



NO MORE: Gender based Violence and learner pregnancies in Namibia

[Survivor's Story] Title: "A childhood ruined by Domestic Violence"

Emma, a young woman from the coastal town of Walvis Bay narrates her story and sighs deeply, whilst recalling her childhood. "When I think of my childhood I think of homelessness and hunger. Growing up with a single dad was not easy, although my grandmother would help him, sometimes I just wish my mom never had to die, I think life would have been very different" Emma shares her story with Erongo regional Social Worker. Emma recalls the year her mom passed away and shared how her dad fell into depression for some time and was unable to care for her and her siblings for a while. "We were all so young. I was grade 3, I think, and my little sister was in pre-primary school, while the youngest was living at the farm with our grandmother" Emma narrates.

Emma shared how she and her sister were forced to eat from the dustbins or steal food from local shops just to have something to eat for the day. There were times Emma and her sister would sleep under the bridge in Omaruru, "My dad was never home, we had no home."

A year after the death of Emma's mother her dad tried to recover from the sudden death of her mom and slowly started caring for Emma and her siblings again, but not long into the year Emma was faced with the challenges of hostel life, which she explains was yet another difficult experience "We could only see my dad during holidays" Emma states. "My younger sister would lose her school shoes and I would give her mine and go to school barefoot for a whole term" Emma smiles sharing this during our sessions.

As Emma's Primary schoolyears came to an end, she remembers the year she was grade 10; her dad remarried and introduced his wife to her and her siblings. "She was fine the first week, but when my dad travelled with work the week after her true colours came out" Emma sobs while sharing. Emma shared that she had to collect her food from the dustbin in the yard as her stepmom would dish her food in a plastic bag and leave it in the dustbin. "My dad knew about this, but he never believed us when we told him" Emma narrates.

Emma Failed grade 10 with 20 points, She wanted to return to school but her stepmom convinced her dad that Namcol would be a better options, "I never went to Namcol, she made me her maid instead, she would make me wash her period underwear" Emma shares.

Emma says she cried every day and had no one to talk to. She shared that this made her hate her dad and stepmom, yet she never knew this was a form of abuse." They made me stronger, these things helps to build character"



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Times got tougher for Emma in 2013, when she gave birth to her first child and family closed their doors and refused to extend a helping hand. Emma had one aunty that opened her doors and helped her with her baby. “She paid for me to enroll for a certificate at IOL on HIV Management.” Emma shares that this is where she decided to look forward and move from her past, to appreciate the lessons and try to build a better future for herself and her child.

“I am now an independent woman; I work in the health care and social service profession and I am able to provide for myself and my family” Emma shares proudly. “My advice to victims is to speak up and know that you are not alone. Seek psychosocial support and let’s take hands and say NO MORE GENDER BASED VIOLENCE IN NAMIBIA.” Emma stresses the importance of seeking help and speaking up with Regain Social Worker during counselling.

It is important for survivors/victims to seek help. Emma has been very resilient and is a great example of how talking about our abuse can help us heal from the effects that comes with it. You are not alone, if you or anyone you know is suffering from abuse feel free to contact the Regain Social Worker in Walvis Bay, Kuisebmond at the Centre. Send a message or call us at 081 558 4008 to arrange for face-to-face or Telephonic counselling.

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Regain Trust empowers survivors of Gender Based Violence through psychological therapy sessions, one on one and group sessions. The intervention process helps and empowers survivors to open up and speak out about their experiences. Awareness campaigns are done through public dialogues, media campaigns and trainings. The organization advocates for a holistic approach to address GBV.

Regain Trust and (FES) Friedrich Ebert Stiftung with co-funding from the European Union are implementing a project that will contribute towards National efforts to address Gender based Violence and Learner Pregnancy in the Khomas, Erongo and Northern Regions. The project titled “Survivors Speak Up!” seeks to Increase and enhance the delivery of prevention, psychosocial, health, legal and protection services to reduce the prevalence of GBV & LP.

Find upcoming events and more information about Regain Trust on our website and Facebook Page.



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