



Together for girls



Every Hour Matters Youth Engagement Toolkit

TOGETHER FOR GIRLS GLOBAL PARTNERS:



EVERY HOUR MATTERS PARTNERS:



**Together
for girls**

STRENGTH IN NUMBERS



72

WHAT IS THE EVERY HOUR MATTERS CAMPAIGN?

The campaign aims to increase awareness of the importance of rapid access to post-rape care and urges global, national, and community leaders to improve information about and access to comprehensive services, including:

- Life-saving post-exposure prophylaxis (PEP) to prevent HIV within 72 hours
- Emergency contraception to prevent an unwanted pregnancy within 120 hours
- Psychosocial and mental health support

AGENDA

- Introductions and Icebreakers
- Ground Rules for a Confidential Youth Friendly Space
- Defining the Problem
- Review “Do You Know Why Every Hour Matters After Rape and Defilement?” Infographic
- The Statistics: Sexual Violence and Post-rape Care
- What is Stigma?
- Scenario One: Maureen & Sarah
- Scenario Two: Elizabeth & Michael
- How to Support a Survivor: Do’s and Don’ts



OBJECTIVES

By the end of this workshop, we hope you will understand:

- Definitions of rape, defilement and sexual violence
- What stigma is and how it affects sexual assault survivors
- How to respond to a friend who discloses they have been sexually assaulted
- How to refer a friend to health services if they have been sexually assaulted





**DEFINING THE
PROBLEM**

Sexual Violence

Sexual acts committed against someone without that person's freely given consent (without that person saying 'yes', or if the person said 'yes' due to threats, intimidation, or other pressure),



Sexual Assault/Defilement

Assault: A specific act of sexual violence – including rape
Defilement: Understood in Uganda as sexual assault of both boys or girls under the age of 18 – including rape.



Rape

A type of sexual assault that is unwanted sexual intercourse including anal, vaginal or oral penetration with a body part or object.

72 WITHIN 72 HOURS:

Take **post-exposure prophylaxis medication** (PEP) within 72 hours of a rape for HIV prevention. After 72 hours, HIV testing is still important, as is appropriate treatment, counseling, and support.



120 WITHIN 120 HOURS:

Take **emergency contraception** within 120 hours for pregnancy prevention.



GO AS SOON AS POSSIBLE:

Get a **physical examination** to identify and treat injuries.



Take **medications** to prevent other sexually transmitted infections (STIs).

Get **immunizations** to prevent tetanus and Hepatitis B (where available).



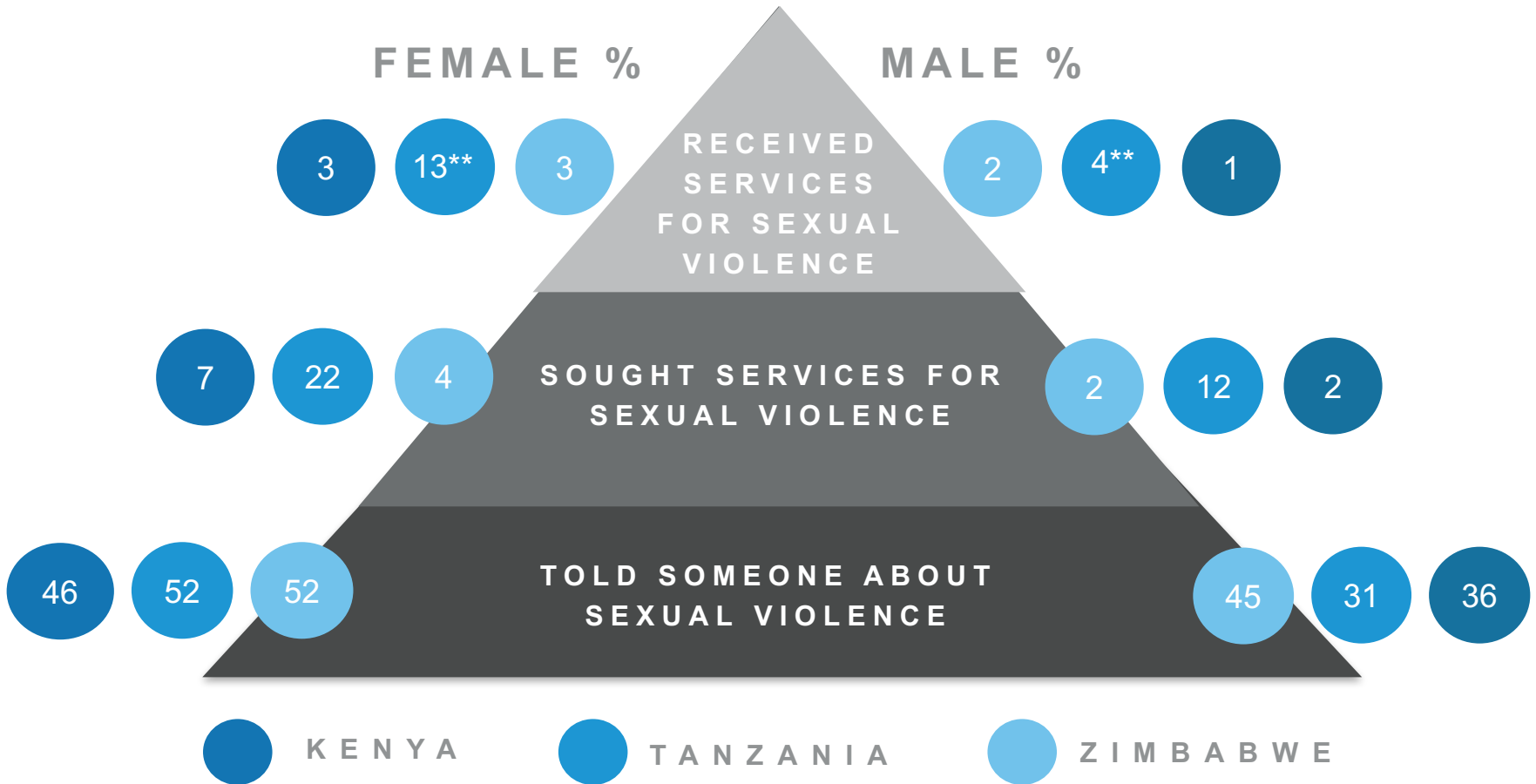
Medical professionals can collect forensic evidence to support criminal investigations if you choose to file a police report.



You may be **referred to other services**, including the police, legal service providers, and case managers.



THE NUMBERS: SEXUAL VIOLENCE AND POST-RAPE CARE



Uganda-specific data forthcoming
 *Data for Tanzania reported by 13-24 year olds
 ** Estimate is unstable

WHY DON'T SURVIVORS COME FORWARD ABOUT SEXUAL VIOLENCE?





**SCENARIO
ONE**

Maureen and Sarah

DISCUSSION QUESTIONS

- How are you feeling after hearing this story?
- What would you have done if you were Maureen and a friend had just told you they had been raped?
- What is preventing Sarah from seeking help?
- What are some of the potential health risks for Sarah in this scenario?
- What do you think Maureen could have done differently to be more supportive of Sarah?
- Would your reaction to the story be different if you found out that Sarah was infected with HIV or had become pregnant from the incident?



**SCENARIO
TWO**

Elizabeth and Michael

DISCUSSION QUESTIONS

- How are you feeling after hearing this story?
- What did Michael do well?
- Would your reaction to the story be different if you found out that Michael was disclosing to Elizabeth that he had been raped?
- What role do you think gender dynamics play in this situation?
- Do you think Elizabeth would have responded differently to a female friend? How?
- Overall, how do you think boys' and girls' experiences as survivors of sexual violence might be different?
- How might boys and girls perceive sexual violence in different ways?

IF A SURVIVOR COMES TO YOU, WHAT DO YOU DO?

DO

1. Accept survivors as they are and treat them with respect.
2. Help them stay calm by showing love, care and understanding by being an empathetic listener.
3. Believe their story.
4. Remind them that what happened was not their fault.
5. Ensure confidentiality of your conversation.
6. Create a safe, supportive and distraction-free environment for your conversation.
7. Share that they can prevent HIV and unintended pregnancy if they take PEP within 72 hours and emergency contraception within 120 hours.
8. Offer to help them access services when they are ready.
9. Offer to support them if they choose to document and follow up on their case with legal authorities.
10. Reach out periodically after they disclose to you and remind them that you are here for them.

IF A SURVIVOR COMES TO YOU, WHAT DO YOU NOT DO?

DON'T

1. Doubt their story.
2. Pass judgment.
3. Pressure them to talk or press them for details.
4. Tell them how to feel about the situation.
5. Lecture them about what to do, or force them to go to the police or prosecute.
6. Ask why they did (or did not) say no or fight back.
7. Tell the survivor to “forget about it” or “keep quiet” and move on.
8. Make light of the situation or compare their story to other issues or situations.
9. Criticize them or blame them for the situation by saying things such as, “you shouldn’t have been out alone night.”
10. Avoid them.



THANK
YOU



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