

Newsletter

4th Edition

January-March 2017

**Social Audit
2072/2073**

How can we help a child who has been abused?

Children will either disclose abuse directly by describing what has occurred or indirectly through behavioural signs and indicators. The child's feelings about themselves may be influenced by your initial reaction to the abuse. If the child senses a horrified response, this may reinforce and perpetuate a child's feelings of guilt and shame.

If the child discloses sexual abuse to you

- Tell the child that you believe them.
- Make it clear that whatever happened is not the child's fault.
- Reassure the child that they did the right thing in telling you. Many abusers threaten the child to prevent disclosure.
- Tell the child that some adults do wrong things and that the abuser is responsible for the abuse.
- Do everything possible to comfort and reassure the child. Explain what action you will take next. Do not make promises that you will not be able to keep, nor promise the child confidentiality. The child has enough secrets and needs someone to act on their behalf to stop the abuse.
- Be clear about your role- if you have a reasonable suspicion of sexual abuse, report your concern to the appropriate authorities. It is not your responsibility to prove the case.

Antardristi Nepal Activities:

- Two days training on reduction of sexual abuse aimed to bring this sensitive issue into notice among the policy makers and implementers.
- Started new project on WOMEN EMPOWERMENT which is supported by "Mary knoll Fathers and brothers project".
- Social audit 2072/2073 in the office premises.
- Awareness classes on different school, mother groups and in communities.

Upcoming events:

- Teachers training for 50 government school teachers from Lalitpur District.
- Yoga 4 Antardristi Nepal.



Case Detail (December 2016-March 2017):

S.N	Child age	Education background	Address	Relation with Offender	Referred by	Inform by	Identified date:	Received	Reintegrated	Still with AN
1	5	Class : play-group	Permanent address : Sadananda municipality -4, Bhojpur	Neighbor (35 years old man)	Women & children office Kaski, CLEP Pokhara.	CLEP Bagar center	13th Nov, 2016	4th Dec, 2016		✓
2	15	Class: 8	Temporary address: Pokhara- 2 Kaski	Neighbor (35 years old man)		School teacher	13th Jan 2017			
3	16	Class: 6	Permanent address : Annapurna Gaupalika – 2 sardikhola Kaski	30 years old vinaju (risk of sexual abuse)	Women & children office Kaski	TOLI Kaski. (NGO)	9th Feb, 2017	10th Feb, 2017	13th Feb, 2017	
4	14	Class: 5	Permanent address : Bhorle-tar Municipality- 3 Lamjung	30 years old neighbor (risk of sexual abuse)	Women & children office Kaski	TOLI Kaski. (NGO)	9th Feb, 2017	10th Feb, 2017	13th Feb, 2017	
5	18	Class: 8	Temporary address: Lekhnath municipality – 12 Kaski	30 years old neighbor (risk of sexual abuse)	Women & children office Kaski	TOLI Kaski. (NGO)	9th Feb, 2017	10th Feb, 2017	13th Feb, 2017	
6	14	Class: 8	Permanent address : Bhorle-tar Municipality- 3 Lamjung Temporary address: Lekhnath municipality – 12 Kaski	Stranger (around 40 years old)	District Service Center(Safehouse) WCO Makawanpur	District Police Office	19th DEC, 2017	22th DEC, 2017		✓
7	8	Class:3	Permanent address : Bhorle-tar Municipality- 3 Lamjung Temporary address: Lekhnath municipality – 12 Kaski	School Piuna (48 years old)	District Service Center(Safehouse) WCO Makawanpur	District Police Office	9th JAN 2017	11thJAN 2017		✓
8	15	class: 7	Permanent address : Gadi VDC Ward No.7 Makawan-pur	60 years old neighbor	District Service Center(Safehouse) WCO Makawanpur		7th FEB 2017	20thFEB 2017		✓
9	18	Class: 6	Temporary address:	Own Father (38 years old)	District Service Center(Safehouse) WCO Makawanpur	District Police Office	6th MAR 2017	13th MAR 2017		✓



“Since three years Antardristi Nepal is taking responsibility of management and counseling department at Nobel Cottage, Lapsifedi, Kathmandu.

There are total eleven children of 9-15 age group and three female staffs.”

"The signs of sociopathy are usually there before we are abused; most of us just don't know enough to recognize them" -P. A. Speers

The end...

The coarse blanket in the dimly lit attic room rubbed harshly against Sunila's soft skin and she longed to be back into her beautiful mother's loving arms for the umpteenth time. The night was dark and dreary and the day had been bleak and cold. It was almost a year since she had been forced by her own daddy to move into the town with an unknown family who needed somebody to cook and clean. Daddy never listened to mommy and those million scars all over her mommy's body resulting from inhumane tortures lit up by her moist but hopeful eyes clearly expressed that daddy didn't really care about her either.

Sunila shut her eyes even more tightly as the memories of the night just before the morning she was snatched from her mother came flooding to her mind. Daddy had told Sunila that she would be sent to the town to live with a family who'd care for her as though she were their own child. They'd even pay daddy ten thousand rupees, and he had warned her- not so gently- that if he didn't get that money he wouldn't let her live in peace. That was when her mother had spoken up against her father for the first time in her life. This angered the old man even more, and Sunila couldn't even dare remember the terrible consequence that had followed next.

Then she was brought here. Sunila knew that by now her father must have finished up the money- those ten thousand rupees that was her worth as a human- on stinky alcohol and even beaten up her mother in his drunken fury. Her heart bled in pain for the only women who had loved her so unselfishly for those 10 years she was with her.

And now, at 11, Sunila was a lovely, well-developed girl just rising into the cusps of adulthood. She used to be very proud of her lean body until that one fateful day almost a month after her arrival to this new family comprised of a woman who, though a gentle angel in the beginning, would always overwork Sunila as the months dragged on keeping her starved most of the time and a man who was pure evil.

It had been almost a month since Sunila moved in to the town and the memories of home still haunted her. Even today, Sunila remembered that Saturday when she was alone with the man in the house. He had made her come into his room and had said that he had bought her from her parents, so she had to do what he wanted. Then, he made her take off her clothes and did things to her she couldn't even dare speak up about to anybody. Then, it had become regular whenever he was alone with her. She feared him more than she did death, and the only thing she wanted now was to die.

Suddenly, Sunila shivered in fear as she heard heavy footsteps climbing the stairs towards the attic. Even in this loud rain, she knew it was him because of the fear engraved deep within her heart. She felt like a helpless sheep being led to the slaughterhouse. Then, she turned towards the window. She was high up on the four storey building.

Heart palpitating and eyes watering shamelessly, she prayed silently for her mother and bid farewell to the 11 sorrowful years of her life. There, at the dead of the night, lay her lifeless body washed by spurting blood and pouring rain.



Article by: **Shreesha Bista**(Social Work Student), St. Xavier's College



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ABOUT US

Antardristi was formed in 2003 to address the social issue of child sexual abuse in Nepal due to the alarming scarcity of service provision in this area. Antardristi remains one of a limited number of organizations working to eliminate child sexual abuse within Nepal and undertakes activities in the areas of awareness raising and prevention, child protection, psychological recovery and social reintegration. Undertaking this work is considerably complex. There is stigma around mental health which results in a silence around such problems and consequently increased isolation and unremitting difficulties. There also exists discrimination against young women reporting rape as blame may be placed with the victim.



Two days training for Social Mobilizer and Antarparty Mahila Sanjal

Antardristi in pictures



Community class



Awareness classes



Two days training



Training for social mobilizers and A.M.S