

What to do when rape occurs

1. Do NOT wash your body or clothes so that the evidence is not destroyed. If you remove your clothes carry them in a newspaper, not polythene bag
2. Report the rape to the relevant authorities including police, children officers etc within 24 hours.
3. Get medical help as soon as possible and preferably before 72 hours are over from the time of the event
4. Get counseling for yourself
5. Do NOT blame yourself

Contact Us on



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Life Scenarios On Sexual Abuse And Violence

Jane is a student working hard on her school work making her parents proud. Being a dedicated student, she got surprised when she scored an E in one of her exams. She decided to consult the teacher who upon their meeting promised to grant her the grade she deserves only if she accepts his proposal of having sex with him. Since then, Jane has been depressed and she does not know the way forward. Help

Dear Jane, this is sexual harassment which is not acceptable in any learning institution or anywhere. You should report this immediately to the school administration for action. If you have access to a mobile phone, you could try to get evidence by recording the call/conversation or saving any of the text messages sent, and present this to the school administration. It may also be useful to inform your parents so that they support you and help you deal with the concern through the school administration.

Every night when my mother leaves for work, my father comes into my room and forces me to have sex with him. This has gone on for the last 5 years. He has threatened to harm me if I tell anyone. I once tried talking to my mum but she rebuked me and told me not to propagate any more lies concerning the family and I should not report this to anyone.

Sorry for what you have been going through. This seems to have gone on for a long time and your mother has been unable to intervene. Please seek help from a trusted adult/teacher, pastor, community member, or peer counselor, who can pursue the matter with the relevant authorities. The children's office also offers help in such situations. You can also call hotlines like the child helpline 116 or the gender based violence hotline 1195 for free to receive help and support.

Toll free lines for possible help:
Child line Kenya-116
Health Assistance Kenya-1195
Youth Hotline-1190



I am a new student in a new school; the older students have an orientation for the new students which involves sodomizing them. I recently became a victim of this. Please help.

Report the incident to the guidance and counseling teacher immediately or any other teacher that you trust in the school. Request the teacher to accompany you to a health facility. It is important that one visits a health facility for medical examination and treatment. It is also important that you talk to someone you trust outside the school environment and where possible, they should bring it to the attention of the necessary authorities.

The boys involved can be taken through training on the effects of their behavior on themselves and their victims through the guidance and counseling department so that other children are protected from this form of bullying even in future



I am a young lady called Sheila. Tony has been my friend for close to eight

months and has always proposed to have sex with me but I have declined. Yesterday, he invited me to their home for a birthday bash which continued up to 9:00 pm. I was given soft drinks which I believe had been induced with drugs. Soon I felt weak and dizzy and Tony took me to a nearby house and had sex with me without my consent. I feel confused and I don't know what to do with myself. Please Advice

Dear Sheila, Sorry for the ordeal that you were caught up in. Kindly go to the hospital for medical checkup and treatment. You need to receive medical attention within 72 hours of the ordeal to protect yourself from infection and/or unintended pregnancy.

You also need to report the matter immediately to the gender desk at the nearest police station either by yourself or in the company of a trusted friend. Keep all of the physical evidence intact by refraining from taking a bath or even changing clothes. Once you have reported you will be given a form to present to a government medical facility. Please make sure that you also ask the hospital to refer you to the nearest provider of counseling services.

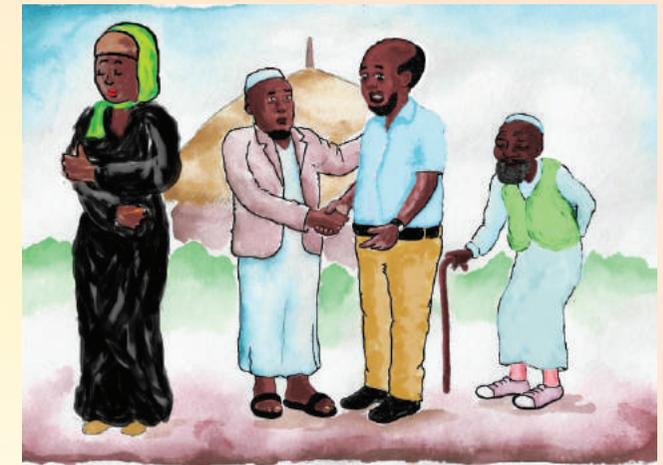


Paul invited me to watch a movie at his place. As the movie was going on, he came and sat next to me and begun to take off my clothes and proceeded to have sexual intercourse with me despite my protests. He says it is my fault and that I asked for it by coming over and he could not control himself. What should I do?

First and foremost it is not your fault that you went through such an ordeal. Talk to someone that you trust and feel safe with. You can also call the child helpline 116 or the gender based violence hotline 1195 for free. Tell them what happened, and they will advise you on what to do. You need to go to hospital for medical checkup and treatment within 72 hours of the ordeal to protect yourself from infection and/or unintended pregnancy. Do not hesitate to report the rape right away to the nearest police station either by yourself or in the company of a trusted friend. Keep all of the physical evidence intact by refraining from washing or even changing clothes.

For future dates avoid being alone with someone and meet in a public place until you are familiar with and trust a person. Try to always stick with a group of friends and look

out for one another; never hesitate to ask for assistance or to scream if you feel in danger. You can recover from a moment of embarrassment in a lot less time than what it would take to heal from rape and sexual abuse. If someone makes you feel uneasy, trust your instincts and eliminate any instances where you would find yourself alone with this person. Always be clear and concise with others in setting boundaries for your body. If you and someone else begin doing something that you are not sure about, don't hesitate to be firm in letting that person know that you are not ready. Keep yourself aware of your surroundings with a clear head. Alcohol and drugs can severely impair your judgment and your ability to keep yourself safe. Especially avoid being alone with someone in secluded places¹.



My name is Amina. During the holidays I had a terrible ordeal in the hands of our neighbor's son Abdul, who raped me as I was going to the shop I informed my parents about the incidence and they took it up with the village elder. It was later resolved that Abdul's father would pay a fine of Kshs. 20,000 to have the matter resolved amicably. I feel very bad with the way the matter was handled and I do not know what to do. Please advice

Dear Amina, sorry for the ordeal you went through. Rape is a criminal offence against the republic and there are no provisions for mediation out of court. The matter should be reported to the police immediately, being a criminal offence. Although much of the evidence against Abdul is now unavailable, the police will provide you with possible options available for justice to be served. A children's officer in the sub-county (district) can also help pursue the case with the police and at the court.

However, what is critical for you right now is to see a counselor either in school, children's office, public health facility or a religious institution to help you get through this. It's still very important that you seek medical help from a nearby health facility for checkup and treatment where necessary.

¹After Silence, 2007