

#Metoo.



A challenge to all women and men who have experienced gender-based violence to stand up and say Metoo!

Our contribution is:

1. Our statement of the situation.
2. A challenge of changes to society and the authorities.
3. Stories and testimonies from hundreds of women about the gender-based violence they have experienced.
4. The roots and processes of gender-based violence and how it is possible to stop it.





1. Our statement of the situation.

The #Metoo revolution in the United States, Europe and elsewhere has led to people opening their eyes to sexual violence, discrimination and harassment mainly against women but also against men. Women from various professions have come forward and shared stories from their work environment where they have been subjected to targeted humiliation and systematic abuse of power on behalf of the men. Women stood up and demanded that society as a whole open the blind eye that has turned to this situation. Gender-based discrimination leads to abuse and harassment, and therefore employers need to make plans and implement processes that ensure gender equality that will be supported by police and authorities.

We women in Nairobi, Kenya, Africa, Asia have struggled to find our place within the #Metoo revolution. Few of the women who have come forward with their stories so far belong to that group. But is it because we are left out or do we choose to stand by? It is very important that we seek answers to those questions and that we dare to find the answers to them. It is equally important to understand why we need to answer these questions, now that women have chosen to break the silence, stand together and trust that society will listen and respond to the loud discussion with a heavy sub-wave.

The stories of women in Kenya are woven from prejudice, discrimination, targeted abuse, neglect, exclusion, abuse and murder. Many of us have experienced being abandoned and isolated by those we trusted, when we needed it the most at whatever age we were. However, by agreeing on making our narratives, our eyes have been opened to the fact that society has for quite some time turned a blind eye to various inequalities that have taken place, especially the police and the authorities.

Below are the stories of brave women who share their reality with us. We wish for nothing more than that they are read with respect for what our sisters, mothers, daughters and best friends and many people have experienced and that each reader asks himself whether he/she could have reacted differently. We wish that we look for ways that we as a society can support and strengthen men and women in situations of violence. We wish that everyone finds ways to break down the walls of silence and fear in order to contribute to creating a safe place in society for women and men who need protection and strength to hold

It is very important to put on the agenda the reasons for prejudice, discrimination and the crime of gender-based violence. Most of us, who have become victims of domestic violence, sexual violence, sex work and even human trafficking, are purposefully kept at bay, a position that is equally well used against us. Intelligent, educated, strong and beautiful women who bring with them dreams and hopes for a bright future and success. When these women see their dreams and hopes come to nothing due to systemic prejudice, neglect and discrimination, they are forced into the role of victim more often than not. This has come to their tormentor.



Kenyan women demand attention and that society reacts to their stories and that companies, associations, sports finance laws and rural finance laws and that everyone who believes now put together an action plan. Plans and procedures that eliminate sexual discrimination, abuse and harassment.

Within these plans and processes, there must be room for women and vulnerable groups. There, special attention must be paid to the empowerment of vulnerable groups, who need to have their own voice. That voice also needs to be understood and respected. We want employers to ensure that everyone is informed about their rights and that the procedures are clear and the instructions are easy when we need to protect our own rights.

Within the health, welfare and justice systems, Kenyan governments, both national and local, need to ensure that women and men have easy access to resources to protect their respective positions. We, as victims, have suffered in silence when we have neither had knowledge of nor trust in these three systems that are the basis of the safety net that every healthy society must have, accessible to all those who need it, to catch the least fortunate and to ensure that basic human rights are respected so that no one has to suffer for their origin or color, religion or sexual orientation.

We are no longer going to stand by in silence. We have found the will to stand together and we are now reaching out to the society in which we live, love and work, to stand with us. #Metoo is a #WE-like movement where we stand proudly to defend discrimination and abuse. Women and men who can make themselves heard.





2. Challenge to society and authorities:

- Every 10 minutes a woman is killed by a relative in the world today, even more women, men, intersex people and children are subjected to gender-based violence
- We call on society, the judiciary and authorities to launch a joint effort to significantly reduce and eliminate gender-based violence.
- We call on society, the judiciary and authorities to integrate all sectors of society into this effort and mobilize all government tools such as the president, parliament, local governments, budgets, tax systems, public institutions, NGOs, etc. So that the greatest possible success is achieved.
- We call on the police as the most influential and dominant institution in matters of violence to step forward and hold those responsible as an institution in the matter.
- We call on society to ensure that all plans and processes aimed at eliminating gender-based discrimination, harassment and violence include plans and procedures that ensure gender equality, supported by the police, law and authorities.
- We call on authorities to establish shelters for women, men and children who are victims of gender-based violence and to fully fund their operations.
- We call on governments, both state and local, to ensure safe channels and means of transport so that the rights of those who are subjected to gender-based violence are respected.
- We make these demands in the hope that our participation in the #MeToo movement will strengthen ties between all members of society and strengthen the fight against gender-based discrimination, harassment and violence in society. In doing so, we will contribute to creating a better and safer society for all of us.



ME TOO

1

Hi my name is A. I live in northern part of Kenya. Am from a Nilotic group. I was married off when I was nine years. My father died when I was three months and left four wives and sixteen siblings. My mother was the eldest wife, so her being the eldest I had to be sold to a thirty-year man so that the dowry paid can be able to help my other siblings. My mother never received even a penny from my dowry. My greedy uncles shared among themselves. I have been divorced three times, we say 'talaka'. Since am a Muslim but no more. I lived in an abusive marriage until I decided to run away and start another life. People don't understand why I chose to be a prostitute. There's no love in people so we hurt each other. We use them and dump them, they use and dump us but I would not want any woman go through, what I have gone through. Me too I want this stopped and a shame our elders and greedy relatives.

2

I am a mother, lately I have been Involved in Tracey and Ragnar project of Adult education. Am learning to Read for my children. Right now am having issues with my people, they want my little girl to be circumcised. The government just say it's illegal but in real sense it's not. Now my husband has taken my little girl and hid her when I Came for help. I don't know where she is right, no chief, no police, police, no elder is in my support, they say it's a family matter and a husband has 1 a right over his family. I have no say because am a woman. Am Devastated. I want to kill myself, but I can't because of my children. What nonsense is this, who will stand for girl child, why should my child not grow up as other children in a normal way?

Me too I want to expose this kind of acts over our children.

I have been raped, beaten and infected with H.I.V in the name of religion. I want to live I can't. Who will house a sick woman with four children and my husband is still infecting more young children in the name of polygamy. What good is it to harm others? Tell me?



3

I am a nineteen years. I don't love this man am married too. He is primitive and never listens. Any small things he beats me up. He says he paid dowry. Who can help me get back that dowry? Am fed up. I was married off to this man at 12 years and he has never changed. My mother told me I will learn to love him but I have loved him not even once. Me too I will like to be part of me too and end this forced marriage.

4

My husband Says Am Stupid, uneducated, poor and ugly. That's why he is adding more waves. He says my Waist is rusted. I got married to this man when I was 9 years and all through I have been violated by even his own father and brothers. They both raped me, when I told my husband he said I wanted it and got it. I told my brothers who bet him so my bad but because we are poor, I had to Stay with this monster. He has spoilt my ass and my vagina because he uses both am real a useless woman now. No man can marry me. So I have to stick with this goo for nothing man to hide my shame.

5

My name is Ali. I condemned this gender violence because I have seen two of my sister's pass through a bad marriage. They are beaten given all domestic works and also being made to look less in front of the community. Let a woman marry the man of his choice, let's stop gender based violence. Stop female circumcision and let's expose this violators with no fear. Let's family accept their daughters if they come for help and don't want to go back. Better a broken marriage than a dead daughter.

6

Am Hussein 19years and waiting to go to college. none of my sisters have gone to school. I feel so bad. They are not allowed to handle money or have phone s. they are only allowed to go to madrasa so bad. Why can't they have education?

7

Right now Tracey is helping me have Justice about my life and Children. I condemn early Marriages. I hate men. I always want to kill them. What they are doing to us is not normal. If they even hear I gave out any Information I will be beaten by Whole clan and denied access to see my children or go out. Am just a slave in another way.



8

Am a teacher. My uncle wanted to give me off but Tracey wants me to be a teacher which I enjoy doing. I only get ksh9,000 to volunteer month but all my money is taken by my uncle. A woman has no right to have money. Yesterday they brought me an old man to marry me off. I refused. I was badly beaten by my uncles I almost went mad. As am speaking am going through medical treatment, thanks to Tracey, Ragnar and the humanist movement that catered for my hospital bills. If I would be given another chance to be born I will never be married to this tribe, I rather be in the Pluto or a stone than living with humans. Help us, if not me save others like me please.

9

Am nine years old. I already know the family that I will be married to. My fiancée brought me here to learn mathematics, English and Kiswahili. He also said he want me to know how to write my name and his. Him he has never gone to school. None of our two families have gone to School. I will be the first one to go to school. I would love to be a doctor but my fiancée says if learn too much I will be dis-obedient and I will live him and our religion. Me too I would love to have a better education to all women and Men but our culture says women were born to give birth and cave for the family.

10

We are three co-wives, our husband is the area chief, and soon he will be getting another one. We live in a tent last month one of my co- wife was bitten by a shake and I have been having chest problems we do not even have enough food for our children. Our children do not even have privacy when our husband is in demand of sex from one of us he never cares about our children. It's shameful and I hate even being married to him. We all pretend we want the new wife too but we will make her life be so bad 1 so that she can go back to her family. She's too young to Come and suffer. Where will she sleep? We do not even have enough food. I just want my freedom. The rest can stay. Is there a way you can help me get out of this marriage? Right now I have sexual transmitted disease am treating it with herbal medicine. I do not even have enough money but my other co-wives have no one to help them, they are smelling and having problems I want out.



11

I was married off at 9 years, got divorced at 11 years, married off at 12 years got divorced at 14 years, married off at 14 years again got divorced f at 17 years ran away, was traced and married off again at 17 years, I managed to run was brought back, I pretended to be abnormal and started eating papers and grass and they took me to Mental Hospital. When I was there I told the doctor I was not mad but he did not believe me. So I helped in the hospital and acted normal. I told him about my story and asked him to let Stay there more. I stayed for one year and half but by bad luck he flew to Canada and the woman that came immediately wrote for me a leave-out. They come for me and I even behaved more abnormal am still abnormal only Tracey knows am normal. I want a better life. I am tired of men and getting married. Want to help my community. Me too I want all this stopped.

12

I cannot give birth, they call me barren. I was spoilt because I was married at very early age but now it's my faults I cannot give birth. I have been married off four times by my father but my stomach is spoilt I cannot carry children. I am now 21 years and they call me cursed woman. Who is cursed between me and my family? Tell me it pains deep and so deep.

13

My name is Ndivangu and I condemn sexual exploitation. I refuse FGM and early child marriage. I stay here I see how woman are handled. I cannot voice it bout alone as a man, we need other men to come and help us out. Let's save our mothers, sisters from domestic violence. Let's stop Gender Based Violence

14

Am Sophie and in my tribe they believe that if a man beats you, he loves you that if he stays one week without beating you, he is not okay so many women die through this beating and no action is taken. Let's stop this am from Kisii land.



15

As a woman who goes doing laundry to houses. I make very low income but the most annoying thing is these rich people will want to sleep with you so that they can give you something to add on the 500 kshs you make to wash. Housrehelp also face the same wrath and if you try to tell the lady of the house you are sacked. So most of us stay silence to keep our jobs. I cannot tell you how many people I have slept with to get favors but why should I if am qualified? Am tired of this life. Me too I want a change.

16

Am an artist, well qualified but my paintings will not sell because the Cartels will want half of your Money or you become their sexual partners, they call themselves "friends with Benefits" it's so insane.

17

Am a well-educated woman with a degree and now am doing my masters but When I work in a business firm I have never had a promotion because I do not sleep with my Boss. I told him I only sleep with my husband and he told me then watch others grow. It's a shame to see even married Women being black mailed to sleep with him for networks, Conferences and Promotions. Such people don't deserve to own a company.

18

Am an athlete, I have tried so many times to get to the top but my coach will only give a stat if you agree under his terms. They were once exposed in the citizen median how they sexual harass athletes but no measures were taken. Am crying for other runners. They might say but deep inside they are not happy. We use our legs to run and also make our coach and bosses happy if some women that have made it could look into this, it will be of great help. They also know what am talking about its just that they are not brave to say it as it is.



19

My husband is a police officer and was abusing me daily. Last two months he almost killed me. I reported the matter to the chief, police station, his boss, his people but everyone is scared of him. I have tried to escape he always come after me. Now I heard you people talking about Gender Based violence in Ghetto Radio, that's why I wrote and texted you for help, am out of the country now am Safe with my child but what about Other police wives that Cannot report their abusive husband because the law favors them, they say they are the law and we can take them nowhere. Police wives in Kenya Should see how they can join the me too revolution and help each other from Domestic violence.

20

Am eighteen years old, I heard you in Powa 254 and I addressed. My Issue here. I wanted to get an Identification Card but whenever I went to the chief's office he said. The must sleep with me so that he can write me a letter to get my I.D. I never finished school because my parents separated and I had to take care of sick mom. I called Tracey and she gave me a job and she's helping me get my national Identification Card. I hate that chief. He is a coward. A man as old as my grandfather. Shame on him.

I want to be part part of me too to help young girls like me stand up for their rights and their bodies.



This is me maurine when I was in a toxic relationship I was with a narcissist man and getting out of this relationship was not that easy I have been going through a lot,...I went the worst part of my life even in my body I still have a lot of injuries but I thank God I have healed and now I can share much awareness of GVBs in the community.



Another woman who is in a toxic domestic relations,... she's married for 11yrs and the marriage have been always with violence,...and she was telling us about her marriage started with a problem when she noticed that her husband was cheating in their matrimonio bed,...with a neighbor wife,...so one day she confronted her husband and the husband reaction was to beat her to almost death but likely she saved the beating,... until now she's trying to to get out of this marriage once she find a self in a good position to leave since she is an orphan and also a mother of 4kids.

GENDER-
BASED
VIOLENCE



STOP
GENDER-
BASED
VIOLENCE



Above the picture is a young woman from maili4 in eldoret,... uasin gishu county,the lady was married at young age and she was in a toxic relationship but likely she managed to moved out from that relationship,...I met her at her auntie place and her condition is not bad although her right hand is got bad injury because the man twisted her hand and the elbow got affect,...she has stayed in that relationship for 4yrs and the incident have been happened so several times,...since the man is so drunkard .she promised that hoping after her healing she will look to work in gulf countries.

GENDER-
BASED
VIOLENCE





4. The roots and processes of gender-based violence and how it is possible to stop it.

The Violence Meter : a tool to measure violence in a relationship

<https://oivf.seinesaintdenis.fr/en/ressources/the-violence-meter-a-tool-to-measure-violence-in-a-relationship/>

Challenges and impasses of the Maria da Penha Law: Analysis of the effectiveness of women's protection in the state of Bahia

https://www.researchgate.net/publication/379200612_Challenges_and_impassees_of_the_Maria_da_Penha_Law_Analysis_of_the_effectiveness_of_women%27s_protection_in_the_state_of_Bahia/fulltext/65fed35dd3a0855142450639/Challenges-and-impassees-of-the-Maria-da-Penha-Law-Analysis-of-the-effectiveness-of-womens-protection-in-the-state-of-Bahia.pdf?origin=publication_detail&tp=eyJlb250ZXh0Ijp7ImZpcnN0UGFnZSI6Il9kaXJlY3QiLCJwYWdlIjoicHVibGljYXRpb25Eb3dubG9hZCI6InByZXZpb3VzUGFnZSI6Il9kaXJlY3QifX0

