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SEXUAL HARASSMENT AND ABUSE. KNOW THE FACTS.

WHAT IS SEXUAL HARASSMENT?

Sexual harassment can be when someone:

- Sends you sexual notes, SMSs or pictures when you don't want them.
- Wants sex in return for cash, a cell phone or other gifts or favours.
- Makes sexual jokes or comments that make you feel uncomfortable.
- Touches your body when you don't want to be touched.

BREAK THE SILENCE!

SAY NO

TO SEXUAL HARASSMENT & ABUSE



WHAT IS RAPE?

Rape is a form of sexual assault. It is when someone forces a penis or an object into your vagina, anus or mouth. Rape can happen to a girl, boy, man or woman.

YOU HAVE THE RIGHT TO SAY NO.

When you say no to any sexual suggestions, the other person should stop. It doesn't matter who the person is or how long you've been in a relationship with them. It doesn't matter if you've already had sex. You can change your mind and say no.

SEXUAL VIOLENCE INCREASES THE SPREAD OF HIV

IF YOU SAY NO BUT SOMEONE FORCES YOU TO HAVE SEX, IT IS RAPE.

It is rape even if you know the person, or are in a relationship with them.

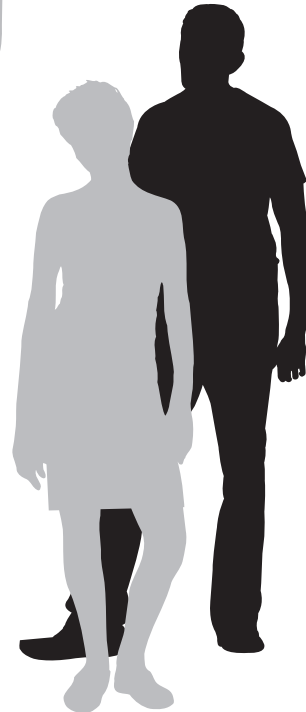
It is rape even if you have had sex with the person before.

It is rape even if you are heated up and sexually aroused.

It is rape even if the person has given you gifts, clothes or anything else.

IT'S NEVER THE FAULT OF THE PERSON WHO WAS RAPED.

When a girl has been raped, people often ask what she was wearing. They say that if she looked sexy then she was asking to be raped because men can't control themselves. That is not true! A girl has the right to dress as she chooses. Men can choose to control themselves.



KNOW THE LAW

Sex with a child who is younger than 16 is a crime.

Sex between a teacher and a learner is always illegal.

Adults have a legal duty to report suspected abuse of a child.

IF YOU ARE RAPED OR SEXUALLY ASSAULTED. WHAT TO DO.

1. GO TO A SAFE PLACE AS SOON AS POSSIBLE.

2. TELL SOMEONE YOU TRUST WHAT HAPPENED.

Tell someone as soon as possible. This may be difficult but it is very important because this person can support your story in court. If the person you tell is a stranger, ask for their name and telephone number, write it down and keep it.

**TELL
SOMEONE
YOU TRUST**



3. DO NOT THROW AWAY YOUR CLOTHES OR WASH YOURSELF.

Don't wash even if you want to. There may be hair, blood or semen from the rapist on you or your clothes. If you decide to report the rape, this is important evidence.

4. PUT THE CLOTHES YOU WERE WEARING IN A PAPER BAG OR WRAP THEM IN NEWSPAPER.

Do not put them into a plastic packet because this can destroy the evidence.

5. IF YOU ARE HURT, GO STRAIGHT TO A HOSPITAL OR DOCTOR.

If you want to report the rape, ask the hospital to call the police. A doctor should examine you as soon as possible because then

**KNOW THIS:
IT IS NOT
YOUR FAULT!**



there is a better chance of finding proof such as blood or semen on your body and clothes. It is better not to have any alcohol or medicine before a doctor examines you. If you do take something, you must tell the doctor.

6. IT IS A GOOD IDEA TO REPORT THE RAPE.

Go to the police station nearest to where you were raped. Do this as soon as you can. Early reporting gives a better chance of finding proof of the attack and of catching the rapist. Ask someone to go with you for support. Keep your police case number and the name and contact number of the police officer in charge of your case. Ask for a copy of the statement you give to the police.

7. IF YOU ARE THREATENED BY THE RAPIST, TELL THE POLICE AND ASK THAT THE RAPIST BE KEPT IN PRISON.

Even if you were drunk at the time of the rape, you can still report the rape and get medical treatment. Being drunk is not a crime but rape is a crime.

8. GET TREATMENT AND MEDICATION WITHIN 72 HOURS TO PREVENT PREGNANCY, HIV OR OTHER SEXUALLY TRANSMITTED INFECTIONS.

Get treatment from a doctor even if you don't lay a charge.

- Get antibiotics to prevent other sexually transmitted infections (STIs).
- Women should get the Morning After Pill to prevent pregnancy.
- Have an HIV test and get antiretroviral (ARV) treatment to prevent an HIV infection.

Disclose your HIV status to make sure you get the right treatment. If you were HIV-positive at the time of the rape, a full (28-day) course of ARVs

could be harmful because it can allow the virus to grow stronger and become more resistant.

If you don't know your status, get a three-day course of ARVs. Because this is a short course, there is no danger that the virus will build up resistance to the ARVs. If you test negative, an additional 24-day course must be given.

You must continue the course exactly as it is prescribed even if it makes you feel nauseous.

When the course is finished, you need to see a doctor again to check how your liver has dealt with the drugs. Usually, you need vitamins after the ARVs.

After three months, you must go for another HIV test, to check that you are not infected.



GET HELP TO
STOP
THE ABUSE

9. GET HELP AND SUPPORT.

If you or someone you know is being sexually harassed or abused, get help to stop the abuse. Speak to someone you trust, or phone one of these toll free numbers:

- **Female Lawyers Association Zambia (FELAZ)**
Tel: +260 211 238601
- **Forum for African Women Educationalists in Zambia**
Tel: +260 211 295482
- **Law Association of Zambia (LAZ)**
Tel: +260 211 254401
Fax: +260 211 254428
- **National Legal Aid Clinic for Women**
Tel: +260 211 220595
Fax: +260 211 234747
- **Victim Support Unit (VSU)**
Tel: +260 211 231060
- **Women and Law in Southern Africa (WILSA)**
Tel: +260 211 253974
Fax: +260 211 254673
- **Young Women Christian Association (YWCA)**
Tel: +260 211 255204/252726

ADD OTHER USEFUL NUMBERS:

BE SMART!

PROTECT YOURSELF!

YOU CAN'T ALWAYS STOP ABUSE. BUT THERE ARE ACTIONS YOU CAN TAKE TO KEEP YOURSELF AS SAFE AS POSSIBLE.

Always be aware of your environment and how it makes you feel. If you think you may be in danger, listen to the warning feelings and get help.

TOP TIPS:

- Never accept a lift from someone you don't know or trust.
- Avoid areas where there are few people.
- Behave appropriately with people. Give respect and demand respect.
- Never flirt with someone if you don't want sexual attention from them.
- Never give your phone number to someone you don't want to call you.
- Never give out a friend's contact details without their permission.
- Avoid being around bullies. If they harass you, get help from a trusted adult.
- Don't walk alone, especially at night.
- Never open the door to a stranger.
- Always tell a trusted adult where you're going when you go out.
- Never accept drinks, gifts or promises from a person expecting a sexual favour.
- Never keep it a secret if you experience abuse.
- Form a club so you can protect one another and stand together.

**ALWAYS WALK
TO AND FROM SCHOOL WITH A
FRIEND
OR IN A GROUP**



SAY NO! TO ABUSE & YES! TO A SAFE SCHOOL. CLUB TOGETHER!

WHY START A CLUB?

There are many benefits to participating in a club. You can:

- Gain knowledge and skills around issues of concern in your school community.
- Act together to address issues and bring about positive change.
- Get information to help you make informed decisions on life choices and careers.
- Develop your social skills to build assertiveness and confidence, especially in dealing with peer pressure.
- Learn teamwork, leadership and strategic planning skills through organizing and managing club activities.
- Discuss, debate and act in a positive environment that promotes critical thinking and constructive behaviour.
- Participate in outings and events where you enjoy fun and useful club activities during term time and during the holidays.

**THERE IS
POWER
IN GROUP ACTION**



HOW DO YOU FORM A CLUB?

Get together with a small group of people to start the club. For a school-based club, it's a good idea to get a teacher's support.

Successful clubs

There are certain things that need to be in place for your club to work really well. When you start your club, use this checklist.

Successful clubs work because:

- Everyone is welcome and no one is discriminated against.
- Members treat one another as equals, with respect, and give everyone a turn to speak.
- Boys and girls are good friends and support one another.
- Members have enough 'push' and drive to get activities started and to keep them going.
- Members are prepared to raise funds or get donations for equipment or other needs.
- There is a place to meet and do activities.
- There is support from a teacher or someone else in your community (depending on what you are doing).



**A GROUP OF
PEOPLE
CAN ACHIEVE MUCH
MORE
THAN AN INDIVIDUAL**

**WORKING
FOR CHANGE
TOGETHER!**

**GROUPS
PROMOTE DISCUSSION
WHICH LEADS TO
EXCITING
IDEAS**



DRAW UP A CLUB CONSTITUTION.

The constitution must explain:

- Your **club's name**.
- The **aims and objectives**. This is your club's purpose, vision and mission.
- The **leadership and management** structure and its roles and responsibilities. These may include:
 - A **chairperson** who runs the meetings.
 - A **treasurer** who looks after the money and keeps the financial records.
 - A **secretary** who looks after the administration, such as taking minutes (notes) at meetings and filing them. Minutes should record the date of the meeting, who was present, the major decisions taken, and details about who agreed to do what and by when.
 - An **information team** that keeps the school and community informed by putting up posters, advertising meetings and talking to people.
- Information about **club meetings**. Decide how often you will have meetings. You could meet once a week and more often when needed.
- **Club rules**. Decide on the rules for your club.
- **Contacts** (organizations which can provide assistance, such as supportive teachers, community organizations, police, etc.).
- **Membership** information. This details the age groups of members you want in your club and how you are going to recruit them.
 - Members need to agree to the club rules, values, mission and vision so make sure that they know about these before they join. At one of your first meetings you could introduce new members to the club's constitution and discuss commitment to the vision, mission, and values and rules.
 - Remember that your club needs to encourage positive behaviour and discourage self-destructive attitudes and anti-social behaviour. If you are going to work together for positive change, you must be committed to equality, respect, dignity and fairness, so when you recruit members, they should share these values.

THE CONSTITUTION OF THE

1. OUR NAME:

.....
YOUTH CLUB

2. OUR PURPOSE:

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(e.g. Our purpose is to work together as girls and boys, promote gender equality in education, promote both girls' and boys' equal enrolment and success at school, promote constructive values amongst our peers and share information within our schools and communities to empower young people to prevent and deal with social problems that affect them.)

3. OUR VISION:

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(e.g. Our vision is of a society that raises responsible citizens for the future and is free from all forms of discrimination, violence, exploitation, abuse and fear.)

4. OUR MISSION:

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(e.g. Our mission is to engage in peer education, initiate debates in our schools, conduct campaigns, engage in public speaking during community events and be role models for our peers.)

5. OUR VALUES:

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.....
.....

(e.g. We embrace values of equality of human rights and dignity in education and in all areas of life, mutual respect between girls and boys, and we believe in kindness, empathy and peaceful conflict resolution.)

6. MEMBERSHIP:

Membership of the club is for boys and girls between the ages of and who attend School and who live in

7. ORGANIZATIONAL STRUCTURE:

Elections will be held once a year for each official position. Each member present at the election meeting can vote once for each position.

Official <i>(e.g. chairperson)</i>	Duties <i>(e.g. chair meetings)</i>
.....
.....
.....

8. MEETINGS:

One regular.....*(e.g. monthly)* meeting will be held. All other meetings will be called when needed.

9. RULES:

Say what the rules are and what will happen if members do not follow the rules. For example: Everyone commits to:

- Respecting the club and all its members.
- Abiding by the club's values.
- Working towards achieving the club's vision and mission.
- Attending meetings or sending apologies for being absent.
- Arriving on time for meetings and events.
- Switching off cell phones during meetings.
- Participating in club activities.

Everyone agrees that members will be expelled for repeated behaviour that goes against the values of the club.

10. AMENDMENTS:

Amendments to the Constitution can be made by a $\frac{2}{3}$ majority vote of the members present at any regularly called meeting.

Date of adoption.....

HOW DO YOU RECRUIT MEMBERS?

Decide on the number of members you feel will be good for the club, or easy to manage, especially when you organize activities and share the responsibilities.

Start inviting learners to join your club:

- Ask your head teacher or another teacher for permission to announce your club in assembly. Invite interested learners to approach you or to come to a meeting.
- Make posters and put them up in school.
- Talk to other learners before school, at break and after school to tell them about the club.

WHAT CAN YOUR CLUB DO?

Your club can get involved in all sorts of activities.

Study together.

- Agree on a regular time and place where members can get together to do homework, study and help one another with work. Older kids can also help younger kids.

Get fit.

- Practise running in groups (for safety). Start self-defence or fitness classes. Play social sports every week, such as soccer, netball or volley-ball or any other popular team sport in your community.

Take up safety issues.

- Plan a campaign in your school community against sexual harassment and abuse.
- Make sure that toilets are not 'danger zones' full of germs and bullies.
- Organize groups so that learners can walk to school together safely.
- Organize after-school or holiday activities for younger kids where you supervise fun activities.

**TAKE UP
ISSUES
OF CONCERN
IN YOUR AREA!**



Spread the news.

- **Tell everybody what you are doing.** Keep them informed and motivate them to join you.
- **Start a newspaper!** Plan, write and put it all together. It could be handwritten and pinned up on a notice board, or typed on a computer, and distributed throughout your community. You could publish it once or twice a year or more often. Your publication could highlight youth issues or celebrate youth achievements in your community. It could have news, an advice column, sport, jokes, social news and adverts.
- **Make information posters.** Depending on the messages, you could place these on notice boards, at libraries, clinics, community halls, churches and so on. Keep your messages interesting and change them regularly.
- **Make announcements at school assembly.**
- **Use drama or music to raise issues.** Use these to entertain people but also link them to campaigns to spread messages about sexual abuse, HIV and AIDS, safe sex, alcohol abuse, and so on.





Grow the network.

- While a club can achieve more than an individual, a network can achieve even more. Are there any youth groups in your area? How active are they? Which youth are involved? Could you work with them? Make contact to share ideas and information. Stay connected through SMSs or social media network such as Mxit.
- Work with other groups at your school or a peer education group and learners' representative council.
- Link up with other clubs in your community, e.g. a church youth group.
- Persuade other schools in your area to form clubs so that you can work together on projects.
- Develop and maintain a relationship with local businesses, councillors and other influential people with access to resources. Write about concerns and projects you are involved with to keep them informed or to ask for assistance. Keep records of all correspondence.

Although you can do all of these things on your own, getting an experienced mentor can help to get things going. Is there a teacher or someone in your community with experience in any of these activities? Ask them to donate time (e.g. once or twice a week) to work with your group.