

# *Antardristi Nepal (AN)*



**Annual Report**

**2012**

## ANNUAL REPORT

### *Background:*

Children have been entitled as the "future stars" and the "rising sun" in most of the society since the time immortal, however, children are facing many problems regarding their rights to development, survival and protection. Various laws has been formed related to the rights of children, particularly Children's Act 1992 has addressed many child's right related issues. Those acts have also addressed issues of child sexual abuse and have formed acts to punish the criminals. However, those innocent victims/survivors have been ignored. Child sexual abuse is a frightening reality and of all forms of abuse of children, sexual abuse and exploitation may be the gravest, possibly leaving the deepest mental scars on the victims and a sense of guilt is added to the victims 'feeling of pain', shame, confusion and a lot of mental distractions.

Child abuse" can also be defined as causing or permitting any harmful or offensive contact on a child's body; and, any communication or transaction of any kind which humiliates, shames, or frightens the child.

Child sexual abuse includes a wide range of sexual behaviors that take place between a child and an older person. These sexual behaviors are intended to erotically arouse the older person, generally without consideration for the reactions or choices of the child and without consideration for the effects of the behavior upon the child. Behaviors that are sexually abusive often involve bodily contact, such as in the case of sexual kissing, touching, fondling of genitals, and oral, anal, or vaginal intercourse. However, behaviors may be sexually abusive even if they don't involve contact, such as in the case of genital exposure ("flashing"), verbal pressure for sex, and sexual exploitation for purposes of prostitution or pornography.

Sexual abuse on children can take place in every sphere of life it can occur in the slum areas, within the family, by a parent, step-parent, sibling or other relative; or outside the home, for example, by a friend, neighbor, child care person, teacher (school/hostel) , or by a stranger.

Childhood is a critical phase of life and must be protected to be fully experienced. It should not be hurried. Each child deserves respect as an individual. Each needs help in developing his or her own unique character and in finding ways to weave it into a healthy social form.

## *Impact of sexual abuse*

When children are sexually abused, their natural sexual capacity is stolen. They are introduced to sex on an adult's timetable, according to an adult's need. They never have a chance to explore their sexuality naturally, to experience their own desires from inside themselves. Sexual arousal becomes linked to feelings of shame, disgust, pain and humiliation; pleasure becomes tainted as well.

Moreover sexually abused survivors feel that their boundaries, their right to say "NO", their sense of control in the world, are violated. They feel powerless. The abuse humiliated them and gives them the message that they are of little value.

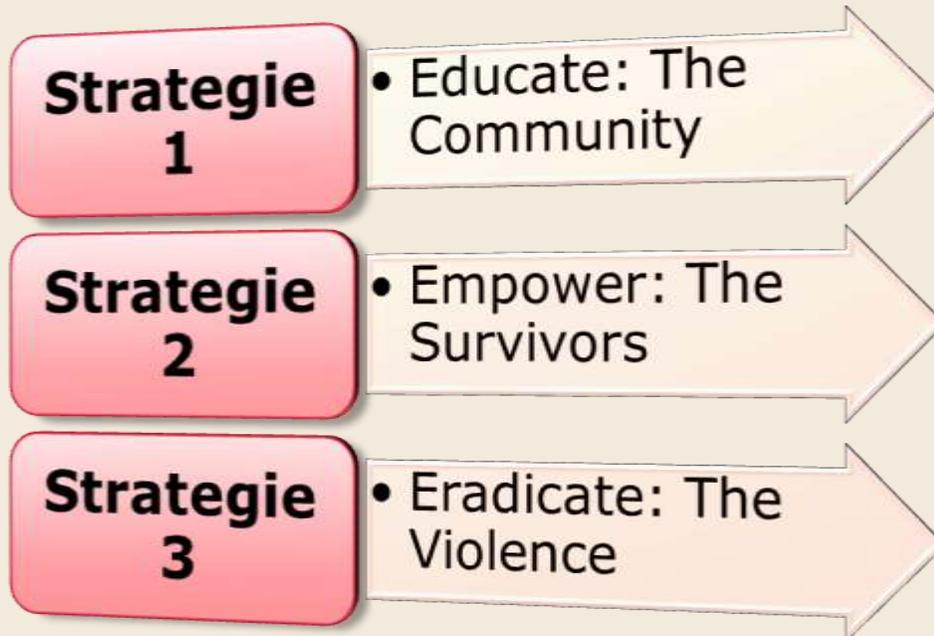
Many abused kids have told us directly that they will never succeed, that they are stupid or that they are only good for sex. With messages like these, it is hard for them to believe in themselves. They feel that they are bad, dirty or ashamed. Even more they feel destructive or suicidal; they hate themselves. Because of this they have a hard time nurturing and taking care of themselves and are unable to enjoy feeling good about them.

### *MISSION*

*To empower people to prevent child sexual violence and to support the survivors through the healing process.*

### *MOTTO*

*"BREAK THE SILENCE"*



*Antardristi Nepal (AN) works in two facets: Education/Awareness and Healing/Empowerment.*

- ***Education/Awareness:*** AN hosts a number of community outreach efforts including educational workshops, seminars, family empowerment training and student-based dramas—designed to raise awareness in schools, for both teachers and students. Programming is aimed at educating the wider community about the realities of sexual abuse and prevention of it, with a goal to change the perceptions of abuse within the local belief system.

- ***Healing/Empowerment:*** AN operates 3 residential centers (Kathmandu, Pokhara and Hetauda, 2007 August, 2008 March 2010 February respectively) providing a safe sanctuary for survivors of abuse up to 19 years of age. At these centers where the young women and children's basic needs are met and where they receive psychological counseling, job skills training or schooling (depending on their age). Over time they are encouraged and supported to realize their potential and rebuild their confidence empowering them in their eventual reintegrate into the community.

### ***1. Educate:***

#### ***1.1 Evaluation and monitoring***

This Year AN basically focuses on Evaluation and monitoring program. AN monitored those schools to whom it had already provided child sexual abuse classes. Monitoring was also done in order to know how they are working in the field of child sexual abuse

and to update them with the knowledge of child sexual abuse.

<i>S.N</i>	<i>Place</i>	<i>Participant</i>		
		<i>Schools</i>	<i>Teachers</i>	<i>Community</i>
1	Kaski	152 students	15 teachers	12
2	Jhapa	15 schools ( 161 students)	36 teachers	

This year AN monitored those schools where peer groups were formed. The students were outstanding and were ready to continue peer groups in their schools. Similarly AN monitored those teachers who were already taken teacher training. All teachers were guiding their student and were giving a class about child sexual abuse.



*competition among schools*

*Evaluation through debate*

## 1.2 Awareness Class

This year AN conducted awareness class at different schools and community.

S.N	Place	Participant		
		Schools	Teachers	Community
1	Hetauda	Schools	Teachers	Community
		2 schools =435 students		2 communities =47
2	Kaski	2 schools =142 students	10 teachers	53
3	Kathmandu	25 volunteers 7 schools and 5 collages =836		30 senior Police officers 61 people
4	Palpa			40 police officers
5	Rautahat	1 school= 135		1 community=23
	Total	1548	10	254
		Grand total=	<b>1812</b>	

As this year AN mainly focus on evaluation but still Antardristi conducted an orientation class for the students, teachers and community people. The program was facilitated by the outreach workers of AN. As you can see above table 1548 students 10 teachers 254 community people participated. They felt happy to learn this issue and very positive about the program. They admitted that such type of program needs to be done frequently. The students were outstanding and were ready to create peer groups in their schools with the help of AN's staffs. Similarly AN conduct training for 30 senior police officers about Domestic violence where the child sexual abuse class was also taken.



*Awareness class at schools and communities*



*Senior police officers visited our office after training.*

### 1.3 *Research :*

AN is doing research in the hope of finding a genuine result about the sexual abuse case and their impact. The sample size is 15,000 people which include students, community people and the working women .The research is conducted through a survey questionnaire, hoping to finish it in the coming year 2013.

## 2. *Healing/Empowerment:*

### 2.1 *About the residential care and support center "MAYA"*

The name of AN's center is "MAYA" which means love. A child who comes to the center after the incident feels abandoned and needs lots of love and affection. As soon as they enter the premises of the center they feel positive and safe, almost all the victims of sexual abuse say this.



Children do lots of exciting activities in the center. The first priority is they get counseling which makes them cheerful and jolly. To witness the transformation of such children is amazing. They get their basic needs fulfilled like food, lodging, education, health check up and all.

*This is AN Resident centers home*



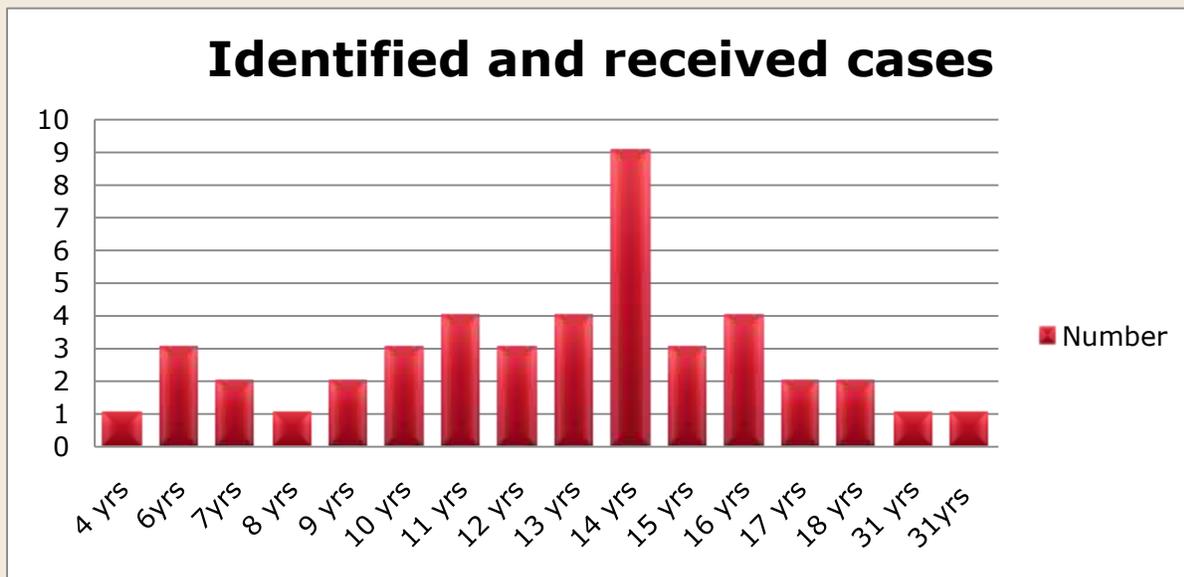


*Children ready to go to school*

## ***2.2 Identified and received cases***

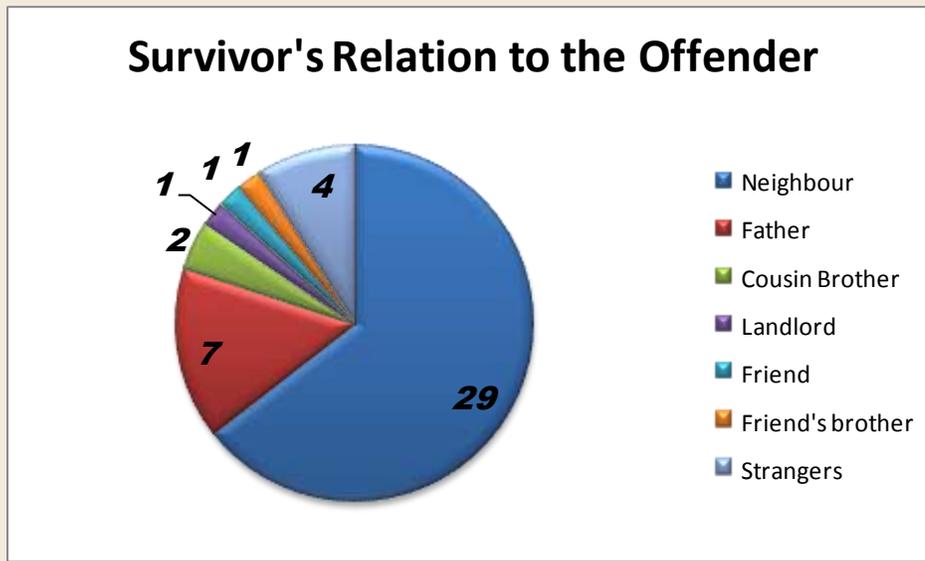
This year AN identified 45 cases out of which we received and accommodate 22 such cases .

*The table below will show you the details:*



*As according to above table we can see most vulnerable age is from 4 to 18 years .*

The table below gives us a very clear idea about the offenders



From table out of 45 sexual abused cases we found 29 children were abused by neighbor, 7 by father, 1 by landlord, 2 were abused by cousin brother, 1 by friend, 1 by a friend's brother and 4 were abused by strangers.

Antardristi Nepal has received 22 such cases from awareness classes, and from the police station and other organizations who work with women and children's issues. And identified 23 cases to whom AN did telephone counseling. AN could not bring some of the cases which were identified due to limited capacity in the residential centers.

### 2.3 Counseling:

AN has designed a program for the residential center. At AN we follow a 4 step pattern for new comers.

There are five categories:

- Step 1: Observation for two weeks from care assistance
- Step 2: Rules and regulations and initial counseling session
- Step 3: Counseling continues
- Step 4: Counselors and care assistance's observation
- Step5: Self observation and process for re- integration

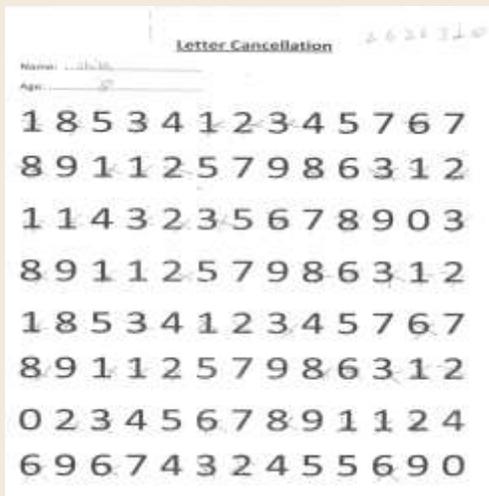
Individual counseling session was conducted twice a month in Maya centers (Hetauda and Pokhara) and once a week in transit Kathmandu. Along with children AN did family counseling in every 15 days.



*This sketch shows that the child is mentally lost*



*This sketch shows that child is Healthy personality*



*By which we can see the child's eye hand coordination*

## 2.4 Group Counseling

Group counseling session was conducted once a month in Maya centers. While doing group counseling session age group is divided according to their age group counseling is done. The topics covered in group counseling this year are:

- Good hygiene
- Hand washing
- Menstruation
- Reproductive Health
- Earthquake
- Child right
- Child sexual abuse
- Yoga
- Anger Management
- Life skill



## 2.5 Follow up and Reintegration

This year Volunteer Sara who came to do volunteer at AN is supporting Shirjana Bhadari for her development and AN is supporting Lila Kunwar for her schooling. This year AN legally support 3 such cases and filed the case at the police station.

AN reintegrate 12, children and did follow up of to 26 children who were reintegrated last year all of them were happy and 2 children got married . AN do its follow up either by telephone or by home visit.



## 2.6 Skill training

AN gives skill training to children and their parents this year AN send 3 children to Jyoti vocational training where they are learning house keeping, care giver and computer training .



*Nepali bag, shoes and incense made by survivor and their mothers. (Empowerment)*

## 2.7 Other Activities

➤ **This year Children participated in football:**

2 Children participated in 14 nation women championship and they played till semifinal.



*Children playing football*

*Children making cards*



### 3) *Participated:*

- On the occasion of women's day, all the family members of Antardristi Nepal Hetauda including all the children participated in the rally against women violence.



*Rally on Women's day at Hetauda*

- Amnesty Nepal (Amnesty International is an International non government organization working for human rights through fair and democratic processes) organized a program concerning Human rights and migrate labors and safety of their rights and service. Antardristi Nepal, Hetauda branch participated in the program. The program was mainly centered to aware the people about their own rights and the precautions to be noticed before leaving for abroad to work.
- Clip (for Jamarko program) organized program on the issue of adolescence and problem arises in children between the age of 13 to 19. On that program Antardristi Nepal committed to support sexual abuse, counseling and for awareness programmes. Where 30 organizations, representative of UNICEF and EQUAL ACCESS.
- AN participated in Sexual violence during and after conflict with Alyce la Violette U.S Embassy.
- AN participated National Debate on Adolescent Sexual and Reproductive Health Rights: Sexual Violence, Effects and Challenges organized by WOREC.

#### 4) *Networking*

This Year AN developed an association with women and children office Makwanpur and New life of children, Myagdi. (Education support for local children)

#### 5) *Volunteers*

This Year Student from different colleges of social work did volunteer work in AN. With the guide by AN they did silent stand against Sexual Abuse of Minors - On Environment day and signature campaign with the different slogan " Child Abuse: See it ,Hear it ,Report it " " Stolen childhood " etcetera almost 2000 people signed on that. Volunteers also went with outreach coordinator to take awareness classes at different schools and communities. This year two foreigners came for volunteers at Maya centers. They stayed at Maya center and teach different activities to children.



*Press Clip*



*Silent campaign against child sexual abuse on June 4<sup>th</sup> 2012*



*Signature campaign*

*"They believe it"*



*Volunteer with children at the center*

### *6) Award*

This Year AN received token of honor from Bright Vision International college and K&K college.

### *7) Contribution*



*Elisa and Fiona with children at the center they are from GVNf. GVNf is supporting AN with small grants but consistent from the last eight years.*



*A group of women supports AN's children with some stationeries and some foods.*

## 7.1 In 2012 Antardristi Nepal was survived by:

S.N	Name	Support (Nrs)	Purpose
1	A group of Nepalese women	3200	Foods and stationeries
2	Apeshka Sherpa(Volunteer from Holland)	3600	Center
3	David Setka	1011457.65	Center
4	Emma	15500	Center
5	Engely (Holland)	275000	Center
6	Erini	10212	Center
7	Global Volunteer	113965	Center
8	Group of police	1300	Center
9	Hallie Riggs	52114	Education support
10	Heesun Kim	84800	Center
11	Internation Volunteer (united Plante)	16500	Center
12	James Watt GBP	35480	Center
13	Karma Foundation	31842	Toys and stationeries for center kids
14	Linda Noble	67500	Awareness
15	Mrs SunitaB.C Thapa	1000	Center
16	Nepalese Students	1100	Awareness
17	Patricia (Cooperatour)	11000	Center
18	Private Counseling	22500	Center
19	Sara	20937	Education support
	Total=	1779007.65	

### Case 1:

I am Sanu Maya from Chitawan , Bharatpur Nagarpalika-11 Bhojard, I am 17 years old. My mother married another man and my father also married another woman. Me and my brother started living with our step mother. After a couple of years my father died and step mother started to quarrel so my brothers left the house. My elder brother got married and leaves separately and my younger brother went also started to live separately. None of my brother was ready to take me. I left my home town and went Pokhara to earn money to survive. I used to work as a wage labor and stayed in a slum area with my friends.

My life was almost normal when one day while coming back from work two men raped me it was too dark I could not recognize their faces, I did not disclose that incident with anyone .As time was passing my tummy became I thought I was getting fat but my friend said I am pregnant I went to doctor,my friend was right I was 6 months pregnant. My friend assures to help me but she went abroad. Then one of my neighbor aunt came to know my case and took me to Asha clinic and they referred me to Antardristi Nepal.

Here I learn to become stronger both physically and psychologically. With the help and support of the people at Maya, I gave birth to a child, who is now a year old. But I didn't want to keep that baby. So I told to AN counselor so they said for baby's future they decided to send him to another organization.

After that I joined dress designing training and learn so many life skill things. I became confident and was mentally prepared to make my future bright. Slowly Antardristi Nepal started giving me responsibility and said that they will appoint me as a house mother for Hetauda center. At that time I was so happy I was on top of the world I thanked AN.

In Hetauda center I learned football and joined informal education. I was doing my duty at Hetauda AN send me home to make my citizenship and to meet my brothers. I was so happy to meet with my brother I stayed with them a couple of days but I was unable to make my citizenship. After that I was back to my duty and was happily doing it. As days passed, one day I saw one boy and I fall in love with him and got married.

Now, I am feeling happy with my married life.



*My son*

### *Case 2*

I am **Nima Sherpa** 22 year's old girl studying 10+ 2 , I used to live in Kathmandu with my parents. I have two younger brothers. My life was not running smoothly my father is alcoholic and my mother was doing labor work to survive our family. My mother decides and went abroad to earn money then my life turns into another direction.

My 65years old father sexually abuses me every day , I know I was raped by my own father but I was unable to do anything he was very strong and gives me physically as well as mental torture.

I am so disturbed and helpless, many times I try to commit suicide but I was failed. Due to which I am mentally lost and went in unconscious level. When my mother known about this situation she came to Nepal

According to my mother, she admitted me in hospital for 8 months. There I took different medications and therapies but I was not recovered and did not get much progress on my mental health. At last my mother referral me in Antardristi Nepal for psychological counseling. At the same time my mother took an action against her husband and registered the case. Now he got 10 years imprisonment.

In Antardristi Nepal Kathmandu, I took some session then I was referred in Hetauda center for residential care and psychological counseling. There I got safety and new environment; it helps me to know about myself. Also I got free and trusty environment where I can share my feelings. At Antardristi I took different classes about adjustment, discipline and manner, child rights, child sexual abuse, STD and others life skill trainings. These all training helped me to motivate and find out my way. Now I'm deciding to do work and earn money. I want to help my mother.

I was reintegrated with my family but with the help of Antardristi Nepal I got the next option to stay at another organization which supports me for the long term. There I could continue my study as well as I can earn my some money.

Now I'm really positive towards my life , I feel great to be a part of Antardristi Nepal.



*Thank you all for your support*