back with a new iPhone and pictures of a beach resort near Durban. She had known him only two weeks. And he's much older than she is. Remember: You cannot compromise your self-worth* and life goals for material gain.

- Do you think Rhandzo will be comfortable to ask Mr Vincent to use a condom?
- Do we all understand what transactional sex is?
- Do we agree with the following statement: "Most of my friends, including myself, have at some stage or another been involved in a transactional sexual relationship. It is hard to admit."
- Talk about this question: "Sex with older men puts us at risk of getting HIV. What other risks are we taking?"

**Talk
about it**

What to do

- Trust your feelings. When you feel uncomfortable, something wrong is happening.
- Tell someone about it. Keep telling them until they do something.
- Be aware of people who are in a position of power over you who start to make you feel uncomfortable by what they say or do to you. Seek help.
- Know your rights. See page 37 – 43.
- Which people have a duty to protect you? How can you make them do so?
- See the places that help on pages 48 – 49. They are there for you. They will not judge you. They know about sexual harassment and sexual abuse. They want to help you.

Trust your feelings



Self-worth
Ukuzithemba
Eiewaarde

Rape is real

Myths* are things that many people say and believe but are not true. There are many myths about rape. People often use myths to blame the victim.

!
For you
to do

How hot are your skills at myth busting? One of the ways to stop rape and help to make sure rape survivors get care and support is to challenge myths about it. Cover the FACT column with a piece of paper. Discuss a MYTH. When you're finished discussing, uncover the FACT column for that myth. Compare what you said with what it says.

For every myth, ask:

1. Why does this myth exist?
2. Where does it put the blame for rape?
3. Is it the truth?
4. What can we say to people who put out these damaging myths about rape

Myths
lintsomi
Mites

What is rape?

The law says you are being raped when a person forces themselves into your vagina, anus, mouth or any other part of your body. The rapist could penetrate you with a penis or another object, like a bottle. This is still rape. It doesn't matter if you are the person's friend, boyfriend, fiancé or husband. Nobody has a right to force themselves on another person. Rape is rape. Rape causes many kinds of hurt, pain and damage to a victim. Rape is an act of power and violence.

I was raped because I am a lesbian. The rapist said he'd 'correct' my sexual orientation. Life was hell for months after. The medication to prevent me getting diseases, the nightmares, fear, the anxiety when I had to go anywhere. I got a lot of support from my family to help me to become a rape survivor. My friends too, hey Khanyi and Khwezi. What would I do without you?





Rape is not about sex. It's about violence and power

Exactly. If someone hits you with a spade you wouldn't call it gardening.



Rape is against the law. Full stop.



MYTH X	FACT ✓
If girls wear short skirts or drink at a party they are asking to be raped.	Rape is about power, not sex. Babies in nappies get raped. Boys and men get raped. Anyone can get raped. No one ever asks to be raped.
Rapists are strangers.	Most girls and women are raped by someone they know.
When a boy or man is aroused he must have sex.	Boys and men, just like girls and women, can control their sexual feelings.
You've flirted with a boy, and you've started to get sexual, it is your duty to 'finish the job' by having sex.	If a boy keeps going – at no matter what point – after you have said 'I want to stop', it is rape.
When a woman says no to sex she means yes.	In many cultures, a woman is expected to be shy and to resist when a man, even her husband, sexually approaches her. Boys and men need to listen to even a hesitant no and respect it completely.
Alcohol and drugs make men abuse women.	Alcohol and drugs don't abuse people. People abuse alcohol and drugs and then do violent things.
Women say they have been raped to get revenge on men.	Reporting rape takes a lot of courage because people often do not believe a woman when she says she has been raped. It is highly unlikely that a woman would 'invent' a rape because a rape case is traumatic for her. Women do however withdraw charges because rape survivors are often threatened and/or bribed into dropping charges. Or they may lose faith that they will get justice.
Men are able to protect themselves and so they cannot be raped.	Most girls and women are raped by someone they know.
A husband or boyfriend has the right to have sex with his wife or girlfriend even when she says no.	Most girls and women are raped by someone they know.

Read this real-life story of rape

Rise Club chairperson, Zikhona Mbute, talks about being raped. She believes this will help others and will also help her to heal.



Standing together to

Fight
Rape

I am getting better because I am talking about this.

Zikhona Mbute is the chairperson of the Rise Stars of Tomorrow Club from Ncise. This is a quiet place right next to the Mthatha Dam in the Eastern Cape.

On 14 March 2015 Zikhona's cousin, Andile, knocked on the door of the place she was sleeping with her girlfriend. It was very late and when Zikhona opened the door she could see that Andile was drunk and high on drugs.

Something in
my heart and
my body was
broken.

Rape

First Andile accused her of hiding his girlfriend. Then he started hitting her. He lifted her onto his shoulder and took her to nearby school grounds. There he raped her. When he was done she was bleeding and hurting.

Zikhona fainted, so he lifted her onto his shoulder again and took her to his room. There he raped her repeatedly again, putting his jersey over her face to stop her from screaming. He also cut her body with a knife. Four hours later he carried her half-way back to where she was staying. Zikhona managed to drag herself back to the room on her knees. Andile told her that if she told anyone what he had done to her he would kill her.

Fighting back

The next day Zikhona went to her home where she lives with her two brothers. Her parents passed away ten years ago and her oldest brother, Uthando, is the sole breadwinner. She immediately sent WhatsApp messages to everyone telling them that Andile had raped her.

Three days later she went to the police station. They took her to a clinic where she was given ARVs to prevent her from being infected with HIV and pills to stop a pregnancy

Trial

Not long afterwards, Andile was caught, the case went to trial, and he was given a life sentence. Even though the outcome made her feel better, the trial* was very traumatic* for Zikhona. "I was crying all the time. I couldn't speak at all." But she feels that talking about the rape is very important.

Rape changes you

"I am not the Zikhona that I was before. Something in my heart and my body was broken. Rape changes the way you feel and the way you look at life. I ended up getting better because I am talking about this. I want to be empty of this. If I don't talk it will hurt me more."

Support

Sipunzi Zingisa-Gabizizwe, member of Rise 'Stars of Tomorrow' Club and friend of Zikhona says, "I was very traumatised by what happened to Zikhona, we all were. It was important to support her as a friend." After the rape Zikhona received weekly counselling. But what helped her the most was that everybody in her community was supporting her. Belonging to a Rise Club has been very important in her healing. She has told the story of the rape to the other members.

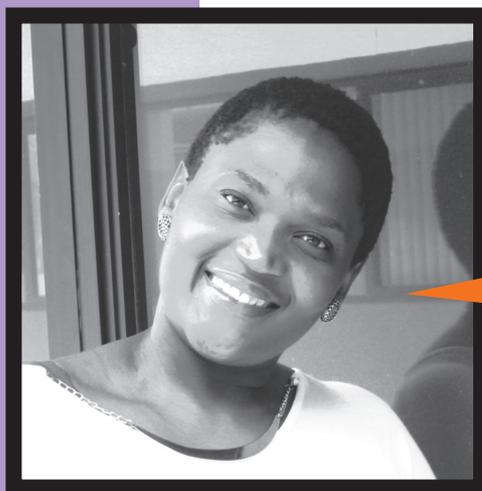
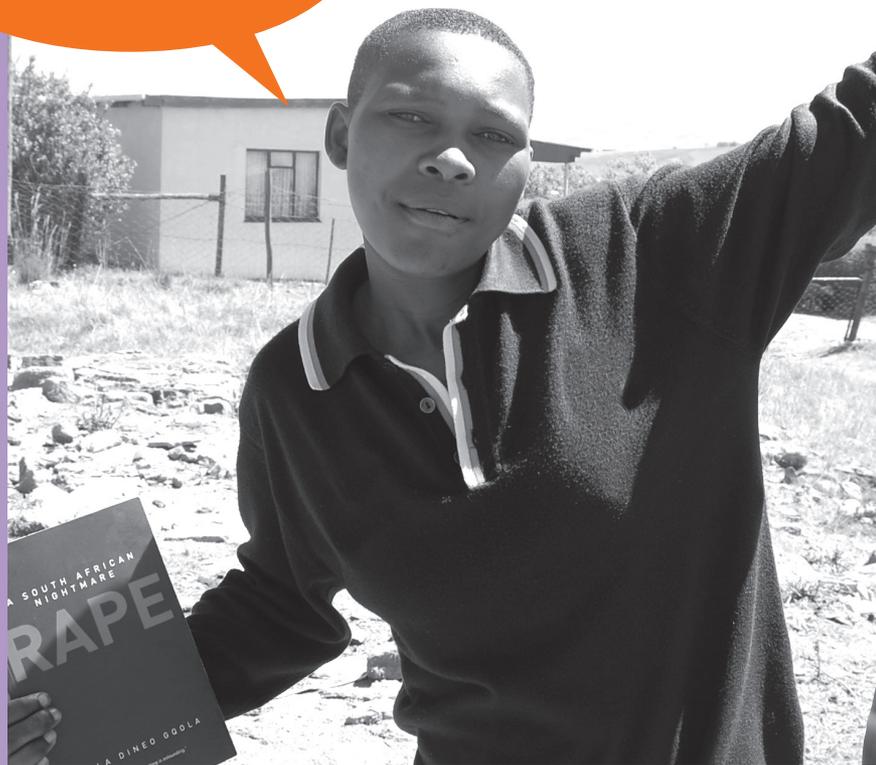
Sis Thoko

The most important help Zikhona has received is from Thoko Budaza, the Soul City Provincial Manager in the Eastern Cape.

Thoko herself is a survivor of multiple rapes.

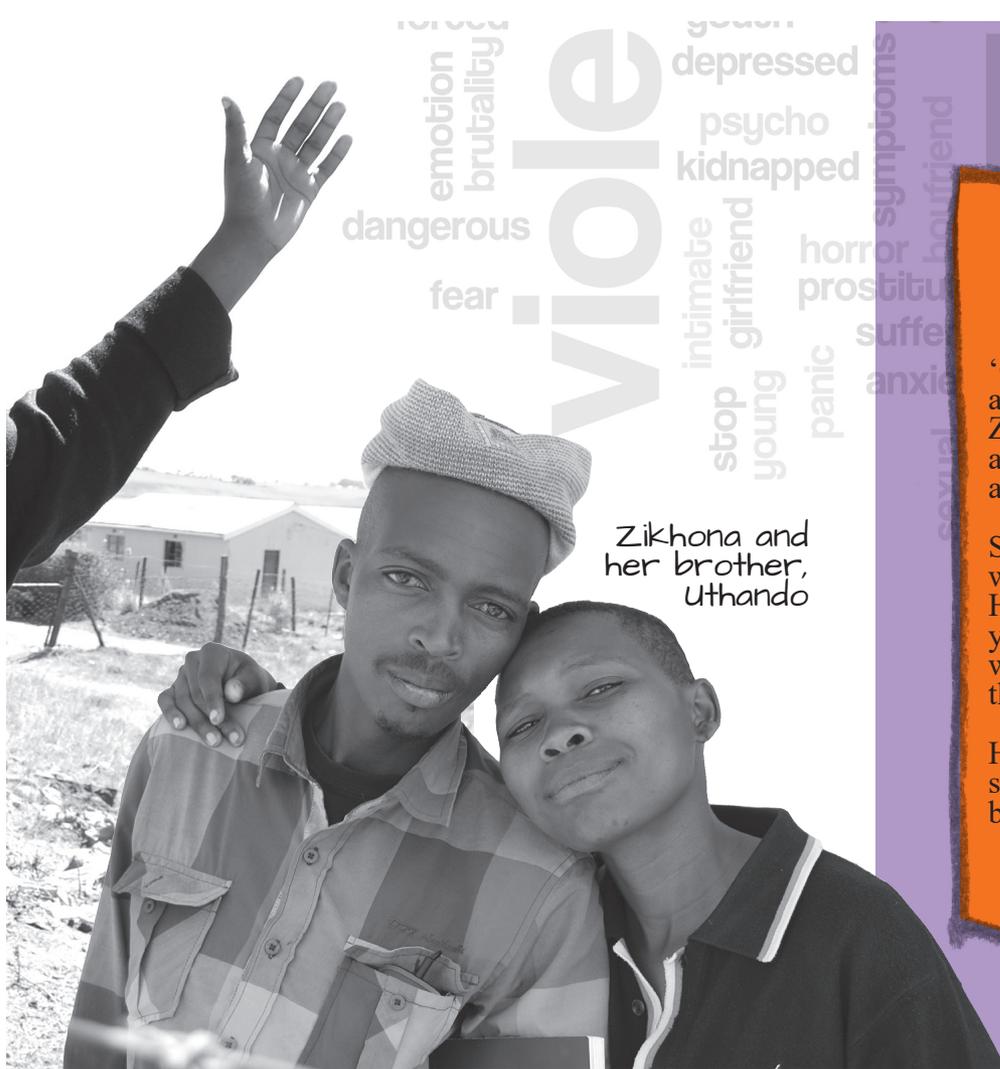
"Sis Thoko keeps saying: 'You are still a member of Rise and we still love you. Don't feel that you are broken, you are still the same.' She helped me to feel like somebody who can still do something. I am now a Soul City fieldworker. I have jobs to do, I am organising things. This helps me not just to think about the rape."

I am beautiful.
I am alive.



You are still a
member of Rise
and we still
love you.

Sis Thoko



Zikhona and
her brother,
Uthando

'Corrective rape'

'Corrective rape' is when lesbians or homosexuals are raped to punish and supposedly "cure" them. Zikhona is a lesbian. She is very open about this and feels that her community and her family have accepted her.

She believes that her cousin raped her because he was angry about this. "Andile tried to change me. He wanted me to feel that I am a useless girl so you can do anything to me. He tried to open the way for other men to rape me. But I am fighting that feeling."

He has not succeeded. "In my mind I will never stop being a lesbian. I am a human being. I am beautiful. I am alive."

Zikhona's advice to women who have been raped

"The fact that I was raped doesn't mean it is the end of my life. I can still work and learn."

"If you have been raped don't give up. Walk up straight. Get help. Try to keep busy: learn anything you can; borrow a pen and write something; make a song; get support from others."

Talk about it

1. How did the story make you feel?
2. Do you know anyone who has been raped? (Even yourself).
3. What can we learn from Zikhona's story about coping with rape?
4. Why is this a 'hate crime' story?



Thoko Budaza is the Soul City Provincial Manager for the Eastern Cape and a gender activist.

When Thoko was eight years old she was raped by her cousin. She grew up in the house of her uncle, a gangster, where she was repeatedly molested. When she was an adult, a man broke into her home and raped her at knife point.

She has suffered mental illness as a result of so much trauma. "What really helps me is to help other women. I tell every rape survivor: something inside you changes forever."

Rape in South Africa is a problem affecting everyone. We managed to turn around HIV and AIDS, and now we need to do the same for rape and violence against women.

SisThoko speaks out!

Rape is not about sex. It is about having power over another person. I tell myself that I will not give my rapists that power. I try to take back my power every day. Especially through the work that I do.

Permission
Imvume
Toestemming/
Permissie

To do this we have to remember the following:

- Rape is not about men needing sex. It is a way of showing power, spreading fear and controlling women and girls.
- Rape can have life-long effect on the person who has been raped.
- Dressing a certain way or being drunk does not give anyone permission* to rape us. As one gender activist said: "If a man is drunk we help him get home. If a woman is drunk she is raped."
- No man has the right to rape a woman, even if he has paid lobola.

Write a story

about how helping others can help you heal yourself. Send this story to Soul City Institute at info@soulcity.org.za

We need to support one another.



What is consent?

Consent* is when you agree to something.

Scene

You're kissing and getting hot with your boyfriend. You're both enjoying it and you both want to do what you're doing. Suddenly, you realise things are going too far for you. You say, 'Please stop. I don't want to carry on.'

How the scene ends

Ending 1

He says, 'Aw, babe, this is so nice I want us to carry on forever.'

She says, 'Me too. I love you. I just don't want to go the whole way. I'm not ready for that.'

He sighs and says, 'Okay, I understand. Let's just hold each other tight.'

They snuggle up to each other.

Ending 2

He says, 'You're always teasing. Look how I need you? It's your fault I'm like this.' He looks at his erection.

She says, feeling scared, 'I'm not teasing you. I just don't want to go all the way. I'm not ready for that.'

He says, 'Tough luck. I am ready.' He forces his penis into her vagina even though she is saying, 'No, please, no.'

He says, 'I know you really want it, babe.' He finishes off inside her. This is rape.

Consent
Isivumelwano
Toestemming

Write words to describe your feelings about the ending of Scene 1.

--	--	--

Write words to describe your feelings about the ending of Scene 2.

--	--	--

Think
about it

Talk
about it

1. Talk about where in the beginning of the story, and in the endings there is consent.
2. Talk about where there is not consent. Identify where rape is happening

Many rapes happen on dates with a guy. Perhaps it has happened to you?

Babies in nappies get raped. Grandmothers get raped. Girlfriends and wives get raped. Sex workers get raped. Anyone can get raped. If you haven't consented to it, it is rape. The person who did it is a rapist. No matter how cool a person they seem to be. Rape is a crime.

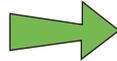
Never, ever feel guilty, or that you consented to what he did to you.

Some girls and women are able to get him to wear a condom. It's a good thing if you are able to persuade him. It does not mean you have consented.

What is consent?



Would you like a cup of tea?



Yes please!



CONSENT

Would you like a cup of tea?



hmmm...

I am not sure



Stop. Think. Talk about it.
Do not force them to have tea.

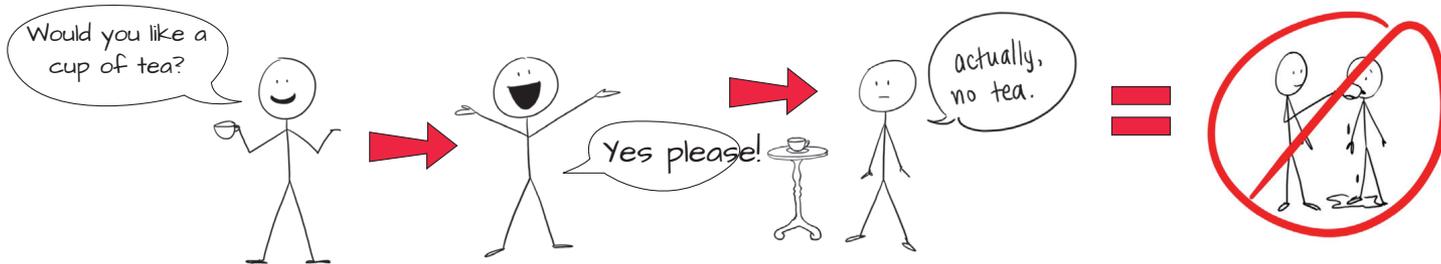
Would you like a cup of tea?



actually,
no tea.



Do not make them a cup of tea.



People can change their mind. Do not force them to drink tea.



Even if they have had tea before, do not force them to drink tea again. Especially if they are unconscious. Unconscious people do not want tea.

DECIDING TO HAVE A
CUP OF TEA OR NOT -
IT'S THE SAME
WITH
SEX.

CONSENT
IS EVERYTHING.

Talk
about it

Read this page and talk about it. Think of other ways to educate people about consent and rape.

Messages to everyone,
including boys and men

Respect.
When I say
no I mean no.



**I DON'T OWE
YOU SEX JUST
BECAUSE YOU PAID
FOR MY FOOD OR
MY TAXI FARE.**

I FLIRTED WITH
YOU. FLIRTING
ISN'T ASKING
FOR SEX.



**IF I SAID YES TO
SEX WITH YOU ONCE,
IT DOES NOT MEAN
YES FOR EVERY
OTHER TIME.**

**We should be free to
go wherever we want,
whenever we want,
wherever we want.
Just like you can**

**If I've had something to
drink, I am not asking
for sex. I need to be
cared for and protected
from harm.**

Action to take

**What messages about rape
do you want to communicate
to your community? How can
you share them and make
a difference with
your messages?**

sms

f



in

What to do if you have been raped

You need care and support.

If you have been raped, it's normal to want to wash your body. But try as hard as you can not to bath, wash or change your clothes. You will lose important evidence against the person who raped you.

Go to a place that helps rape survivors. It could be an organisation, a police station, hospital, clinic or a Thuthuzela Care Centre (TCC).



THUTHUZELA
Turning Victims Into Survivors

Thuthuzela Care Centres

TCCs have been set up in clinics and hospitals around the country. Their job is to offer victims of gender-based violence all the services they need.

From victim to survivor

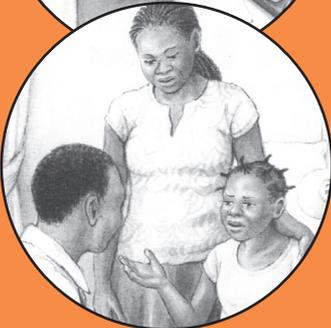
The TCC staff are on your side. They have been specially trained to make sure you are treated professionally, and with care and respect. They will believe you, and not blame you, or make you feel guilty for what happened. They understand the trauma you are going through, and they know what support you need. Remember, rape is NEVER your fault.



Get medical treatment within 72 hours or 3 days of the rape. This is to make sure you can take HIV prevention medicine and also medicine to prevent sexually transmitted infections (STIs) and pregnancy.

!
For you
to do

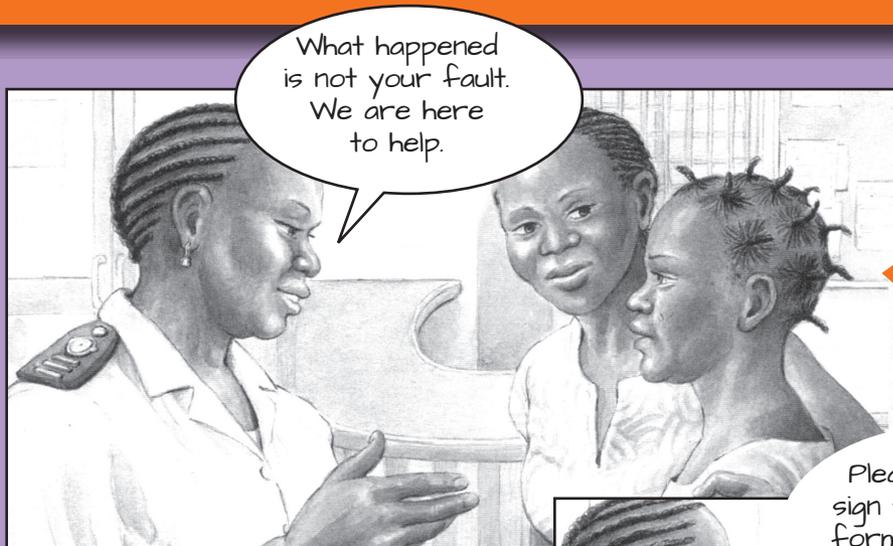
Read this on your own, with a friend or in your club. Make a list of all the service providers in the TCC. This helps you get a picture of all the help a rape survivor needs.



When you arrive at a TCC after rape

- A nurse or site coordinator will make you feel welcome.
- She will explain the medical examination, what needs to be done, and what they need for evidence of the rape.
- You will be asked sign a consent form to give the doctor your permission to examine you.
- A nurse will be in the examination room with you.
- After the medical examination, you can bath or shower.
- They may give you clean clothes. You may decide to take some with you to the TCC.
- An investigation officer will interview you and take your statement. You do not have to charge the rapist straightaway – or ever – if that is your choice. You must still be given the services at a TCC even if you do not press charges.
- A social worker or nurse will offer you counselling.
- You will get a follow up appointment and treatment and medication for sexually transmitted infections (STIs), including HIV, and pregnancy prevention. You may also be asked if you are prepared to have an HIV test.
- They will give you a referral letter, or they will make an appointment for you to get more counselling.
- They will give you a lift home if you need it.
- The TCC will arrange for you to stay at a place of safety if you need and want this.
- If you do decide to press charges against the alleged rapist, you can consult with a special lawyer before the case goes to court.
- A victim assistant officer will help you prepare for court.
- A case manager will explain the trial process with you.

Thuthuzela Care Centres are there for YOU



If you have been raped, go to a TCC for treatment. If there is no TCC, go to the hospital.

You will get ARV medication. You must start taking it within 72 hours of being raped.



I am here to help you. I will examine and treat your injuries.



See where to find your nearest TCC at the end of this booklet.

Here are some clean clothes.



After the examination you can have a bath or shower.

Counselling
Ululeko
Berading

An investigating officer will ask you what happened and write down your statement.



Then a social worker will offer you counselling*.



Here are the dates for your follow up treatment, medication and counselling. Is it safe for you at home? We can arrange a place of safety for you to stay.



Lawyer

Victim assistant
officer

Case manager
officer

You will be offered transport home.

These people will be called in to help you if you decide to press charges.

No TCC near you?

If you don't have a TCC near you, try to follow these steps.

1. Speak to someone you trust

Rape is a terrible thing to experience.

- Try not to be alone.
- Talk to someone you trust. Ask them to go with you to get help.
- Call the toll free helpline: 0800 150 150.

2. Keep your clothes, and try not to bath

If you bath you will wash away the evidence of the rape. Put your clothes in a paper bag. Do not use a plastic bag. The police can use the clothes as evidence.

3. Get to a doctor, a hospital or clinic urgently

The health worker can give you medicine to prevent HIV, STIs and pregnancy. You have to do this within 72 hours of the rape.

Investigate
Ukuphanda
Ondersoek

4. Write down everything you can remember about the rape

This will help if you decide to report the rape to the police.

Ask someone to help you if you can't write.

5. Decide if you want to report the rape at the police station

It is best to report the rape as soon as you can. It helps to have the report, if you decide to lay a charge against the rapist later. If you lay a charge, the police must investigate*. A doctor or registered nurse must examine you and fill in a J-88 form. This form describes any injuries you may have and it provides evidence in the case of a legal investigation. You will need this form as evidence in court.

6. Tell the police what happened

Take someone you trust with you. The police officer will write your story down. This is called a statement. Don't sign it until you agree with everything that is written down. Write down your case number and the name of the police officer. Phone or visit the police station often to find out what is being done about your case.

7. If you lay a charge, your case may go to court

You will have to tell the court about everything that happened. The doctor who examined you after the rape will have to give evidence.

8. Counselling is a very important part of becoming a rape survivor

It gives you a chance to understand what happened to you, to let your feelings out, and to begin your journey of healing. See the list of helping organisations at the end of this booklet.

Remember

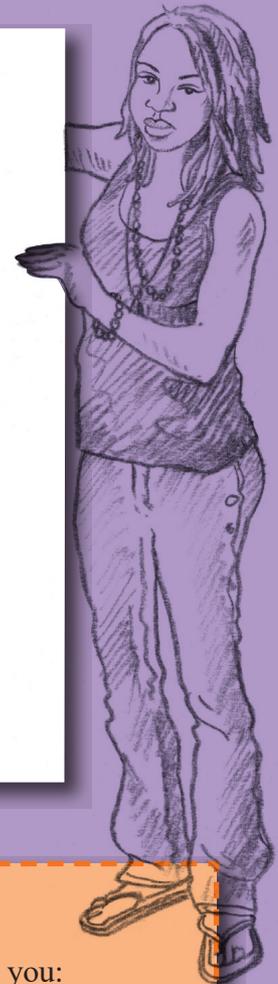
- You have the right to see a female police officer.
- You have the right to tell your story in a private room.
- You have the right to be treated with respect.

Counselling is not a once off thing. Some of us need more sessions to help us get our lives back.



Your rights

- You have the right to be free from sexual violence
- You have the right to education
- You have the right to safety
- You have the right to use contraception and practice birth control
- You have the right not to be abused
- You have the right to form healthy and equal relationships
- You have the right to be respected.



Think about things to do to make a difference. How can you:

- share information about where rape victims can get all the services they need after they have been raped
- get rid of the attitude where we blame rape victims instead of blaming the rapists
- share information about how friends and family can care for and support rape victims
- inform your community about the places that offer rape victim support
- educate especially boys and men about consent and rape

The **LAW** is on **OUR SIDE!**

Gender-based violence is a crime. There are laws to protect us. They are:

**The
Domestic
Violence
Act**

**The
Sexual
Offences
Act**

**The
Children's
Act**

Boy and girl children are both special because they depend on adults for love, care and protection*. That is why we have The Children's Act.

When we say a law protects us it means that we can use the law to:

!
**Make
the abuse stop**

!
**Get
protection**

!
**Lay a
criminal
charge against
the abuser or rapist.**

Protection
Ukhuselo
Beskerming

The Domestic Violence Act

The Domestic Violence Act (DVA) says that violence against women and children is a crime. You have a right to protection. It is the police and the courts' job to protect you. If someone is abusing you, you can get a protection order.

Where do you get a protection order?

You get a protection order from the magistrate's court. The protection order will:

- order your abuser to stop abusing you
- give the police permission to remove any dangerous weapon, like a knife or a gun, from the abuser
- say that a police officer must go with you to collect your things if you are scared and want to stay somewhere else

The DVA says the police must help you. They must:

- explain your rights to you in a language you understand
- tell you what protection you can get
- help you to find a safe place to stay
- take you to a health worker if you need one.

How can the law help stop the abuse?

You can lay a criminal charge* against your abuser at the police station.



If you are under 21 years old and need protection then another person can help you get the order.

I want to be a lawyer one day.



Criminal charge
Isohlwayo sokwaphula
umthetho
Kriminele klag



Statement
Ingxelo
Verklaring

What happens at the police station?

Go to the police station with a trusted friend, family member or someone else if you can. This will help you because if you are being abused, you may feel upset and shocked. They can support you. The police's job is to help you. They are not allowed to make you feel judged or blamed in any way. If they do, you can complain. The abuser is to be blamed for the abuse.

1. You will tell the police officer what happened. You have the right to tell your story in your own language. The police officer will write as you speak. This is called a statement*. You must read the statement they have written to check it is correct. This is very important. This statement will be used in court if you lay a criminal charge. When you are happy with your statement, the police officer will ask you to sign it.
2. The police must now investigate your case.
3. Before you leave after signing your statement, ask the police officer to give you a copy of your statement. Also, write down:
 - the name of the investigating officer
 - your case number.
4. Phone or visit the police station often to find out what is happening about your case.
5. If the case goes to court, and the abuser is found guilty, he may get a warning, a fine, or a jail sentence.



If your abuser hurt you, the police should take you to a doctor. Ask the doctor to fill in a J-88 report. This report can be used in court together with your statement.

The Sexual Offences Act

The Sexual Offences Act (SOA) is a law. It says that you are being raped when someone forces a penis or any other object into your vagina, anus or mouth. It says anyone can be raped, including boys and men.

The SOA says that all types of sexual abuse are a crime. This law says that government departments must work together to protect you if you have been sexually abused. This includes health care workers and counsellors, lawyers, police and the courts.

Fast Facts

The law says:

- The age at which a person can consent to have sex is 16 years old. Consent is when you give permission.
- If you are raped you have the right to post-exposure prophylaxis (PEP). PEP is medicine that can help to lessen the chances of you getting HIV from the alleged rapist.
- You do not have to press charges against the person who raped you before you can get all the care, support and treatment you need.
- You are allowed to find out if the person who raped you has HIV.



What does this word mean?

When you consent to something you agree to it. If someone forces you against your will, physically or with threats, it is not consent. It is force.

When you press charges against the person who raped you, you will hear the lawyers and police use the words 'alleged* rapist'. This means that the person has not yet been proved guilty in court. It does not mean they don't believe you.

Rape is NEVER your fault.



Don't feel guilty or ashamed to tell anyone if you have been raped.



We must ALWAYS believe someone if they say they've been raped.

Alleged
Ukuthyolwa
Beweerde



Special Sexual Offences Courts

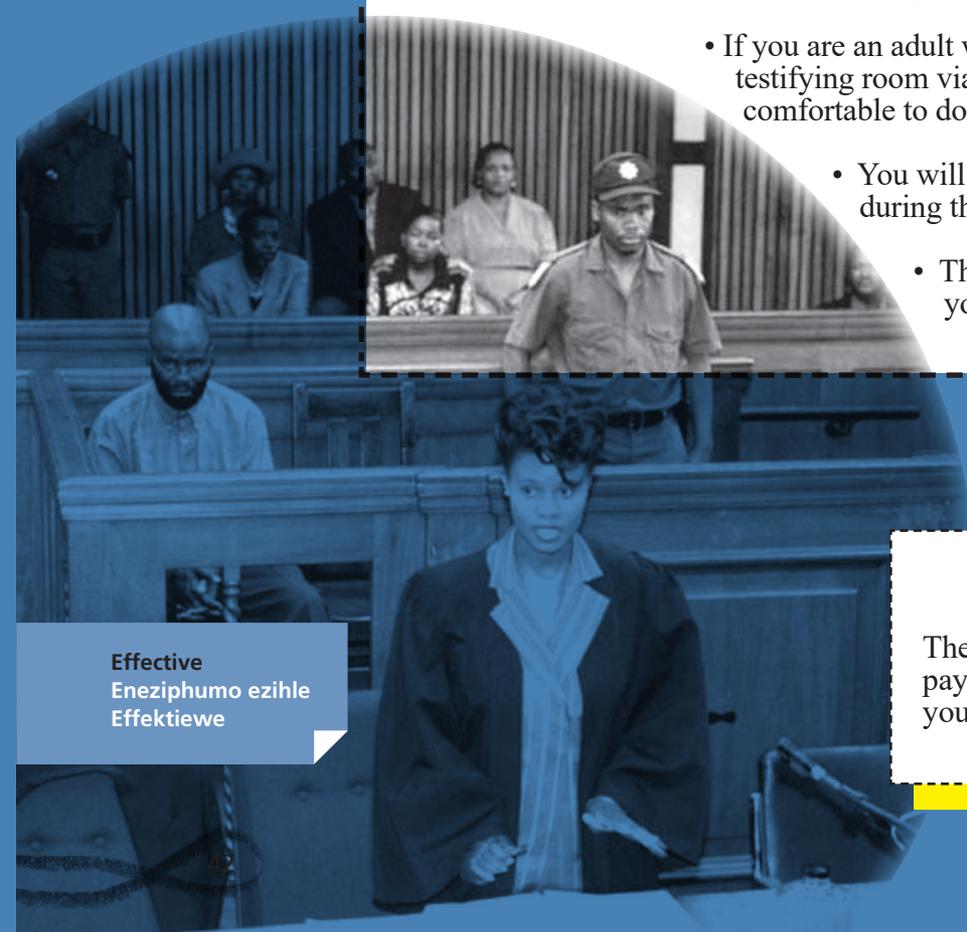
These courts help make sure sexual offences crimes are handled quickly. They try and make sure people who have raped don't get away with it. These courts offer survivors different services:

- They explain what will happen during and after your court case.
- They understand that it is traumatic for you to tell the story of what happened to you. They will help prepare you for your different emotions before the trial in court begins, and after it is over.
- They will help you to be an effective* witness when the court case is happening.
- If you are a child survivor or a person with mental disability, you may be able to give your evidence in a private room. There will be someone who will help you understand the lawyers' and judge's questions.
- If you are an adult witness, you may be able to testify from a private testifying room via the closed-circuit TV system if you feel more comfortable to do so.
- You will be offered a private waiting room during this time.
- There will be someone who will let you know your rights and what services you must receive.

Fast Facts

The Department of Justice must offer to pay your travelling and food costs when you need to come to court.

Effective
Eneziphumo ezihle
Effektiewe



The Children's Act

The Children's Act says children have a right to be protected from abuse. Children must be treated with respect and fairness. You are abused physically when someone:



- Smacks, hits or pushes you.
- Forces you to stay in an uncomfortable position.
- Roughly pulls your ears, hair or any part of your body.
- Uses something to beat you with.
- Gives you drugs or alcohol.

When someone abuses you physically, they also hurt you emotionally*. Fill in words to say what feelings you get.

Four empty speech bubble shapes for writing feelings.

! For you to do



You are abused emotionally when someone:

- Blames you for many things.
- Calls you nasty names.
- Bullies you to do things you don't want to do.
- Shouts, yells or swears at you.
- Tries to make you feel bad about yourself.
- Makes you watch people or animals being abused.
- Lies to you.
- Ignores you.
- Rejects you to punish you or ignores your emotions.
- Makes you feel unloveable

The law says you are a child until you are 18 years old.



Emotionally
Ngokomphefumlo
Emosioneel

**There is no
excuse for abuse**

You are abused sexually when someone:

- Touches your private parts to give themselves pleasure.
- Asks or forces you to touch their sexual parts.
- Asks or forces you to watch or listen to people having sex (this could be in real life, on TV and pornography on a movie or from the internet).

Someone neglects you when they should be responsible for protecting and caring for you. Instead they do one or more of these things often.

- Don't look after you properly.
- Leave you in danger.
- Don't let you sleep properly.
- Don't give you proper clothes to wear.
- Don't help you keep clean.
- Are drunk around you.
- Don't make sure you get medical care when you're sick.
- Don't make sure you go to school.

What do you do if you are abused?

- You may feel scared or helpless.
- Tell someone you trust, like a teacher or another adult. Phone the child helpline 08000 55 555.
- Remember, it is never your fault if you are abused. It is the abuser who commits* the crime.

Commits
Ukwenza
Pleeg

Remember

**Never get into a car
with someone you do
not know.**

**Your body is private.
You have the right
to say no!**

If you are being abused

Take action

- Say these things to yourself each day.
- They are true and they will help to make you strong.
- The abuse will not stop by itself. You need to take action.

I am not to blame.

I am important.

I have a right to be safe.

I have a right to be in control of my own life.

I deserve to be happy.

I deserve to be loved.

I have a right to be treated with respect.

Talk to someone you trust

- You will feel better if you share your problem.
- Go for counselling.
- There are people who are trained to help and can help you find ways to deal with the problem. See list of places at the end of the booklet.

Language can also be used as a form of abuse.

Examples:

“You are not that special. There are other, better looking girls.”

“You think that you are all that.”

“Girls are not as clever as boys.”

Derogatory* means about the same as insulting*. Derogatory language is meant to hurt.

- If you feel offended or insulted by what someone says, the person probably said something derogatory.
- Racial, sexist, and homophobic language can be abusive.
- Insults that make you feel stupid, crazy or less of a person are derogatory.
- Making a joke about someone’s gender, or the way they look, or speak, can be abusive.

Can you think of any other examples of abusive language?



Careless and insulting language can cause pain and suffering. Everyone deserves to be spoken to with respect.

Derogatory
Ukwehlisa isidima
Neerhalend

Insulting
Ethukayo
Beledigend

Phuza Wize

You become an adult at the age of 18 according to the law. But your brain doesn't reach physical maturity* until you are almost 25 years old. Drinking alcohol damages the normal growth of a teenager's brain cells. Ideally, you should not consume any alcohol at all, because even small amounts may have long-lasting effects on the development of your brain.



Your guide to safer drinking

- Alcohol can make sex seem exciting.
- People who drink a lot of alcohol may find it hard to say 'no' to sex.
- When people are drunk, they may forget their values. This makes it easier to be unfaithful to their partners.
- People may meet and have sex with lots of different partners when they drink. HIV and other STIs can then be passed on.
- People who have drunk a lot may have sex without a condom.
- Men may buy drinks for women and expect sex in return.
- People may have sex when they don't want to, or they may have sex with someone they don't know.

1 can of beer =	1 standard unit
1 bottle of cider =	1 standard unit
1 quart bottle of beer =	2 standard units
1 bottle of alcopops (like Brutal Fruit) =	1 standard unit
1 small glass of wine =	1 standard unit



Physical maturity
Ukuvuthwa
ngokomzimba
Fisiese volwassendheid

Men:
Can drink a maximum of 4 units of alcohol in one evening or day.

Women:
Can drink a maximum of 2 units of alcohol in one evening or day.

What can you do?

Don't ignore women and girls who call for help

- Call the police.
- Make a noise – bang pots, shout or blow whistles.
- Stop the man if you can do it safely.
- Call others to help if you are scared.
- Tell the abuser the community says what he is doing is wrong.

Help arrange safe places for women and children to stay in your community

- Raise money to support these shelters.
- Give books, food and clothing to shelters.
- Ask churches, businesses and clinics to help set up safe places.

Each one, teach one

- Teach girls and boys that violence against women is wrong.
- Invite women's organisations to talk at your school or church.
- Write letters to your local radio and newspaper.
- Raise awareness around GBV. Help people understand that they must stop blaming victims of abuse or rape for what happened.
- Help abusive men to understand that they can change and stop the abuse.

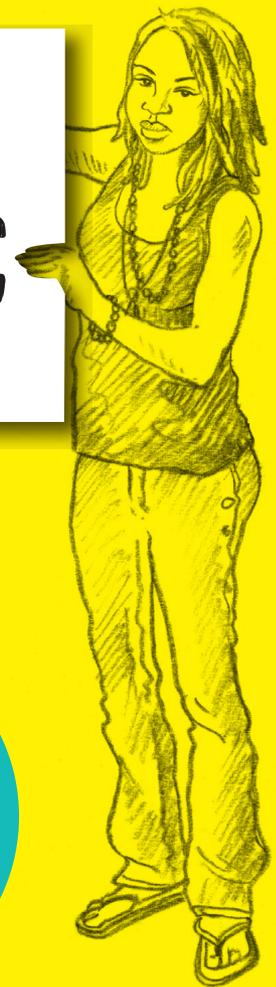
Take action in the community

- Get religious and traditional leaders to speak out against violence against women.
- Don't look down on women who divorce or leave partners. They have a right to be happy.
- Volunteer at a women's shelter.
- Form a girls' group like Rise Clubs, and link up with other organisations, or contact Soul City to find out how to join Rise.
- Support national campaigns such as 16 Days of Activism for no violence against women and children, Child Protection Week, Women's Day, etc.

Share the information in this booklet with others, including men and boys.

Did you know?

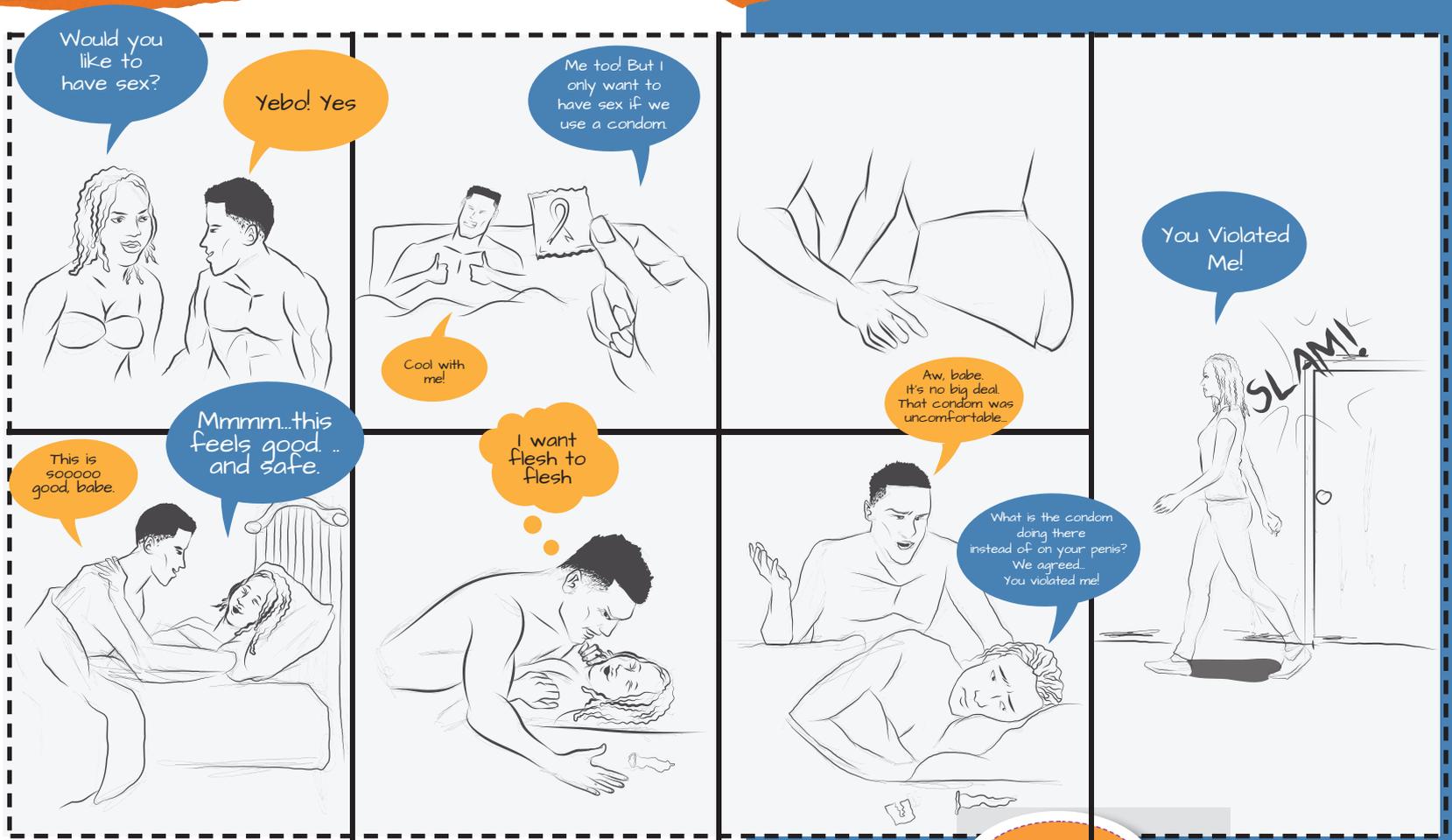
Across the world, gender-based violence kills and disables as many women between the ages of 15 and 44 as cancer does. More often than not, perpetrators go unpunished.
www.unfpa.org



Awareness
Ukwazisa
Bewuswording

Suffer
Ukungcungcutheka
Ly

Call things as they are



Talk
about it

1. What happened in the story?
2. How did it make you feel?
3. When did the man violate their consent agreement and how did he do it?
4. Read the information panels about stealthing and what the law says.
5. Why do you think the man felt entitled to secretly remove the condom?
6. What emotions do you think the woman felt? And the man?

What is Stealthing?

Stealthing is when someone, without their partner knowing, and without their consent, removes a condom before or during penetration sex.

The sex could be vaginal, anal or oral.

Fast Facts

The law says about stealthing:

The Women's Legal Centre in Cape Town, South Africa says that stealthing is a type of rape. A person has consented to sex only if they use a condom. The stealter removes the condom without their partner's consent. Therefore, it is no longer what was agreed to.

By penetrating his partner without a condom and without her consent, he has raped her.

Tell your own stories

Has someone ever removed a condom during sex, or deliberately torn it, without your permission? If not, maybe you know someone it happened to? Share your stories about this type of sexual violation. As you discuss your stories, include:

- » the concept of consent and how it was violated
- » different types of consequences for each sexual partner
- » why you think the perpetrator felt it was okay to do what he did
- » why stealthing is a type of rape
- » what types of support a survivor of stealthing needs.

Talk
about it

Different ways they do it

There are different ways perpetrators operate. Whatever they do, they do it stealthily – secretly – and without their sexual partner's consent.

They Might	What you can do to protect yourself
Tear, or make holes in, the condom	Always use your own condom and keep watch to make sure your sexual partner doesn't try to do anything to damage it. A person can use any sharp object can break a condom. People could use things such as scissors, a nail, safety pin or a knife.
Roll off the condom before penetration sex.	Double check that the condom is on before your sexual partner enters you. You can make this part of your foreplay.
Slip off the condom during sex.	You can regularly feel with your fingers if the condom is still on as part of your sex play and pleasure.

People who damage or remove condoms put you at risk for pregnancy, sexually transmitted infections and HIV.



Having this type of rape - where you trusted the person to have safe sex as consented to and they violated you - can lead to lifelong mental and emotional trauma.



Go to a place that helps survivors of rape. It could be an organisation, doctor, hospital, clinic or a Thuthuzela Care Centre (TCC).



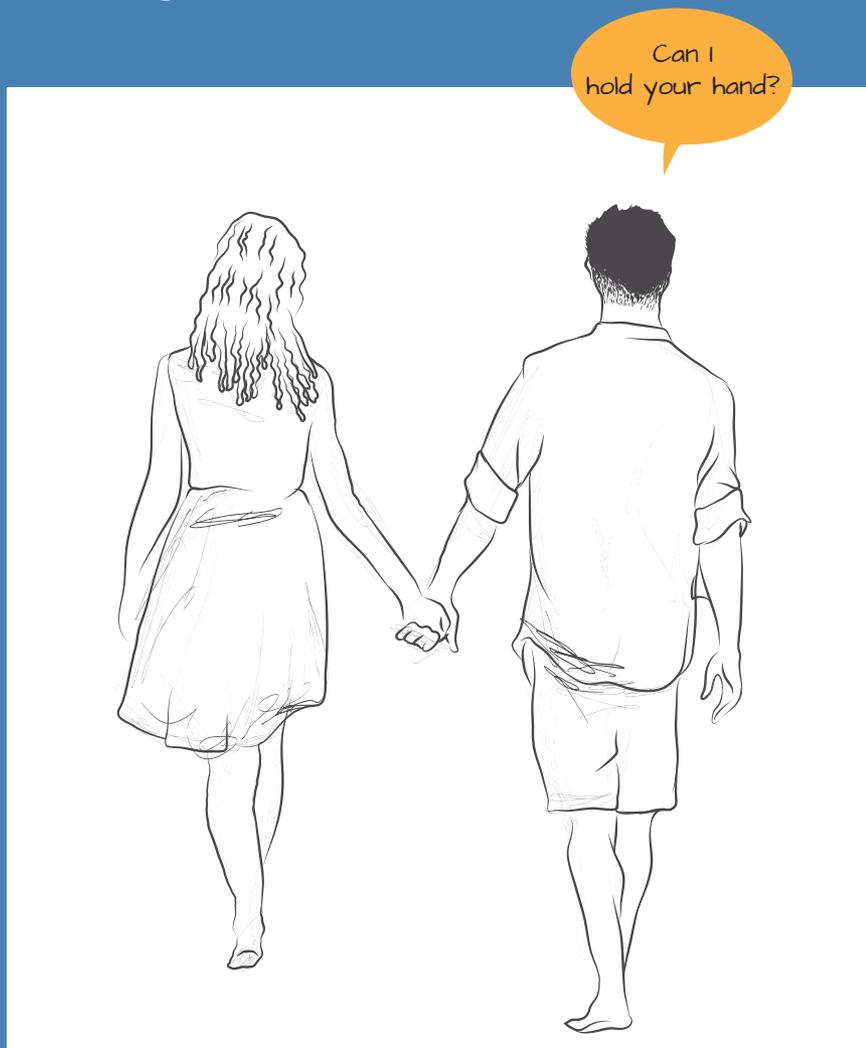
It was not your fault

You are not to blame. The person who did it is to blame. You can take legal action. It is up to you whether you want to report what happened to the police.

If you do want to, then read pages 48-79 for important information about evidence and reporting rape.

Consent is not a once-off thing

When we consent to someone touching us, both partners should be checking in on consent right from the start. Keep asking permission, even to hold someone's hand. From the first kiss through to coming to the end, permission needs to be asked for. That is what consent is. You can withdraw consent at any time. And, "No" always means "NO". We must respect someone's "No". Here are some examples for seeking consent:



Trust your instincts. If you sense your sexual partner is doing something odd, you are most likely right. Stop and investigate. Never accept blame for what they did to you. Reject their argument if they tell you you're making a fuss about nothing, or crazy or being ridiculous. You are not – betraying consent is very serious; it is a crime. And stealthing is rape.

GET INFORMED AND GET LEGAL HELP! You will find resources about gender-based harm and other matters that affect women on The Women's Legal Centre's

website: www.wlce.co.za
Cape Town Office
Telephone: 021 424 5660
Helpdesk queries: info@wlce.co.za

List of places to help

Name of organisation	Services offered	Helpline	Website
Alcoholics Anonymous SA	Regular group sessions to support alcoholics who want to be sober.	0861 435 722	www.aasouthafrica.org.za
Child Welfare South Africa	Child-related information and services such as shelter and counseling for children.		www.childwelfare.org.za info@childwelfare.org.za
ChildLine South Africa	Trained counsellors available to assist abused children, young people, and their families.	08000 55 555	www.childline.org.za
Department of Social Development Gender-based Violence Call Centre	All child/gender-related violence and abuse questions and help for victims. Social workers available to assist.	0800 428 428	Dial *120*7867# (free) from any cell phone.
Department of Social Development Gender-based Violence Call Centre	Offers support, guidance and help for individuals addicted to drugs and alcohol as well as their families.	National helpline 0800 12 13 14	SMS 'HELP' 32312
Family and Marriage Association of SA	Support for families. Services include counselling for domestic violence, trauma and grief. Director : Mrs Noelene Blekkenhorst Tel No : 021 447 7951 9 Bowden Road, Observatory, 7925	Johannesburg: 011 975-7106/7 Satellite offices Dunoon: 021 556 1945, Facreton: 021 593 8074 Elsie's River: 021 946 4744 Khayelitsha: 021 361 9098 Mitchell's Plain: 021 372 0022 Tygerberg: 021 946 474	www.famsa.org.za national@famsa.org.za famsa@famsawc.org.za
Lifeline South Africa	Free confidential telephone counseling services.	0861 322 322	www.lifeline.org.za
People Opposed to Woman Abuse (Powa)	Shelter, counseling and legal support to women in abusive relationships and rape survivors.	083 765 1235	www.powa.co.za

Name of organisation	Services offered	Helpline	Website
Rape Crisis	Support and counseling for rape survivors.	Observatory: 021 447 9762 Athlone: 021 633 9229 Khayelitsha: 021 361 9085	www.rapecrisis.org.za
SA Depression and Anxiety Group	Provides information on mental-related disorders like suicidal feelings, depression and stress affecting both children and adults.	Emergency: 0800 12 13 14 Help line: 011 262-6396 Suicide crisis: 0800 567 567	www.sadag.org.za SMS "Help" 31393
SA National Council on Alcoholism and Drug Dependence	Provides affordable prevention and treatment services for alcohol and drug dependence.	Western Cape 021 945 4080/1	www.sancawc.co.za
South Africa National Aids helpline	Anonymous, confidential counseling and referral services.	0800 012 322	www.aidshelpline.org.za
South African Police Service	Report gender-based and child-related abuse and crime.	08600 10111	
Stop Gender Violence	Solutions for individuals who are in abusive situations.	0800 150 150	

Thuthuzela Care Centres

Province	Name of TCC	Address	Telephone
Western Cape Province	George TCC	George Provincial Hospital, George	044 873 4858
	Karl Bremer TCC	Karl Bremer Hospital, Bellville	021 948 0861
	Khayelitsha TCC	Khayelitsha Hospital, Khayelitsha	021 360 4570
	Manenberg TCC	GF Jooste Hospital, Manenberg	021 699 0474
	Wesfleur TCC	Wesfleur Hospital, Atlantis	021 571 8043
	Worcester TCC	Worcester Hospital, Worcester	023 348 1294

SA government support to GBV survivors

The Department of Social Development has a 24-hour contact centre dedicated strictly to dealing with gender-based violence. The GBVCC has been operating since March 2014 and offers counselling to the public affected by GBV. 0800 428 428

The Department of Women

launched the 365 Days of Activism in 2014 with the hashtag #NoMoreViolence. The campaign encourages ongoing support and action against violence.

Men

Consider joining Brothers for Life. This organisation helps men and boys support each other in being respectful of women and girls. See www.brothersforlife.org for lots of information.

We should be free
to go wherever we want,
whenever we want,
wherever we want and
not be harmed.



Let's stop all types of violence.

The **Kwanele! Communities ensuring safe learning environments for girls** project is part of the SeViSSA (Sexual Violence in Schools in South Africa) programme.

KWANELE!

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