



NO MORE: Gender based Violence and learner pregnancies in Namibia

[Survivor's Story] Title: "Date Rape: It happened to me"

"Facebook! It all started with a Facebook friend request "Abby recalls. In 2015 I made a new friend on Facebook. His profile said he was 15 years old and I was 13 back then, Abby shares with Erongo Social Worker. We chatted online for some time until that one day he asked to meet in person. I was so young but felt like I could trust him, I mean we were friends what harm could meeting in person bring? Abby narrates.

"I was so young and naïve, so I decided to go and meet him. When I got there, I was so shocked by the fact that it was not the same face from Facebook" Abby sighs. Abby further shared that he was not alone. "This man touched me, I still remember his arrogant and demanding tone of voice. I cried, I screamed, but there was no one to help me" an emotional Abby sighs.

"The last thing I remember was being at the place the taxi dropped me. I don't know his name or anything about him, just the fake information on his Facebook profile" Abby shares. A lot of rape victims experience trauma that causes anxiety and gaps in their memory about the sequence of the traumatic event. Until today Abby is not able to tell if she was raped by all the guys or just the one because when she woke up, he was the only one in the house. She also shared that she may have been drugged as she suspects she blacked out. "I had no taxi money to return home, I had to walk home, I couldn't stop crying, I was in so much pain. When I got home, I never spoke about what happen to me, because I felt that it was my fault. I should never have gone to meet him" Abby narrates.

Rape is a crime of power and victims are never to be blamed for the actions of their abusers. Many victims of sexual abuse do not report their abusers because they blame themselves for the abuse and this is wrong. It is not a victim's fault, you are not to blame, you are not alone.

"It has taken me years to come to terms with the rape. I remember drowning in depression for years, my breakthrough began when I decided to take my life back. We cannot allow our abusers to take our lives away from us; we need to open up and seek help. We can help other women prevent this from happening to them by sharing our experiences. Abby proudly shares. Abuse is never confined to a present moment; it lingers across a person's lifespan and has pervasive long-term ramifications.

Violators cannot live with the truth: survivors cannot live without it. Speak Up!



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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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