



NO MORE: Gender based Violence and learner pregnancies in Namibia

[Survivor's Story] Title: Teen Motherhood

“My stepmother waited just two months after I gave birth before she kicked us out” Boois narrates her experience with Social Worker. She further shared “I thought pregnancy was tough, until I gave birth and things got even harder for me”

“My dad would often help by buying toiletries for my baby and myself. However, my immediate family never assisted me” a sobbing Boois explained. Things got a little bit better for Boois when her uncle and his wife gave her a place to stay. “I could not afford nappies so I would do my uncle and his wife’s laundry to earn money. We agreed on a fixed amount of N\$300 a month, but when month end came they would have so many excuses and tell me that they were feeding me and my child and end up paying me N\$130” Boois narrates. These circumstances forced Boois to go look for a job so she could be able to support herself and her new-born baby.

Boois managed to secure a casual job at Shoprite in town. “I took my child to Day Care during the day while I was at work, securing this job gave me so much hope. I would earn N\$500 weekly and save this money until month end” Boois shares with a smile. Boois decided to buy washable nappies as this was more affordable and reusable.

“My daughter made me so strong; looking at her everyday was such a motivation to keep going” Boois shares. Boois could not stay with her uncle too long as his wife would demand alcohol money from her and when she would refuse she would not give her food to eat for weeks at a time. “At least I had an income and could afford to buy myself food to eat at work” Boois had a aunty that lived in the capital city, who paid transport for Boois and her baby to travel and live with her for a few years. Boois now had a good support system that encouraged her to go back to school to complete her studies. After 2 years Boois returned to Walvis Bay to seek employment. The father of Boois daughter denied the pregnancy and was not willing to provide any type of support to her or the child.

Boois shared “Never give up on yourself, motherhood during your teen years is very challenging but it’s possible. For those who can avoid pregnancy, please do as this is not easy. Please enjoy your Youth”

What’s Worse? Telling him you’re late or telling him to wait? Sex has Consequences.



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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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