



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

## **[Survivor's Story] Title: Impregnated and Abandoned**

Amanda was one of the young teen mothers the Regain Trust team met when conducting sessions on Sexual Reproductive Health. Full of life and eager to help other young mothers, she shared her story of how difficult it is to be a mother at a tender age. Born in the capital city with lots of opportunities, Amanda was able to attend her primary and part of her secondary school in Windhoek. Unlike other children whose parents struggle to make ends meet, Amanda was living a 'normal' life before she got pregnant. Her parents were working hard to send her and the other siblings to school.

Since schools reopened, Amanda refused to step foot where she used to study. This is the place she used to play with her friends and spend most of her time. A young girl who was enjoying her life. She could not understand why she should go back to school after becoming a mother. She was now relating her world with the struggles of being a single mother. After falling pregnant she could hardly leave the house but only when she needed to be at the maternal clinic.

Amanda was a cheerful young girl who was excelling well in her schoolwork. She would not miss any classes nor would she bunk the lessons. She was in her twelfth grade looking forward to attend university the following year. "By then, I did not know that I was pregnant. I broke up with my boyfriend. When I noticed that I am pregnant. I was a month and 2 weeks pregnant. I tried all my best to text and call the guy, but he was ignoring me. I started stressing myself and did not eat. One day I stood up and went to his house, to find him with another girl in bed. I ran out of his room heartbroken. At that moment I felt lost, I wanted to kill myself and end my life and I did not want the unborn baby" narrated Amanda.

Amanda could not understand that someone who was so much in love can have other girlfriends. After a few months struggling to come to terms with her boyfriend's behaviour, she then received a message. "I received a text from him asking me what I wanted. I told him that I was pregnant, he called, and we talked for a very long time. The next day he came with his parents to my house to talk to my parents about my pregnancy. By then I was five months pregnant. After our parents talked, communication ended between us. Amanda received another text message. "I got a text from him asking who knows if he is the real father. I was so angry, and I started crying my heart out until I thought for myself that I can be strong on my own. I started selling ice-cream, chips, cooldrink, and sweets so I can get something out for me and my baby. When I was 8 months pregnant, he came and begged me to forgive him and I cried so badly that I told him to leave me and my unborn baby. Ever since then we never had anything to do with each other. I gave birth to a healthy baby boy and I am trying to do everything I can to support him.



**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**

My message to teenage mothers is to never give up. You can be someone your child can look up to one day. Be strong and have courage.

**Organisation:** Regain Trust  
**Social Worker:** Constance Muparadzi  
**Contact Details:** 081 703 3203 | [hsw@regain-trust.org](mailto:hsw@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