



Understanding Gender Based Violence

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Illustrations by:

Kevin Onyango & George Muchiri

Design, Layout:

Palmas Trading

palmastrading@gmail.com

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What is sex?

Sex refers to the biological characteristics that we have as men and women. These characteristics define us as male or female. Sex is natural (God given) and permanent e.g. men make women pregnant while women give birth and breastfeed.

What is gender?

Gender refers to roles and responsibilities given to boys/men and girls/women by the society. They are learned or acquired which means someone is not born with them e.g. In most cultures, children learn as they grow up that women prepare food and take care of the home while men go out to work and provide for the family.

What is the difference between sex and gender?

Sex	Gender
The state of being male or female i.e. the biological characteristics that we have as men and women e.g. men have beards while women have breasts.	Roles and responsibilities given to men and women (boys and girls) by the society e.g. women take care of the home while men provide for and protect the family.
Universal. This means if you are a man/woman in Rift Valley, you will still be a man/woman if you go to Central Kenya. In the same way, women cannot perform male functions for example producing sperms and getting women pregnant.	Varies depending on culture, geographical area, class, religion etc. e.g. The task of building a house belongs to the man among the Kikuyus and Kalenjins while among the Maasai it belongs to the women.

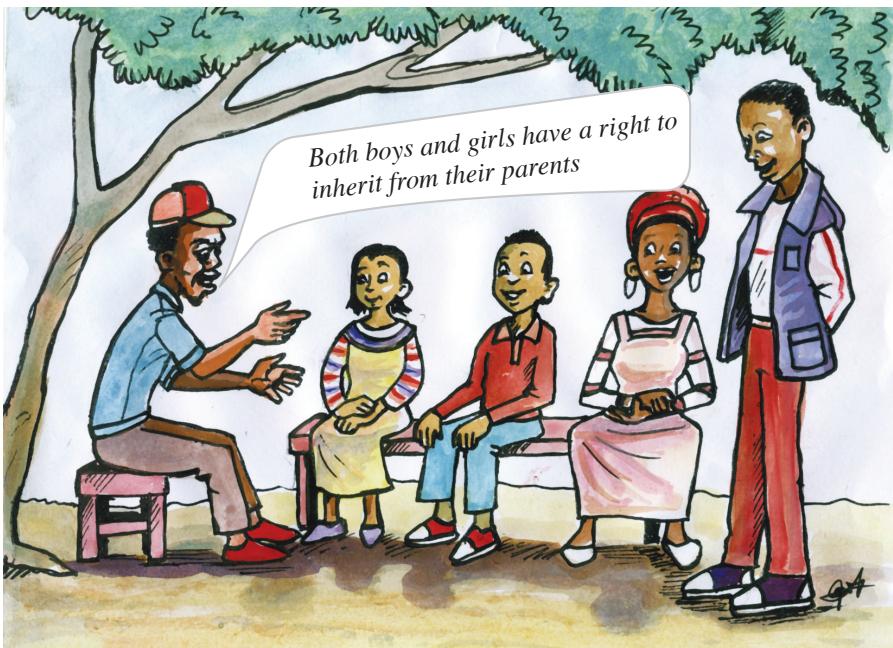
Unchanging. This means men can never perform the biological functions performed by women (e.g. getting pregnant and breastfeeding).	Changes over time (dynamic) e.g. in most cultures, women were confined to the home but these days many of them are employed thus becoming breadwinners. In the same way, men are taking on careers previously assumed to be for women like nursing and hairdressing.
Natural/biological/God-given.	Given by the society.

Definitions of key gender concepts

Gender Roles: These are duties, tasks, behaviours and responsibilities given to women and men, depending on how the society expects them to act. These roles may be different for people of different ages, places, ethnicity, class, religion, economic and political environment and they change over time. For example among the Maasai community building the house is a woman's role while in Kikuyu land it is a man's role.



Gender Equality: This is the situation where the same treatment is given to both boys/men and girls/women. It does not mean ‘sameness’; it means equal access to positions, opportunities, resources and services by girls/boys and women/men without discrimination.



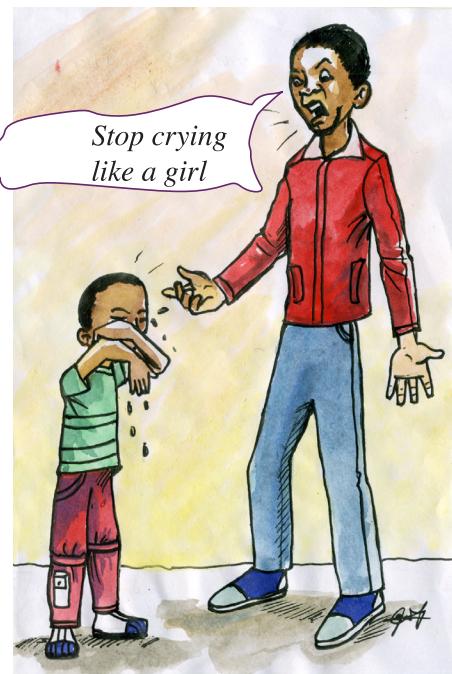
Gender Equity: This is about fair treatment and distribution of opportunities, resources and benefits between girls/women and boys/men. Examples are the two-thirds gender rule in parliament or admitting girls to public universities with lower points. The reason for this is that in the past girls and women have been disadvantaged making it necessary to find ways of being fair to them.

Gender discrimination: A difference in treatment because of a person's gender. For example parents refusing to educate daughters or to give them property.

Patriarchy: Literally translated it means the rule of the fathers. This is the organization of the society in a way that places men in a superior position while women are placed in a lower position in the society. This is very common all over the world.

Matriarchy: This is the opposite of patriarchy, i.e the rule of the mothers. Even in communities that have matriarchy, it is only in areas like naming systems but the real power still lies with the men.

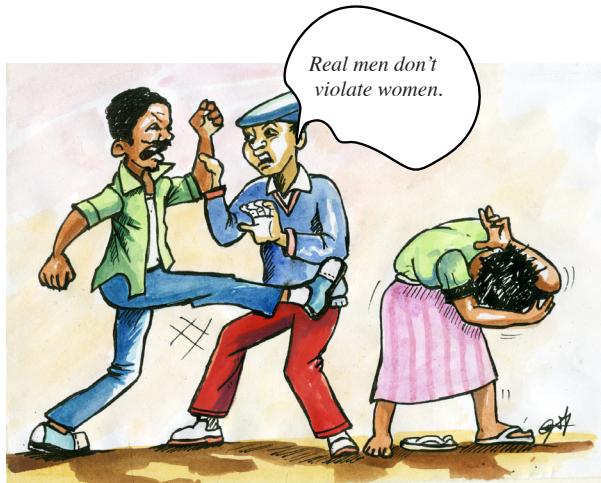
Masculinities: this is what it means to be a boy/man in a given society. Once you are born male, society defines your behavior and also instills in you certain beliefs and attitudes. It also prescribes how you should behave, relate with members of the opposite sex as well as those of the same sex. Some qualities that are associated with masculinities include being aggressive, rough, tough, strong etc.



Femininities: this is what it means to be a girl/woman in a given society. Once you are born female, society defines your behavior and also instills in you certain beliefs and attitudes. It also prescribes how you should behave, relate with members of the opposite sex as well as those of the same sex. Some qualities that are associated with femininities include beauty, patience, kindness, neatness, softness etc.



Empowerment: This is the process of improving people's lives by enabling them through various means to do things on their own. For instance, giving women and girls education, knowledge, skills



and training to enable them to make wise decisions and access employment. Helping men realize that they can embrace a healthy sense of manhood that does not hurt them or others is also a form of empowerment.

What do we mean by social construction of gender?

This is the process through which society teaches us how to be boys/girls and men/women. This is influenced by various factors which include the cultures within which we grow up, where we live, our religion and our social class among others.

Some of the places where socialization takes place include:

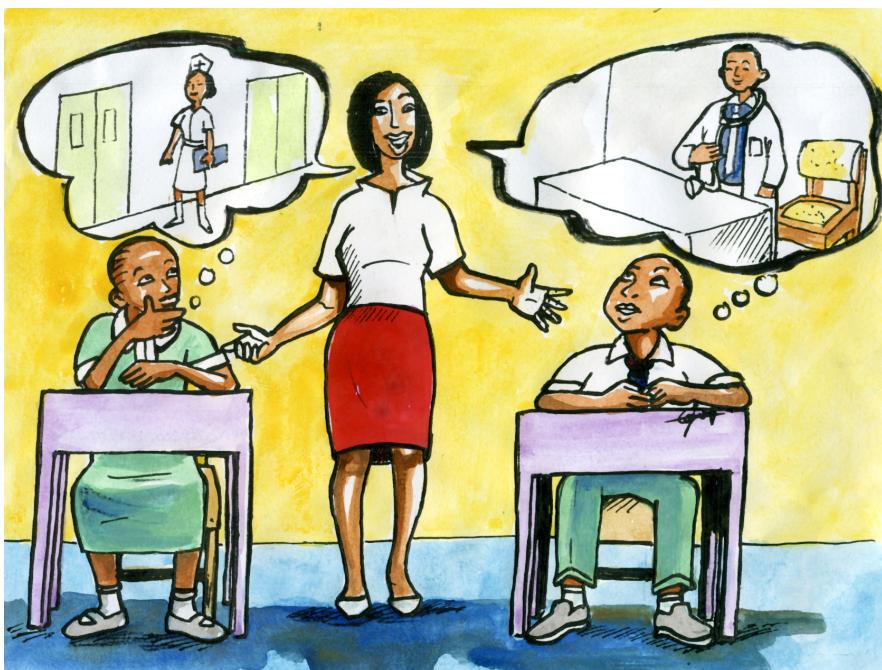
a) *The family/ home environment*

This is the first place where social construction of gender begins. Right from birth, baby boys and baby girls are received and treated differently. When they start growing up, boys are given roles that prepare them for their future roles as husbands, fathers and leaders. Such roles include being the family head, provider, protector etc. Girls are on the other hand prepared to be wives and mothers and they are therefore taught to cook, clean, take care of siblings and generally to perform domestic chores.



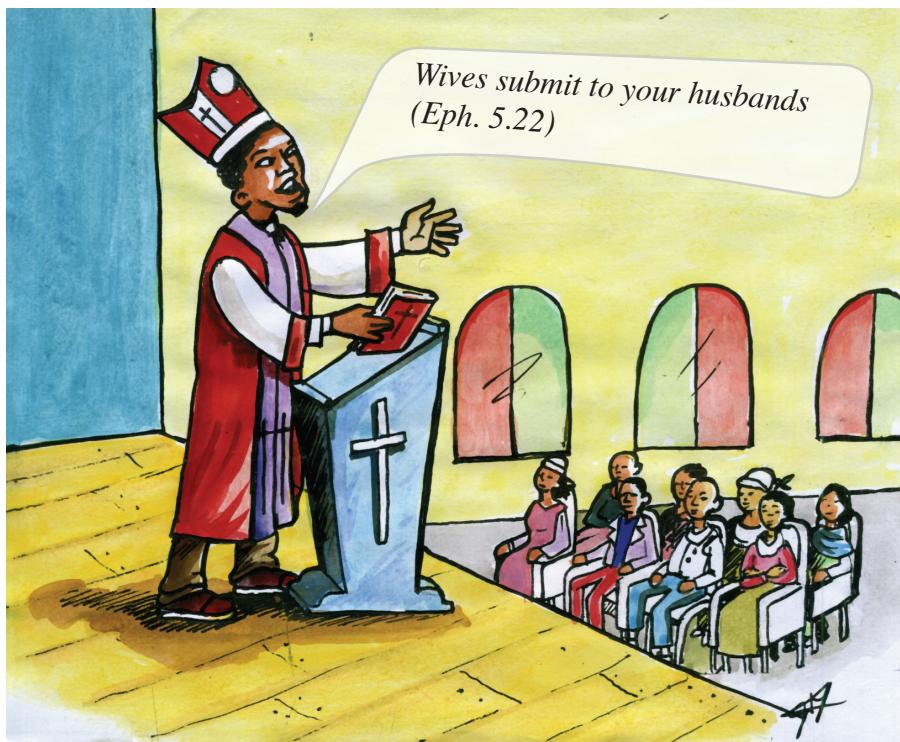
b) Schools/ education

Gender norms and values already planted in the family are continued in schools. A good example is the roles allocated to pupils and students in mixed schools with boys getting the main leadership roles like being head prefects while girls take supportive roles like deputies. Pupils also copy teachers and when they see female teachers in the arts and male teachers in the sciences it sends a powerful message. Sometimes the teachers also play a role in shaping the minds of their pupils and students by encouraging boys to work hard and be successful while excusing girls from such hard work since they will get married and be taken care of. Fortunately this trend is changing although slowly. Our schools and educational institutions need to nurture both boys and girls to be the best they can without discrimination.



c) Religion

The Bible in itself is not discriminative on the basis of gender and indeed it is very empowering to women. However, as in all institutions within the society, the leadership of churches is dominated by men and the interpretation of scriptures is therefore influenced by patriarchy which is rooted in culture. Needless to say, most Biblical scriptures are interpreted in ways that oppress women while usually placing no responsibility on men for their action.



GENDER BASED VIOLENCE

Violence: this is any use of force or power against someone that ends up causing the person harm, pain or suffering.

Gender Based Violence (GBV): this is any act that causes (or threatens to cause) harm, pain or suffering which is directed at a man or a woman simply because of his/her gender. While men and boys experience certain forms of GBV, women and girls experience it more.

Violence Against Women (VAW): this is any act that causes (or threatens to cause) harm, pain or suffering and which is directed at women just because they are women.

Violence Against Men (VAM): this is any act that causes (or threatens to cause) harm, pain or suffering and which is directed at men just because they are men.

Domestic violence: this is any act that causes (or threatens to cause) harm, pain or suffering and which is directed at a person in an intimate relationship e.g. husband and wife, people who are dating, people who have had a child together etc. This form of violence occurs mainly in home/family settings although the relationship is what defines it as domestic. Violence perpetrated against a person in a previous intimate relationship (e.g. ex-husband/ex-wife) still qualifies as domestic violence.

Perpetrator: this is the person who commits an act of violence against another person. This may be a stranger or someone close/well known to the victim/survivor.

Victim/survivor: this is the person on whom the act of violence has been committed. The term survivor is preferred because unlike victim, it gives the person who has gone through violence some inner strength and determination to survive.

FORMS OF GENDER BASED VIOLENCE

The following are some forms of gender based violence and their examples:

Sexual violence

This refers to an act of sexual nature committed against a person against his/her will or where the person gives consent, he/she does not have capacity (e.g. under 18 years old) or the consent is not freely obtained e.g use of threats. Any such attempted act still qualifies as sexual violence and is punishable by law. Examples of sexual violence are rape (for adults), defilement (for children below 18 years), incest (sexual relations between close relatives) and sodomy (a sexual offence against the order of nature).

Physical violence

This can be perpetrated with or without use of weapon like knives, jembes or pangas. Examples of physical violence include scratching, biting, pushing, hitting, slapping, punching, choking and burning.

Economic Violence

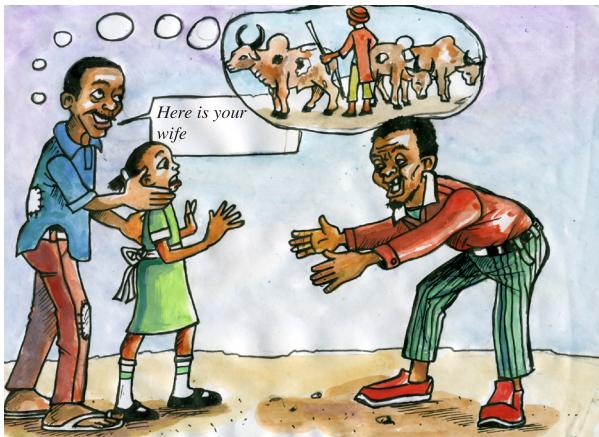
This form of violence is used by perpetrators as a way of control within domestic settings. Examples are denial or controlled use of family resources like food, money, clothing, car and even time, forbidding someone to go to work and taking or controlling ones income.

Psychological and emotional violence

These two categories of violence fall under acts that cause mental and emotional torture. Examples are threats of violence, verbal attacks, isolation, using children to blackmail the other party and silent treatment.



Cultural violence: These are cultural practices that violate the rights of those subjected to them. They include female genital mutilation (FGM), early marriages, forced marriages, widow inheritance/disinheritance and widow cleansing.



PERPETRATORS OF GENDER BASED VIOLENCE

There is a wrong assumption that gender based violence is perpetrated by strangers. Although this may be true in some cases, the truth is that most acts of gender based violence are perpetrated by people known to and in most cases close to the survivor/victim. Indeed in many cases, the perpetrators are the very people that the survivors/victims trust and depend on for support and protection. They include:

- ❖ Husbands/boyfriends
- ❖ Close family members / relatives
- ❖ Friends/Neighbours
- ❖ Influential community members/ Politicians
- ❖ Teachers/Religious leaders/ Employers

WHAT ARE THE CAUSES OF GENDER BASED VIOLENCE?

Many factors are blamed for gender based violence but a close examination of these factors reveals power and control at the heart of the problem. Power is good when it is exercised positively. When we have “power within” we are able to make decisions that affect our lives. This power also enables us to exercise “power with” when relating to other people. We do not feel threatened by them and we are comfortable listening to others and making joint decisions. It is when we feel powerless that the problem arises. We abuse the power we have by exercising it “over” those who have less power. This abuse of power is the main underlying factor in gender based violence and it comes from a feeling of powerlessness. People who are powerless usually feel worthless and they try to make themselves feel powerful and worthwhile by exercising power and control over other people. It is important to understand that the power dynamics in gender based violence whether perpetrated against men or women are the same. The following factors further explain this point;

Personality factors: People who perpetrate gender based violence feel inadequate and they suffer from low self-esteem. As already mentioned above, it is this sense of powerlessness that drives them into violence so that they can feel better about themselves.

Economic factors: Most perpetrators of gender based violence particularly in intimate relationships want to ensure that the survivor/victim is totally dependent on them. The best way of doing this is to cripple the survivor/victim financially. This

may include denial of job and business opportunities, better education and even relationships perceived to be empowering. There are numerous cases of husbands who forbid their wives from working or going back to school. By keeping the wife totally dependent on him, the husband is better able to control whatever the wife does and wherever she goes.

Emotional/Psychological factors: Usually, perpetrators of gender based violence are very insecure. It is not uncommon for them to keep accusing their partners of infidelity and these suspicions are used as justification for violence. To “prevent” the partner from having affairs, the perpetrator normally uses isolation and dictates which relationships are allowed and which ones are forbidden. Again this is another form of control and need for the perpetrator to assert power over the survivor/victim.

Cultural factors: Some forms of violence are explained through culture. These include female genital mutilation, wife inheritance, widow cleansing, early/forced marriages, wife beating and even denial of property and inheritance rights. In all these forms of violence, power and control are the driving factors. Female genital mutilation for example aims at controlling women’s libido so that they remain faithful to their husbands. For wife beating, some men say that women are like children who need to be beaten as a form of discipline/love. Within marriage, payment of bride price makes the problem worse because it leads to women being viewed as possessions which have “been bought” and are therefore owned by their husbands. It is therefore clear that culture is

used to justify the use of power by men to control women who are viewed as inferior.

Family factors: A person who grows up in a violent environment is likely to engage in violence later in life. Although this is not always the case and there are people who shun violence after witnessing it in their own families, there are those who unconsciously repeat what they have experienced. This can explain why some girls marry men who are similar to their abusive fathers and vice versa. It is very important for women who stay in abusive marriages for the sake of their children to understand this. They need to ask themselves whether they are doing the children more harm than good by staying.

To understand the role of power in gender based violence, it is important to appreciate that although the vice is mainly perpetrated against women, there are cases of gender based violence perpetrated against men. The forms of violence perpetrated against men are similar to those perpetrated against women but in addition to women being perpetrators, men also perpetrate some acts of gender based violence against fellow men. A good example is sexual violence perpetrated by men against boys and men. It is not clear whether the lack of many reported cases of gender based violence against men is because the incidences are few or whether it is because men are socialized not to talk about their problems. When a man has been violated by a woman, it would be a sign of weakness for him to admit it and there might therefore be many men who are suffering in silence at the hands of their wives. In the case of sexual violence perpetrated by fellow men, the shame

and stigma that comes with it makes it difficult for men to talk about it.

The bottom line is that at the heart of gender based violence lies disempowerment. The perpetrators of violence are people who suffer from a sense of inadequacy and who try to regain power through violence. It does not matter whether they are men or women. Nor does it matter whether the violence is physical, psychological or even sexual. People who are secure in their self worth do not need to prove themselves through violence. This understanding is helpful in showing that men are not naturally violent and not all men are violent. Just like some men are violent, so is the case with some women and the reasons behind it are the same. Men also need to appreciate the fact that women experience feelings of victimhood when violated just as men do. There is therefore no justification for gender based violence perpetrated against any member of the society whether men, women or children.

EFFECTS OF GENDER BASED VIOLENCE

Effects on survivor/victim

Physical

- ❖ Injury,
- ❖ Disability
- ❖ Health problems (e.g., hypertension, ulcers etc.)
- ❖ Sexual and reproductive health problems (e.g. Sexually Transmitted Infections (STIs), HIV/AIDS, sexual disorders etc.)
- ❖ Death

Psychological

- ❖ Anxiety
- ❖ Fear/insecurity
- ❖ Self hate
- ❖ Mistrust of others
- ❖ Inability to concentrate
- ❖ Inability to relate with other people
- ❖ Loneliness
- ❖ Depression/ stress
- ❖ Withdrawal
- ❖ Alcohol or drug use
- ❖ Loss of self esteem
- ❖ Self blame
- ❖ Suicide thoughts/behavior/attempts
- ❖ Mental illness

Social

- ❖ Isolation
- ❖ Blame/rejection by partner, relatives and community
- ❖ Stigma
- ❖ Inability to participate in social activities
- ❖ Fear of future or venturing into public places
- ❖ Broken families
- ❖ Lack of decision making powers in all areas
- ❖ Helplessness
- ❖ Inability of the survivor to function e.g. take care of herself or children.

Economic

- ❖ Loss of job due to absenteeism, inability to perform, fear or loss of confidence

- ❖ Dependency on the perpetrator who controls family resources
- ❖ Poverty

Effects on children

- ❖ Low self esteem
- ❖ Stigma
- ❖ Withdrawal
- ❖ Self blame
- ❖ Aggression
- ❖ Alcohol and substance abuse and other forms of anti social behavior
- ❖ Lack of basic needs
- ❖ Dropping out of school
- ❖ Child prostitution

Such children also stand the risk of growing up to be perpetrators or victims of gender based violence. Those who become perpetrators repeat what they have learnt at home. A boy who grows up witnessing the mother being violated learns that women are treated that way. There are those who internalize the violence as normal after witnessing it happening at home. In such cases, they marry people who are the same as their abusive parents since that is what they consider normal. This explains why some girls whose fathers were abusive marry men who are exactly like them.

Effects on the perpetrators

- ❖ Guilt
- ❖ Loneliness
- ❖ Alienation from family members and community

- ❖ Reduced productivity due to lack of a conducive home environment
- ❖ Reduced income – e.g. taking care of hospital bills
- ❖ Alcohol and substance abuse
- ❖ Family break up
- ❖ Depression
- ❖ Suicide (or suicide attempts)

WHAT DOES THE LAW SAY ABOUT GENDER BASED VIOLENCE?

Gender based Violence (GBV) is a violation of human rights and most forms of GBV constitute offences punishable by law. There are various laws that are meant to protect us from various acts of gender based violence. Some of the laws state what rights men, women and children are entitled to which should not be violated. Others define the offences committed through the different acts of gender based violence and set the punishment for each offence. Some of these laws are;

The Constitution: This is the highest law in Kenya and it states that both men and women are equal before the law and they have the right to equal protection and benefit of the law. This means that every person has the right to equal opportunities in political, economic, cultural and social areas of their lives. In addition, both men and women have the right not to be subjected to any form of violence, torture (whether physical or psychological) or cruel, inhuman treatment. It is therefore clear that the Constitution protects both men and women against gender based violence.

Penal code: Defines criminal offences and gives the punishment. Examples of acts of gender based violence that are offences under the Penal Code are;

- ❖ **Assault** – this is physical violence e.g. beating, slapping, burning etc.



- ❖ **Unnatural offences** - These include sodomy (having sexual relations with another person against the order of nature), bestiality (having sexual relations with an animal) and indecent practices between males.

Sexual Offences Act: This is the law that defines acts of violence that are sexual in nature. Examples are rape and attempted rape (if perpetrated against a person who is over 18 years old), defilement or attempted defilement (If perpetrated against a person under 18 years old) and incest (sexual relations between close relatives)

The Children Act: This law protects children (both boys and girls) against physical and psychological abuse, neglect and any other form of exploitation including sale, trafficking or abduction. The law also protects children from female circumcision, early marriage or other traditional practices which are harmful to the child's development.

Prohibition of Female Genital Mutilation Act: It criminalizes Female Genital Mutilation (FGM). It is an offense to carry out FGM, get another person to do it, offer your premises for purposes of doing it or to fail to report a case of FGM having known it is taking place.

Protection Against Domestic Violence Act: Protects people in intimate relationships or who were previously in such relations from violating each other. Such relationships include husband and wife (or former husband and wife), people who are dating or people living together in a domestic setting. Some of the offences under this law are child marriage, FGM, forced marriage, wife inheritance, interference from in-laws and sexual violence within marriage.

The Law of Succession Act: Protects the inheritance rights of both male and female children. What is important to note is that both sons and daughters, whether married or not are entitled to inherit from their parents according to their means and needs. The property that belongs to a husband or wife is supposed to be inherited by their children so a woman who inherits from her parents does not inherit twice because she is not entitled to inherit from her husband.

WHAT TO DO IN CASE OF RAPE OR DEFILEMENT.

- ❖ Advice the survivor not to take a bath or change the clothes as this may interfere with evidence. In order to preserve evidence, samples should be collected between 24 and 72 hours (1-3 days). If the survivor changes the clothes, keep them in a khaki paper (not a plastic paper bag) to preserve the evidence.
- ❖ Get medical attention. The medical officer is expected to fill in the Post Rape Care Form (PRC) that gives medical information of the survivor. The PRC form can be filled by a doctor, a clinical officer or a nurse.
- ❖ After medical attention, report the incident at the nearest police station. The police should issue the survivor with a P3 form which should be filled by a medical doctor or police doctor. When the P3 form is filled, it is returned to the police station for custody. It is used as an exhibit when the case goes to court.
- ❖ Once the police collect evidence, they are expected to arrest the suspect and take him/her to a court of law within 24 hours.

WHAT CAN WE DO TO PREVENT GENDER BASED VIOLENCE?

The following are some of the things that we can do to prevent occurrence of gender based violence in our communities:

- a) Educate community members on gender based violence and how to prevent it. This can be done in churches, family meetings and community gatherings like barazas.



- b) Work together with formal, informal and traditional structures e.g. the local administration and police to prevent gender based violence.

- c) Be role models. Champions against gender based violence should lead by example by practicing in their own lives what they preach.
- d) Socialize own children to respect each other and other members of the community.



HOW CAN WE APPROPRIATELY RESPOND TO GENDER BASED VIOLENCE ONCE IT OCCURS?

Response

1. Receive cases of GBV and respond to them appropriately. Be sensitive and neutral. This will encourage survivors to report cases of gender based violence. Where the cases

reported are beyond you help the survivor report to the relevant authority e.g. chief or police.



2. Referral to relevant source of support. Depending on the nature and form of gender based violence, the survivor should be linked to other sources of support:

- **Medical support**-this includes hospitals, dispensaries and any health facilities in the community for cases that need medical attention.
- **Legal aid**-some cases of GBV require legal assistance. Survivors need to be linked to those who can offer this assistance e.g. Children's and Gender officers.
- **Administrative support**-This includes the area chief, assistant chief, village elders and police officers.
- **Rehabilitation centers**-There is need to refer those with alcohol and drug problems to rehabilitation centres.



**Working together
to end Gender
Based Violence.**



Kuelewa ukatili wa kijinsia

Kwa msaada wa:



Imechapishwa na:
Community Education and Empowerment Centre
Kush Office, Rhapta Road, Westlands
P.O. Box 103077-00101 Nairobi, Kenya
© CEEC, 2016

Michoro ni:
Kevin Onyango & George Muchiri

Imebuniwa na Kupangiliwa:
Palmas Trading
palmastrading@gmail.com

YALIOMO

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Uana ni nini?

Uana unahusu sifa za kibiolojia zinazofanya watu watambulike kama wanaume ama wanawake. Uana hutokana na jinsi Mungu anavyotuumba na inadumu. Kwa mfano, wanaume huwafanya wanawake washike mimba huku wanawake hujifungua na kuwanyonyesha watoto. Haya ni mambo ya kimaumbile ambayo hayawezi kubadilika kamwe.

Jinsia ni nini?

Jinsia inahusu wajibu na majukumu waliyopewa wavulana/ wanaume na wasichana / wanawake na jamii. Wanafunzwa majukumu haya au pia kuiga wazazi wao. Yaani, hawazaliwi na majukumu haya. Kwa mfano, katika tamaduni nyingi, watoto hufunzwa kuwa ni wajibu wa wanawake kuandaa chakula na kutunza nyumba ilhali wanaume huenda nje kufanya kazi ili kutimiza mahitaji ya familia zao.

Tofauti kati ya uana na jinsia ni nini?

Uana	Jinsia
Hii ni hali ya kuwa kiume au kike. Yaani, sifa za kibiolojia kati ya wanaume na wanawake. Kwa mfano, wanaume wana ndevu lakini wanawake wana matiti.	Wajibu na majukumu wanaopewa wanaume na wanawake (wavulana na wasichana) Kwa mfano, wanawake hushughulika na utunzaji wa nyumba na watoto lakini wanaume hufanya kazi na kulinda familia.

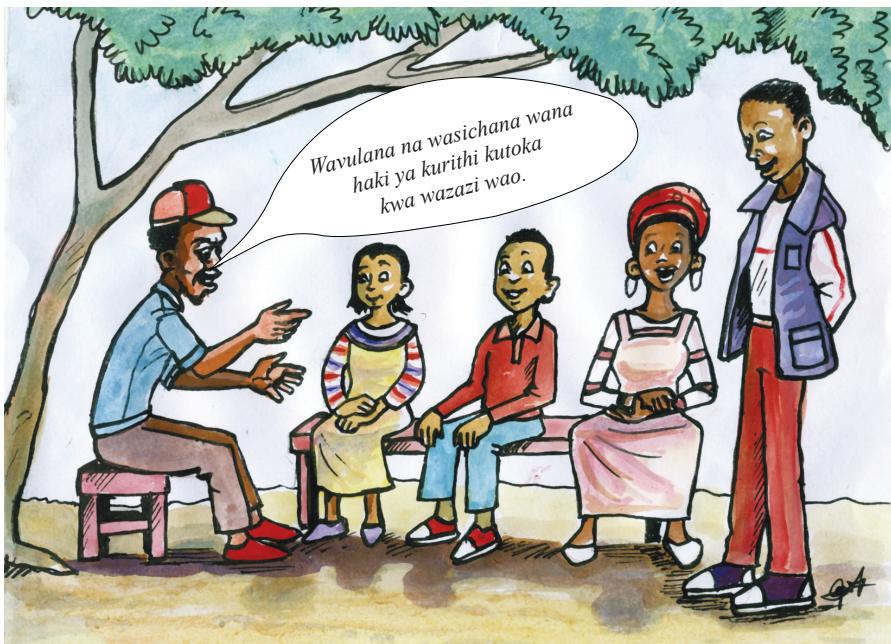
Ni sawa kote duniani. Yaani, kama wewe ni mwanaume / mwanamke katika Bonde la Ufa, wewe bado ni mwanamume / mwanamke hata ukienda Mkoa wa Kati.	Inatofautiana kulingana na utamaduni, eneo la kijiografia, utajiri, dini na kadhalika. Kwa mfano, kazi ya ujenzi wa nyumba ni wajibu wa mwanaume miongoni mwa Wakikuyu na Wakalenjin lakini miongoni mwa Wamaasai ni wajibu wa wanawake.
Haiwezi kubadilika. Hii inamaanisha kuwa wanaume hawawezi kufanya kazi za kibiojia za wanawake (Kwa mfano kupata ujauzito na kunyonyesha). Vile vile, wanawake hawawezi kufanya kazi za kibiologya za wanaume. Kwa mfano, kutengeneza mbegu za uzazi na kufanya wanawake washike mimba.	Hubadilika muda unavyopita. Kwa mfano, katika tamaduni nyingi, wanawake walilazimika kubaki nyumbani lakini siku hizi wengi wao huajiriwa na kutunza familia yao. Vile vile, wanaume wamechukua kazi ambazo zamani jamii ilidhania kuwa za wanawake kama uuguzi na ususi.
Kibiologya / uliyopewa na Mungu	Hupewa na jamii.

Ufafanuzi wa masuala muhimu ya jinsia

Wajibu wa kijinsia: Huu ni wajibu, tabia na majukumu waliyopewa wanawake na wanaume, kulingana na jinsi jamii inawatarajia kutenda. Majukumu haya yanaweza kuwa tofauti kulingana na umri, mahali, kabilia, utajiri, dini, mazingira tofauti ya kiuchumi na kisiasa na hubadilika na muda. Kwa mfano, mionganoni mwa jamii ya Wamaasai kujenga nyumba ni jukumu la mwanamke lakini katika jamii ya Wakikuyu ni jukumu la mwanaume.



Usawa wa Jinsia: Hii inamaanisha fursa sawa ya nafasi za kazi, rasilimali na huduma kwa wasichana / wavulana na wanawake / wanaume bila kubaguliwa.



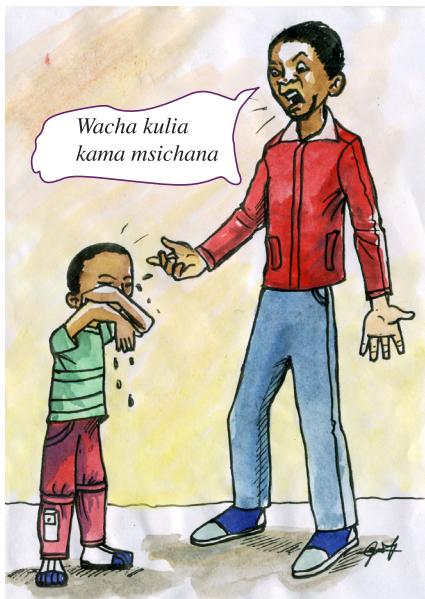
Usawazishaji wa Jinsia: Hii inamaanisha usambazaji wa fursa, rasilimali na faida kati ya wasichana / wanawake na wavulana / wanaume. Mifano ni sheria ya kijinsia ya thuluthi mbili ya uongozi katika bunge au kuwasajili wasichana katika vyuo vikuu vya umma wakiwa na alama za chini kuliko wavulana. Hii ni kwa sababu, zamani, wasichana na wanawake walinyimwa haki na hivyo basi, kuifanya muhimu kutafuta njia za kuwapa haki zao.

Ubaguzi wa kijinsia: Hii inahusu jinsi tofauti ya kumtendea mtu kwa sababu ya jinsia yake. Kwa mfano wazazi kukataa kuwaelimisha wasichana au kuwapa mali.

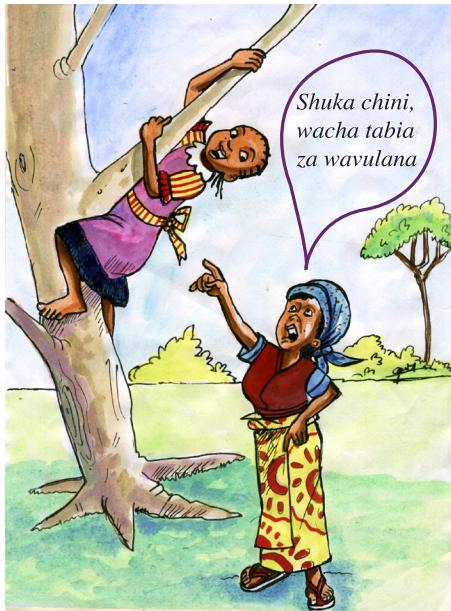
Mfumo dume: Hii inamaanisha “uongozi wa baba” na ni mfumo wa jamii unaowaweka wanaume katika nafasi bora huku wanawake wakiwekwa katika nafasi ya chini katika jamii. Hii ni kawaida sana duniani kote.

Mfumo kike: Hii inamaanisha “uongozi wa mama” na ni kinyume cha mfumo dume. Hata hivyo, katika jamii ambayo ina mfumo kike, ni katika maswala kama kuwapa watoto majina tu, lakini nguvu halisi bado ipo kwa wanaume.

Uume: Hii ni hali ya kuwa mvulana / mwanaume katika jamii fulani. Baada ya kuzaliwa kama mtoto wa kiume, jamii hufafanua tabia yako na pia kutia ndani yako imani na mitazamo fulani. Pia, inaeleza jinsi unapaswa kuhusiana na wewe mwenyewe, watu wa jinsia sawa, pamoja na wale wa jinsia tofauti. Baadhi ya sifa ambazo huhuishwa na uume ni kama vile kuwa na nguvu, kutumia fujo na kadhalika.



Uke: Hii ni hali ya kuwa msichana / mwanamke katika jamii fulani. Baada ya kuzaliwa kama mtoto wa kike, jamii hufafanua tabia yako na pia kutia ndani yako imani na mitazamo fulani. Pia, inaeleza jinsi unapaswa kuhusiana na wewe mwenyewe, watu wa jinsia sawa, pamoja na wale wa jinsia tofauti. Sifa ambazo huhushishwa na uke ni kama vile urembo, uvumilivu, wema, utulivu na kadhalika.



Uwezeshaji: Hizi ni njia za kuboresha maisha ya watu kwa kuwapa uwezo wa kujifanya vitu wao wenyewe. Kwa mfano, kuwapa wanawake na wasichana elimu, maarifa, ujuzi na mafunzo ili kuwawezesha kufanya maamuzi ya busara na kupata ajira. Kuwasaidia wanaume kutambua kwamba wao wanaweza



kukabiliana na uume wao bila kuwadhuru wengine, pia ni aina ya uwezeshaji.

Ni nini maana ya ujenzi wa kijamii wa jinsia?

Hii ni njia ambayo jamii hutufundisha jinsi ya kuwa wavulana / wasichana na wanaume / wanawake. Hii husukumwa na sababu mbali mbali kama tamaduni, mahali tunamoishi, dini yetu, utajiri wetu na kadhalika.

Mahali ambapo ujenzi huu hufanyika ni kama:

a) Familia / mazingira ya nyumbani

Hii ni sehemu ya kwanza ambapo ujenzi wa kijamii wa jinsia huanza. Tangu kuzaliwa, watoto wavulana na wasichana hutendewa tofauti. Wakati wanakua, wavulana hupewa

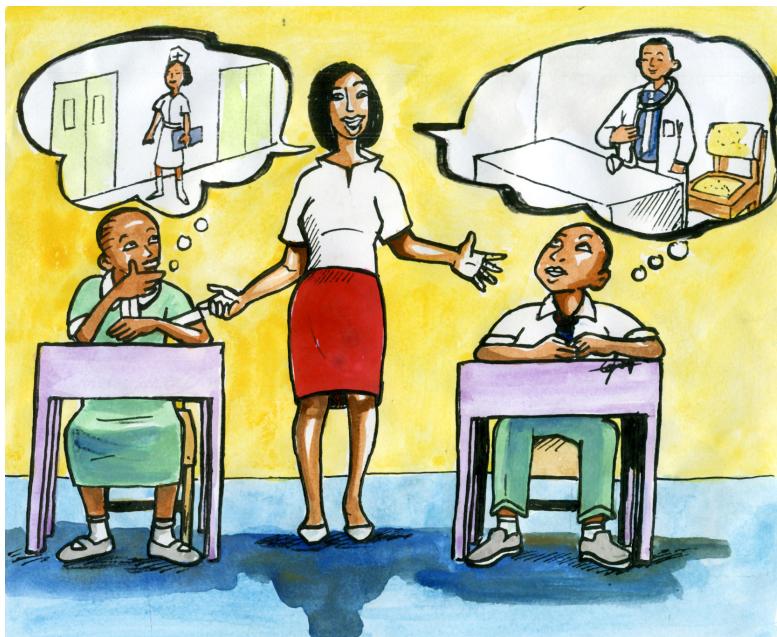


majukumu ambayo huwaandaa kwa majukumu yao ya baadaye kama waume na baba. Majukumu haya ni kama kuwa viongozi wa familia, walinzi na kadhalika. Wasichana kwa upande wao, hutayarishwa kuwa wake na mama, hivyo basi, hufundishwa kupika, kusafisha nyumba, utunzaji wa ndugu na kwa jumla kufanya kazi za nyumbani.

b) Shule / elimu

Tabia na desturi za kijinsia zilizoanzishwa nyumbani, huendelezwa shulenii.

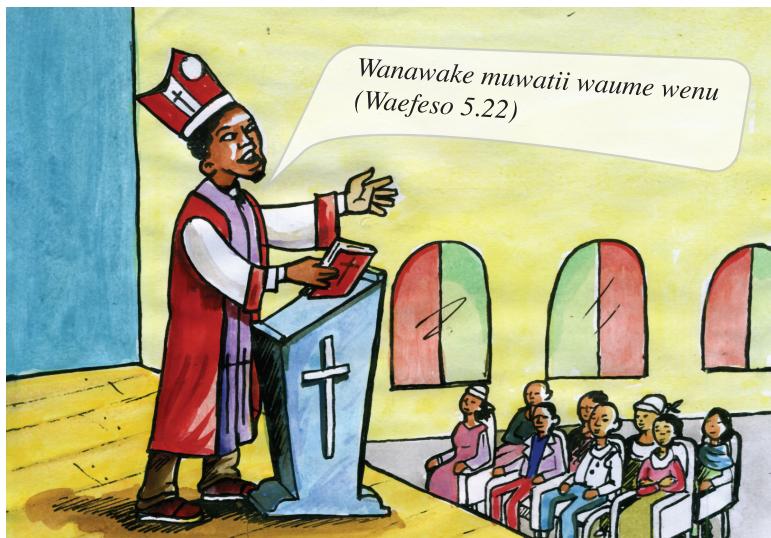
Mfano mzuri ni majukumu ambayo wanafunzi katika shule za mseto hupewa, ambapo wavulana hupata uongozi na majukumu makuu kama kuwa viranja wakuu huku wasichana wakichukua majukumu ya kuwa manaibu au wasaidizi wao.



Wanafunzi pia huwaiga walimu; wao huona walimu wa kike katika sanaa na walimu wa kiume katika sayansi na hili hutoa ujumbe mkubwa. Wakati mwingine walimu pia huathiri mawazo ya wanafunzi wao kwa kuhamasisha wavulana kufanya kazi kwa bidii na kuwa na mafanikio na kuwakubalia wasichana wasifanye kazi kwa bidii kwa vile wao huolewa na kutunzwa na waume zao. Kwa bahati nzuri, hali hii inabadilika hata kama ni pole pole. Shule zetu na vituo vyta elimu zinatafaa kuwalea wavulana na wasichana bila ubaguzi ili wote wafanikiwe.

c) Dini

Biblia yenye wadudu haibagi jinsia na kwa kweli huwawezesha sana wanawake. Hata hivyo, kama katika taasisi zote za jamii, uongozi wa makanisa unatawaliwa na wanaume na maelezo ya maandiko basi husukumwa na mfumo dume ambao umekita mizizi katika utamaduni. Maandiko mengi ya Biblia huelezwa



kwa njia ambazo huwaonea wanawake lakini wakati mwingi hakuna uwajibikaji wa wanaume kwa matendo yao.

UKATILI WA KIJINSIA

Ukatili: Hii ni matumizi yoyote ya nguvu dhidi ya mtu inayosababisha madhara, maumivu au mateso.

Ukatili wa kijinsia: Hiki ni kitendo chochote kinachosababisha (au kinatishia kusababisha) madhara, maumivu au mateso ambayo huelekezwa mwanamme au mwanamke kwa sababu ya jinsia yake. Wakati mwingine wanaume na wavulana hutendewa aina fulani ya ukatili wa kijinsia, lakini wanawake na wasichana hutendewa zaidi.

Ukatili dhidi ya wanawake: Hivi ni vitendo vyovyote vinavyosababisha (au vinatishia kusababisha) madhara, maumivu au mateso ambayo huelekezwa wanawake kwa sababu wao ni wanawake.

Ukatili dhidi ya wanaume: Hivi ni vitendo vyovyote vinavyosababisha (au vinatishia kusababisha) madhara, maumivu au mateso ambayo huelekezwa wanaume kwa sababu wao ni wanaume.

Ukatili wa majumbani: Hivi ni vitendo vyovyote vinavyosababisha (au vinatishia kusababisha) madhara,

maumivu au mateso ambayo huelekezwa kwa mtu katika uhusiano wa karibu kwa mfano mume na mke, watu ambao wanachumbiana, watu ambao wana mtoto pamoja na kadhalika. Aina hii ya ukatili hutokea hasa katika mazingira ya nyumbani / jamaa lakini ni uhusiano baina ya watu ambao huufafanua kuwa kama wa kinyumbani. Ukatili unaofanywa dhidi ya mtu katika uhusiano wa karibu uliopita (kwa mfano, mume wa zamani / mke wa zamani) bado unastahili kuangaziwa kama ukatili wa majumbani.

Mtekelezaji: Huyu ni mtu anayetenda kitendo cha unyanyasaji au ukatili dhidi ya mtu mwingine. Anaweza kuwa mgeni au mtu mwenye uhusiano wa karibu/anayejulikana kwa mwaathirika/mnusura.

Mwathiriwa/Mnusura: Huyu ni mtu ambaye amefanyiwa kitendo cha ukatili. Mnusura hutumiwa kuliko mwathiriwa kwa sababu yeye amepitia ukatili wa kijinsia na kupokea nguvu ya kindani na uamuzi wa kuishi.

AINA YA UKATILI WA KIJINSIA

Zifuatazo ni aina fulani za ukatili wa kijinsia na mifano yao:

Dhuluma ya kimapenzi

Hii inamaanisha kitendo cha asili ya ngono dhidi ya mtu kinyume na ridhaa yake au ambapo mtu anakubali lakini yeye hana uwezo (kwa mfano akiwa na umri wa miaka chini ya 18

au wakati ambapo mtu hutishwa). Jaribio la kitendo kama hiki linastahili kuangaziwa kama ukatili wa kijinsia na kuadhibiwa kisheria. Mifano ya ukatili wa kijinsia ni ubakaji (kwa watu wazima), kunajisi (kwa watoto chini ya miaka 18), mahusiano ya kingono kati ya ndugu wa karibu na kulawiti.

Ukatili wa kimwili

Hii inaweza kufanywa na au bila matumizi ya silaha kama visu, majembe au mapanga. Mifano ni kama kukwaruzwa, kuuma, kusukuma, kupiga, kunyongwa, kuchomwa na kupiga ngumi.

Ukatili wa kiuchumi

Aina hii ya ukatili hutumiwa na wahusika kama njia ya kudhibiti mazingira ya nyumbani. Mifano ni kunyimwa au kudhibitiwa matumizi ya rasilimali za familia kama chakula, fedha, mavazi, gari na hata wakati mwingine, kupinga mtu kwenda kufanya kazi na kuchukua au kudhibiti mapato yake.

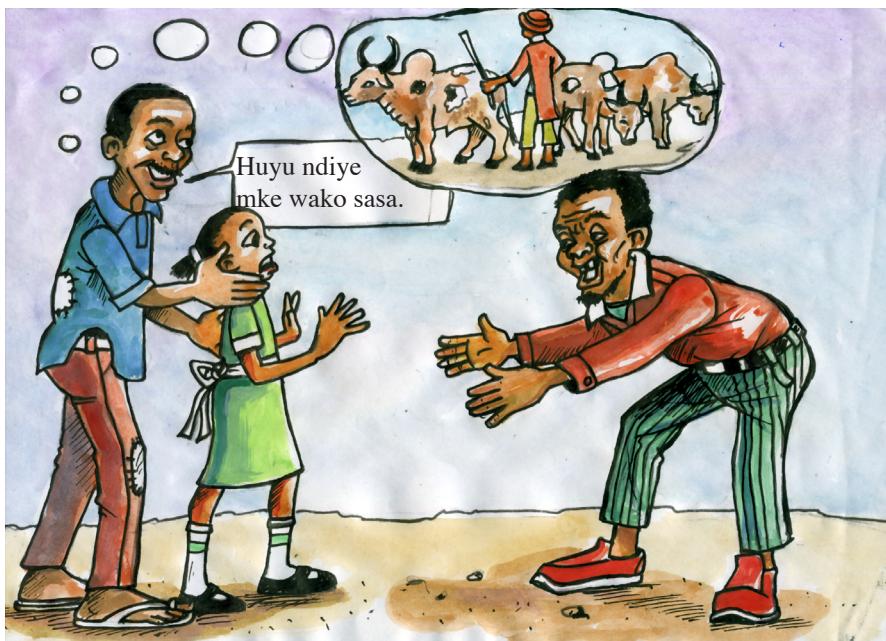
Ukatili wa kisaikolojia na wa kihisia

Makundi haya mawili ya ukatili huhusisha vitendo vya kusababishia mateso ya kiakili na ya kihisia.



Mifano ni vitisho vya vita, kutukana, kutengwa, kutumia watoto ili kutisha mwingine na ukimya.

Ukatili wa kitamaduni: Huu huhusisha tamaduni zinazoibua ukiukwaji wa haki za wale wanaoangaziwa. Hii ni kama ukeketaji wa wanawake (FGM), ndoa za mapema, ndoa za kulazimishwa, mjane kurithiwa/ kupokonywa urithi na dhuluma kwa wajane.



WATEKELEZAJI WA UKATILI WA KIJINSIA

Wengi hufikiria kuwa watekelezaji wa ukatili wa kijinsia ni watu ambao hawajulikani. Ingawa hii inaweza kuwa kweli kwa kiwango fulani, ukweli ni kwamba vitendo vingi vya ukatili wa kijinsia hufanywa na watu wa karibu na manusura / waathirika. Mara nyingi wahusika ni watu ambao waathirika huwaamini na kuwategemea kwa msaada na ulinzi. Wao ni kama:

- Waume / marafiki wa kiume
- Jamaa/ familia ya karibu / Marafiki / Majirani
- Watu wenye ushawishi mkubwa katika jamii
- Wanasiasa/ Walimu / Viongozi wa kidini / Waajiri

NINI HUSABABISHA UKATILI WA KIJINSIA?

Mambo mengi yanaweza kusababisha ukatili wa kijinsia lakini uchunguzi wa masuala haya yote huonyesha ya kwamba kiini cha shida hii ni uwezo na utawala. Uwezo ni mzuri unapotumiwa kwa njia ipasayo kwa mfano kufanya maamuzi yanayoathiri maisha yetu. Huu uwezo pia unatuwezesha kushirikiana na wengine. Hatutishwi na wengine na hatuna shida kuwasikiliza au kufanya maamuzi pamoja. Ni wakati ambapo tunahisi kuwa hatuna uwezo ambapo shida hujitokeza. Tunatumia ule uwezo tuko nao vibaya kwa kuwadhulumu wale ambao hawana uwezo wa kutosha. Huu utumiaji vibaya wa nguvu ndio sababu kuu ya ukatili wa kijinsia na hutokana na hisia ya kutokuwa na uwezo. Watu ambao hawana uwezo mara nyingi huhisi kama hawana maana na hujaribu kujipea nguvu na maana kwa kuwadhulumu wengine. Ni muhimu kuelewa kwamba mambo haya yanahusisha ukatili wa kijinsia kwa

jumla hata kama mhusika ni mwanaume au mwanamke. Mambo yafuatayo yanatoa maelezo zaidi ;

Tabia na hisia za kipekee za mtu: Watendaji wa ukatili wa kijinsia huhisi kuwa wao ni duni na hawajiamini. Kama ilivyotajwa hapo juu, ni hisia ya kutokuwa na uwezo inayowasukuma wadhulumu wengine ili wahisi wao ni watu wa maana.

Sababu za kiuchumi : Watendaji wengi wa ukatili wa kijinsia hasa wale ambao wako katika uhusiano wa karibu hutaka kuhakikisha kuwa waathiriwa wanawategemea kabisa. Njia nzuri ya kufanya hivi ni kwa kuwadhibiti kiuchumi kama vile kuwanyima nafasi za kazi au biashara, elimu bora au pia uhusiano unaonekana kuwajenga waathiriwa. Kuna matukio mengi ambapo waume wanawakataza wake wao kufanya kazi au kurudi shulenii. Mume anapohakikisha kuwa mke wake anamtegemea kabisa, ni rahisi kudhibiti mambo anayofanya na mahali anapoenda. Hii inamwezesha mume kumtawala mke wake kwa kuhakikisha hafanyi kitu au kuenda popote bila ruhusa.

Sababu za kihisia /kisaikolojia : Kwa kawaida, watendaji wa dhuluma ya kijinsia hawajiamini. Kwa mfano, mume husika huhisi kama yeye si “mwanaume kamili” na huogopa kuwa mke wake atapata mwanaume bora zaidi (tukio hilo ni sawa na jinsi wanawake wengine hushuku kila wakati kuwa waume wao si waaminifu). Ni kawaida kwao kuwalamu wake au waume wao kuwa wadanganyifu na hizi shauku hutumiwa kuhalalisha dhuluma yao. Ili kuzuia mke kuwa mdanganyifu,

mhusika hutumia utengaji na huamua ni uhusiano upi unaoruhusiwa na upi unaokatazwa. Vile vile, mwanamke ambaye hajiamini anaweza kudhulumu mumewe kwa matusi au pia dhuluma ya kihisia. Hii ni njia nyingine ya mtendaji kudhibiti na kumwonyesha mwathiriwa nguvu yake.

Sababu za kitamaduni : Kuna aina nyingine za ukatili wa kijinsia zinazosababishwa na imani na mazoea ya kitamaduni. Kwa mfano, ukeketaji, urithi wa wake, usafishaji wa wajane, ndoa ya watoto, ndoa ya lazima, upigaji wa wake na kunyima wanawake haki za mali na urithi. Kwa hiyo mifano yote, uwezo na utawala ndizo sababu kuu. Kwa mfano, ukeketaji ni njia ya kupunguza nguvu za kike ili wanawake wawe waaminifu kwa waume wao. Kwa upigaji wa mke, wanaume wengine huamini kuwa wanawake ni kama watoto na wanafaa kupigwa kama njia ya kuwapa adabu au kuonyesha mapenzi. Katika ndoa, ulipaji wa mahari unatatiza shida hii zaidi kwa sababu inawafanya wanawake waonekane kama bidhaa “zilizonunuliwa” na hivyo basi, ni mali ya waume wao. Ni rahisi kuona jinsi utamaduni hutumiwa kuhalalisha matumizi mabaya ya nguvu kuwadhibiti na kuwadhulumu wanawake, wanaonekana kama duni.

Sababu za kifamilia : Mtu anayelelewa katika familia yenyε ukatili wa kijinsia mara nyingi huwa mtendaji wa ukatili. Ingawa, hii haifanyiki kila mara kwani kuna watu ambao huepukana na vita baada ya kuishuhudia katika familia zao, kuna wale ambao huiga tabia za wazazi wao bila kuelewa sababu. Hii inaeleza sababu wasichana wengine huolewa na wanaume

wakatili kama baba zao au wavulana huoa wanawake wakatili kama mama zao. Ni muhimu kwa wanawake wanawake wanaodhulumiwa katika ndoa waelewe hivi. Wanafaa kujiuliza ikiwa wanawaletea watoto wao madhara zaidi kuliko mema.

Ili kuelewa vile uwezo na utawala zinachangia ukatili wa kijinsia, ni muhimu kufahamu kuwa hata kama mara nyingi waathiriwa ni wanawake, wakati mwingine ukatili wa kijinsia hutendwa dhidi ya wanaume. Aina za vita dhidi ya wanaume zinafanana na zile dhidi ya wanawake. Lakini mbali na wanawake kuwa watendaji wa ukatili wa kijinsia, wanaume pia hutenda ukatili huu dhidi ya wanaume wenzao. Mfano mzuri ni dhuluma ya kimapenzi dhidi ya wanaume wenzao. Si rahisi kujua kama upungufu wa kesi zilizoripotiwa na wanaume ni kwa sababu matukio ya dhuluma hii ni chache au ni kwa sababu wanaume hawakubaliwi kuongea kuhusu shida zao. Mwanaume anapodhuluiwa na mwanamke, si rahisi kumwambia mtu mwingine kwani anaonekana dhaifu machoni mwa wengine. Hivyo basi, pengine kuna wanaume wengi wadhulumiwa na wake wao bila kusema chochote. Dhuluma ya kimapenzi inapotendwa na mwanaume dhidi ya mwanaume mwingine, aibu na unyanyapaa huwazuia kuzungumza kuhusu ukatili huo.

Kwa ufupi, chanzo kuu cha ukatili wa kijinsia ni wakati ambapo mtu huhisi hana uwezo wa kujitunza. Watendaji wa ukatili wa kijinsia ni watu wanaohisi kuwa hawana maana na hujaribu kupata tena nguvu yao kuitia vita wawe wanawake au wanaume. Pia, haijalishi kama vita ni vya kupigana, kisaikolojia

au vya kimapenzi. Watu ambao wanajiamini hawahitaji kuonyesha ubora wao kupitia vita. Ni muhimu kuelewa ya kwamba wanaume hawazaliwi wakiwa wakatili na si wanaume wote wakatili. Kama vile kuna wanaume wengine wakatili vile vile kuna wanawake wakatili pia. Wanaume pia wanafaa kuelewa kuwa wanawake huhisi uchungu wa waathiriwa kwa jinsi sawa na wanaume. Hivyo basi hakuna mtu aliye na haki ya kudhulumu mwengine, awe mwanaume au mwanamke.

ATHARI ZA UKATILI WA KIJINSIA

Madhara kwa mwathiriwa Kimwili

- Majeraha
- Ulemavu
- Matatizo ya afya (kwa mfano magonjwa ya roho vidonda za tumbo na kadhalika)
- Matatizo ya ngono na uzazi afya (Kwa mfano magonjwa ya zinaa, ukimwi na kadhalika)
- Kifo

Kisaikolojia

- Wasiwasi
- Hofu / ukosefu wa usalama / Kujichukia
- Kutoamini wengine
- Kutokuwa na uwezo wa kutia makini
- Kutokuwa na uwezo wa kuhusiana na watu wengine/ upweke
- Mawazo mazito
- Ulevi na matumizi ya dawa za kulevya / Kutojamini
- Kujilaumu

- Mawazo ya kijiua/ tabia za kutaka kijiua / majaaribio ya kijiua
- Ugonjwa wa akili

Kijamii

- Kujitenga
- Lawama / kukataliwa na mpenzi, jamaa na jamii
- Unyanyapaa
- Kutokuwa na uwezo wa kushiriki katika shughuli za kijamii
- Hofu ya siku za baadaye au kuenda katika maeneo ya umma
- Kuvunjika kwa familia
- Ukosefu wa uwezo wa kufanya maamuzi
- Kukosa uwezo wa kujisaidia
- Kutoweza kufanya kazi yoyote kwa mfano, kujitunza au kuwalea watoto.

Kiuchumi

- Kupoteza kazi kutokana na utoro, kushindwa kutekeleza wajibu na hofu, ukosefu wa kujiamini
- Utegemezi kwa mtekelezaji ambaye hudhibiti rasilimali za familia
- Umaskini

Athari kwa watoto

- Kutojiamini
- Wasiwasi
- Kujitenga/Kujilaumu
- Vita kwa wengine

- Ulevi na matumizi ya dawa za kulevyta na aina nyingine za tabia zisizoambatana na jamii
- Ukosefu wa mahitaji ya kimsingi
- Kuacha masomo/Ukahaba wa watoto

Watoto kama hao pia huwa na hatari ya kuwa watekelezaji wa ukatili wa kijinsia. Wale ambaao huwa wahusika hurudia matendo yale ambayo walishuhudia nyumbani.

Kuna wale ambaao huuona ukatili huo kama jambo la kawaida baada ya kushuhudia yale yanatokea nyumbani. Hawa huo au huolewa na watu ambaao ni sawa na wazazi wao watesi kwani ni kile wanachokiona kama kawaida. Hii inaeleza kwa nini baadhi ya wasichana ambaao baba zao walikuwa watesi huolewa na wanaume ambaao ni kama baba zao.

Athari kwa watekelezaji

- Hisia za hatia
- Upweke
- Kutengwa na familia na jamii
- Kupunguka kwa uwezo kutokana na ukosefu wa mazingira mazuri nyumbani
- Kupunguka kwa mapato kwa mfano, kutumia pesa kulipabili za hospitali
- Unywaji wa pombe na kutumia madawa ya kulevyta
- Kuvunjika kwa familia
- Wasiwasi
- Kujiua (ama kujaribu kujiua)

SHERIA INASEMA NINI KUHUSU UKATILI WA KIJINSIA?

Ukatili wa kijinsia ni ukiukaji wa haki za binadamu na aina nyingi za ukatili wa kijinsia zinaweza kuadhibiwa na sheria. Kuna sheria ambazo zinafaa kutulinda dhidi ya vitendo vingine vyta ukatili wa kijinsia. Sheria nyingine huonyesha ni haki gani wanaume, wanawake na watoto wanastahili kuwa nazo, na hizo haki hazifai kukiukwa. Nyingine hufafanua makosa yanayofanywa kuitia vitendo tofauati vyta ukatili wa kijinsia na hueleza adhabu ya kila kosa. Hizi sheria ni kama:

Katiba: Hii ndio sheria kuu nchini na hueleza kuwa wanaume na wanawake ni sawa kulingana na sheria na wana haki sawa ya kufaidika na kulindwa na sheria. Hii inamaanisha kuwa kila mtu ana haki ya nafasi sawa katika nyanja za kisiasa, kitamaduni na kijamii. Wanaume na wanawake wana haki ya kulindwa dhidi ya vita, kuteswa, matendo katili au kinyama. Hii inamaanisha ya kwamba katiba inawalinda wanaume na wanawake dhidi ya ukatili wa kijinsia.

Kanuni ya Adhabu (Penal Code): Hii sheria inafafanua makosa yanayovunja sheria na pia adhabu zao. Mifano ya vitendo vyta ukatili wa jinsia yanayofafanuliwa katika Kanuni ya Adhabu ni:



- Shambulio – Hii inahusu matendo yanayo muumiza mtu kimwili kwa mfano kuchapwa, kupigwa kofi, kuchomwa na kadhalika.
- Makosa yanayokiuka maumbile - Haya ni kama kulawiti (matendo ya kimapenzi kinyume na utaratibu wa maumbile), matendo ya kimapenzi yanayohusu wanyama na matendo machafu kati ya wanaume.

Sheria ya makosa ya kimapenzi (Sexual Offences Act): Hii ni sheria inayofafanua matendo ya dhuluma ya kimapenzi. Kwa mfano, ubakaji au jaribio la ubakaji (ikiwa mwathiriwa ni mtu wa miaka 18 na zaidi), unajisi au jaribio la unajisi (ikiwa mwathiriwa ni mtu wa miaka chini ya 18) na matendo ya kimapenzi baina ya watu wa familia moja)

Sheria ya watoto (The Children Act): Hii ni sheria inayowalinda watoto (wavulana na wasichana) dhidi ya dhuluma ya kisaikolojia, kupuuzwa au aina yoyote ile ya unyanyasaji kama vile kuuzwa na kutekwa nyara. Hii sheria pia inawalinda watoto dhidi ya ukeketaji, ndoa ya watoto au mazoea mengine ya kitamaduni yanayoleta madhara katika maisha ya mtoto anapokua.

Sheria inayozuia ukeketaji (Prohibition of Female Genital Mutilation Act): Hii sheria inasema ya kwamba ukeketaji ni kinyume na sheria. Ni makosa kutenda ukeketaji, kuruhusu mwingine atekeleze ukeketaji, kuruhusu nyumba au jengo lako litumiwe kuitekeleza au kutoripoti tukio la ukeketaji baada ya kujua.

Sheria ya ulinzi dhidi ya ukatili wa nyumbani (Protection Against Domestic Violence Act): Inawalinda watu ambao wako ama waliokuwa katika uhusiano wa karibu dhidi ya ukatili. Uhusiano huu ni kama baina ya mume na mke (au mume na mke wa zamani), watu wanaosuhubiana au kuishi pamoja nyumbani. Baadhi ya makosa yanayotajwa katika sheria hii ni ndoa ya watoto, ukeketaji, ndoa ya lazima, urithi wa wake, maingiliano ya jamaa na vita vya kimapenzi katika ndoa.

Sheria ya urithi (Law of Succession Act): Sheria hii inalinda haki ya urithi ya watoto wa kiume na kike. Ni muhimu kufahamu kuwa watoto wa kiume na kike wana haki ya kurithi kulingana na mahitaji na uwezo wao. Mali ya mume au mke inafaa kurithiwa na watoto wao kwa hivyo mwanamke anayerithi kutoka kwa wazazi wake harithi mara mbili kwa sababu hafai kurithi kutoka kwa mume.

Hatua za kufuatwa katika kesi ya ubakaji au kunajisi.

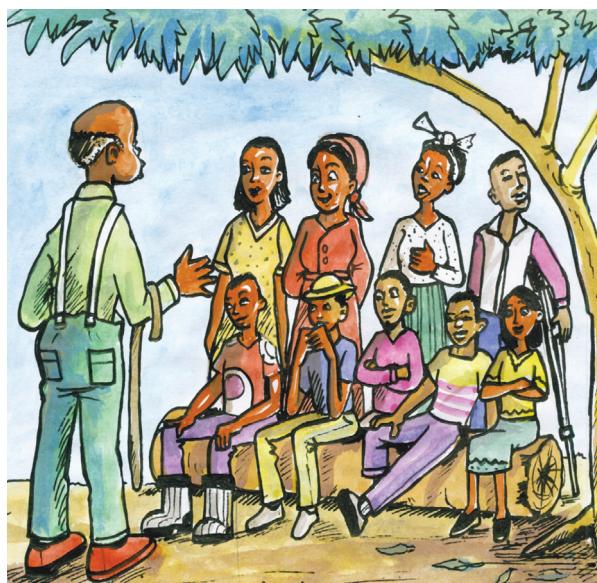
- ❖ Kumshauri mwathiriwa kutooga au kubadilisha nguo kwani hii inaweza kuathiri ushahidi. Ili kuhifadhi ushahidi, sampuli zikusanywe kati ya masaa 24 na 72 (siku 1-3). Kama mwathiriwa atabadili nguo, anastahili kuziweka katika mfuko usio wa plastiki ili kuhifadhi ushahidi.
- ❖ Kupata matibabu. Daktari anatarajiwa kujaza fomu ya **Post Rape Care (PRC)** inayotoa maelezo ya matibabu ya mwathiriwa. Fomu ya PRC inaweza kujazwa na daktari, afisa wa kliniki au muuguzi.

- ❖ Baada ya matibabu, ripoti matukio katika kituo cha polisi kilicho karibu. Polisi wanapaswa kumpa mwathiriwa fomu ya P3 ambayo lazima ijjazwe na daktari. Baada ya fomu ya P3 kujazwa irejeshwe katika kituo cha polisi kwa ajili ya ulinzi. Hii hutumika kama ushahidi wakati kesi inapelekwa mahakamani.
- ❖ Mara polisi wamalizapo kukusanya ushahidi, wanatarajiwa kumkamata mtuhumiwa na kumpeleka mahakamani chini ya masaa 24.

TUNAWEZA KUFANYA NINI ILI KUZUIA UKATILI WA KIJINSIA?

Zifuatazo ni njia kadhaa ambazo tunaweza kutumia kuzuia tukio la ukatili wa kijinsia katika jamii zetu:

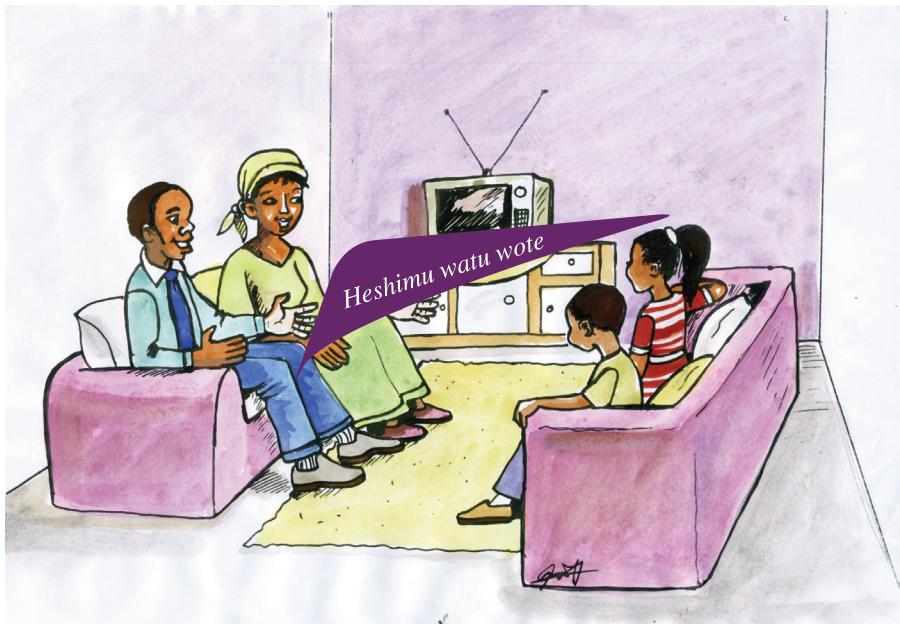
- a) Kuelimisha wanajamii juu ya ukatili wa kijinsia na jinsi ya kuuzuia. Hii inaweza kufanyika katika makanisa, mikutano ya familia na mikusanyiko ya jamii kama mabaraza.
- b) Ku f a n y a kazi pamoja na miundo rasmi, isiyo rasmi na mikusanyiko ya jamii. Kwa mfano



utawala wa eneo fulani na polisi ili kuzuia ukatili wa kijinsia.

- c) Kuwa mfano wa kuigwa. Mabingwa dhidi ya ukatili wa kijinsia wanapaswa kuongoza kwa mfano na kufanya mazoezi katika maisha yao wenyewe kwa yale wanayohubiri na kuyafunza.
- d) Kuwafunza watoto kuheshimu kila mmoja katika jamii.

TUNAWEZAJE KUKABILI IPASAVYO UKATILI WA KIJINSIA



UNAPOTOKEA?

Hatua za kukabiliana na ukatili wa kijinsia

- ❖ Kupokea kesi za ukatili wa kijinsia na kuzikabili ipasavyo. Tunafaa kuwa makini, bila kuegemea upande wowote. Hii itahakikisha waathirika kuripoti kesi za ukatili wa kijinsia. Ambapo kesi zilizoripotiwa zimepita kiwango chako, mwelekeze mwathiriwa kwa mamlaka ya juu husika kwa mfano, chifu au polisi.
- ❖ Elekezo kwa msaada mwafaka. Kulingana na asili na



aina ya ukatili wa kijinsia, mwathiriwa ahusishwe na vyanzo vinginevyo vya msaada:

- o **Msaada wa kimatibabu**- hii inahusisha hospitali, zahanati na vituo vya kiafya katika jamii kwa ajili ya kesi ambayo inahitaji matibabu.

- **Msaada ya kisheria** baadhi ya kesi za ukatili wa kijinsia zinahitaji msaada wa kisheria. Waathirika wanahitaji kuwa na uhusiano na wale ambao wanaweza kutoa msaada. Kwa mfano maafisa wa watoto na vile vile maafisa wanaohusika na masuala ya jinsia.
- **Msaada ya kiutawala** - Hii ni pamoja na chifu, naibu wa chifu, wazee wa mitaa na maafisa wa polisi.
- **Vituo vya kurekebisha**-Kuna haja ya kuwarekebisha walevi na wenye matatizo ya matumizi ya dawa za kulevyta kupitia vituo vya urekebishi.



**Tuungane pamoja
tukomeshe dhuluma
ya kijinsia**