



NO MORE: Gender based Violence and learner pregnancies in Namibia

[Survivor's Story] Title: A Support System is vital through Learner Pregnancy

Over a year ago Tega walked into the Regain Trust office with her mother after discovering she was two months pregnant. Tega was born and raised in the Omusati region and she was just 16 years when she fell pregnant. She felt demoralised about her life and the thought of going back to school was not so appealing to her. This year Tega came by the Regain Trust office, she looked happy and had a glow to her, she shared the news that she had given birth to a baby girl last December.

"I was fortunate enough to have a mother, sister, partner, teacher, and friends who supported me emotionally and financially through my pregnancy. I was really scared that my relationship with my mother was going to be different because she was extremely disappointed when she found out that I was with child. However, I learnt that I just had to be patient, pass my examinations and believe that she will support me through it all" narrated Tega. Tega was in the 11th grade when she fell pregnant last year, and she entertained the thought of dropping out of school because of the fear of being teased by her school mates. "I felt ashamed and disappointed in myself and believed it was wiser if I stayed home instead of going back to school" recounts Tega.

"My big sister was the one that encouraged our mother and I to see a social worker and the session was rewarding because it made me develop a mindset that encouraged me to go back to school and look forward to a great future regardless of my pregnancy" expressed Tega. She further stated "I went back to school the day after I went for counselling. My mother accompanied me, to inform my teacher and hostel matron about my state. I was really motivated and passed that term with great points. But, towards the end of the year I had to be booked off, which meant I could not write my final examinations. I was disappointed by that because I wanted to challenge myself academically, but in the end, I was grateful that I had given birth to a healthy baby girl."

"The Social worker motivated not just me, but my mother too. I encourage every pregnant learner to seek psychosocial services because getting pregnant as a teenager is not an easy thing to go through. One always feels better when they air out all their worries and state the kind of support they need from their relatives and friends. I was also really fortunate to have a big sister who informed me about nutrition and hygiene during my pregnancy, I needed to eat more and she sent money for me to buy more fruit, vegetables and dairy products" explained Tega.



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Tega's mother is currently taking care of her baby and she lives with her grandmother. "Right now, I am just helping out at home and trying to stay updated with my school-work through e-learning. My goal is to be a lab-technician one day. I need to work hard so I can provide for my child one day and not solely rely on my mother.

I am still in a relationship with my partner, and I chose to abstain from sexual activities and focus on my education, because I need and want to be an empowered woman one day. I do not want to give up on school and bettering myself. I do not want to repeat the same mistake, instead I chose to learn from it.

I urge everyone to have empathy for pregnant learners, help lift their spirit instead of laughing and mocking them, because learner pregnancy can be such a lonely and depressing journey" said Tega.

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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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