



**NO MORE: Gender based Violence and learner pregnancies in Namibia**

## **[Survivor's Story] Title: "Surviving Teenage Pregnancy"**

"At 17 I became a mother; I recall writing my grade 10 final year exams during that time" Mariam narrates her story with a shy smile. My baby is the most rewarding thing about my story, he is growing so fast, naughty and smiles with everyone, Mariam shares proudly. She shares her experience with teenage pregnancy with Erongo Social Worker, while she recalls the experience as scary and lonely. Mariam shares how disappointed she was in herself when she learned about her pregnancy and how an illegal abortion was the first thing that came to mind.

"My parents were so disappointed in me because I was so young, Mariam Narrates."

"My dad was very abusive; I remember the times he would beat us up and let my mom and I sleep outside" Mariam states. "He chased me out of the house and told me to never come back. He emphasized how stupid I was and that I do not exist to him anymore. This broke my heart and made me feel so alone" Mariam sighs deeply. Mariam shares how grateful she is to have a mom that supported her and made her strong throughout her pregnancy.

"The Father of my child has been a great support system for me as well. And not all learner parents can say the same, I am grateful". Mariam shares how the father of her child made sure she lacked nothing, milk, diapers and clothes were always on time, she further shares how he would play his part as a parents by helping with diaper changes and felt so proud to be a father.

Mariam encourages learner parents to be strong and be there for their babies, "There is always someone who cares, even if the timing is not the best, your baby is a blessing regardless" Mariam Narrates. Mariam stresses the importance of being part of support groups at school for both girls and boys, "Abstain from sex or make sure you receive accurate Sexual Reproductive Health Education by being part of the support groups offered at the Secondary Schools" Mariam shares.

Three years later, Mariam is using her story to help learner parents overcome the fears and struggles of being a young first-time mom. Teenage pregnancy is never easy, especially when you have no support from your partner or family. Mariam encourages youth not to be shy and talk about their problems as no one will know or understand the problems you are facing if you do not talk about it.



**EUROPEAN UNION**



This is a project co-funded by the European Union and implemented by the Friedrich Ebert Stiftung and Regain Trust. This publication was produced with the financial support of the European Union. Its contents are the sole responsibility of the Friedrich Ebert Stiftung and Regain Trust and do not necessarily reflect the views of the European Union



## **NO MORE: Gender based Violence and learner pregnancies in Namibia**

**Organisation:** Regain Trust  
**Social Worker:** Chantal Kangootui  
**Contact Details:** 081 558 4008 | [esw@regain-trust.org](mailto:esw@regain-trust.org)  
**Website & FB:** [www.regain-trust.org](http://www.regain-trust.org) | [www.facebook.com/Regain-Trust](https://www.facebook.com/Regain-Trust)

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.



**EUROPEAN UNION**



This is a project co-funded by the European Union and implemented by the Friedrich Ebert Stiftung and Regain Trust. This publication was produced with the financial support of the European Union. Its contents are the sole responsibility of the Friedrich Ebert Stiftung and Regain Trust and do not necessarily reflect the views of the European Union