

Speak Out

Youth Report Sexual Abuse



**A Handbook for learners on how to
prevent sexual abuse in public schools**



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

Speak Out

Youth Report Sexual Abuse

A Handbook for learners on how to prevent sexual abuse in public schools

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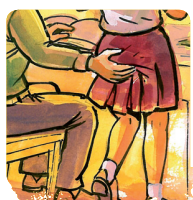
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Letter From The Minister of Basic Education

Dear Learners

Sexual abuse is currently far too common on our streets, in our homes, and in our schools. Government is fully committed to changing this. Our goal is to eliminate this unacceptable behaviour. Men and women, boys and girls, should be treated as equals and with the respect and the caring they each deserve.

This **Speak Out! (handbook)** has been written specially to help you, our precious youth, handle any sexual abuse you may encounter while at school or at home. It will help you understand what sexual abuse is, so that you are quickly able to recognise it. It will also guide you to the steps you must take so that the person guilty of sexual abuse is forced to stop and face the consequences of their unacceptable behaviour. A list of contacts is also included, which will help connect you to people specially trained to assist you to deal with sexual abuse.

As the Department of Basic Education (DBE), we promise each one of you to honour our duty to protect and respect you while you are at school. We also promise you our full support in seeking justice if you have been the victim of sexual abuse. We invite all our learners to join this call to make our schools the places of safety and learning that we all want them to be. One way to do this is to speak out about any sexual abuse you may know of or may have experienced at school so that action can be taken to stamp out sexual abuse altogether.



Mrs AM Motshekga
Minister of Basic Education
May 2013

If an educator has sex with a learner it is a very serious offence.

Sex between an educator and a learner is NEVER OK.



It doesn't matter if the learner is over 16 years old.

It doesn't matter if the learner agreed to have sex with the educator.

The law says: the educator **MUST** be fired and should **NEVER EVER** teach again.



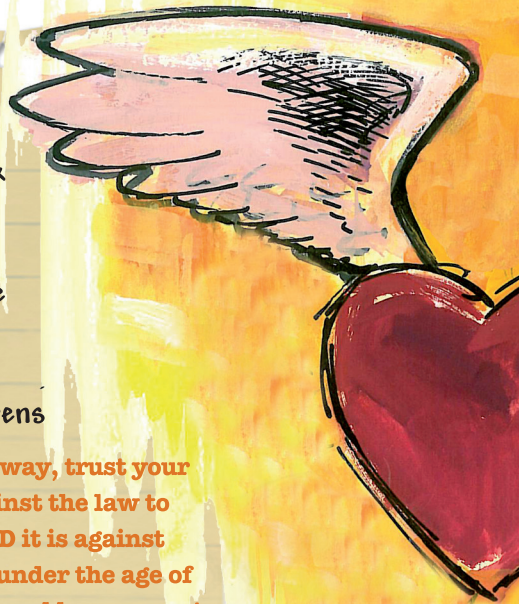
Educators: Hands off us learners

Agony Auntie

Q: Dear Auntie. I have a big problem at home. My uncle lives with us, and when my mom's not home he puts sex movies on TV and says I must watch with him. Sometimes he touches his penis, and yesterday he made me take off my shirt. He doesn't touch me or rape me, but I still feel very bad.

A: Dear Confused
Confused, Clarens

Whenever someone makes you feel that way, trust your instincts and run, yell and tell! It is against the law to force anyone to watch pornography, AND it is against the law to show pornography to anyone under the age of 18. What your uncle is doing is called sexual harassment and it is wrong. You need to report him to a trusted adult, especially because he might move on from what he is doing and abuse you further - perhaps even rape you. Take care of yourself and listen to your own alarm bells.

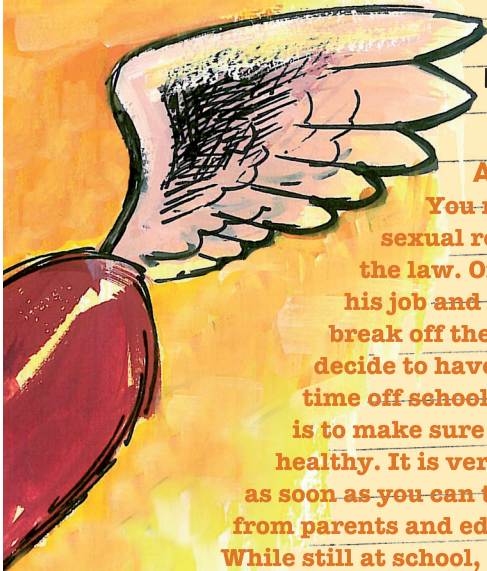


Q: Dear Auntie. I am feeling very upset because a boy in my class is always touching me, sometimes even on my boobs. I've asked him not to but he just laughs at me and does it again. What can I do?

Harassed, Thembisa

A: Dear Harassed

You are right to feel upset. Nobody has the right to touch you. What he is doing is called sexual harassment. You have done the right thing by speaking to him first. Now it is time to report him to a trusted educator, or another adult. Educators have a responsibility to support and protect you and to deal with him.



Q: Dear Auntie. I'm in a very bad position. I fell in love with my teacher and now I am pregnant. My teacher is married and keeps our relationship a secret, and won't help me. I feel like leaving school.

Pregnant, East London

A: Dear Pregnant

You may feel like you love him, but having a sexual relationship with any educator is against the law. Once he is reported, he will be fired from his job and could even go to jail. I advise you to break off the relationship with him at once. If you decide to have this baby, you will need to take some time off school before and after the baby is born. This is to make sure that both you and your baby are healthy. It is very important that you go back to school as soon as you can to further your education. Seek support from parents and educators to keep up with classwork. While still at school, take steps to prevent a second pregnancy. Your future depends on it!

Q: Dear Auntie. My teacher asked me to stay after school to help him in his classroom. We were alone. He asked me to sit on his lap and before I knew it his hands were in my pants. He raped me. He told me not to tell anyone. I don't know what to do. I'm so ashamed and scared and angry. Please help me.

Raped, Madibane

A: Dear Raped

I am so sorry about what has happened to you. Believe me, it is not your fault. You have nothing to feel ashamed about. Your educator is the one who should be ashamed. You need to find the strength to tell a trusted educator or other adult about the rape, because they have a duty to help you to report it to the Department of Basic Education and the police. Keep your courage and find caring people to help you get through this. It really helps to talk to someone about it. If there's an organisation near you that provides counselling and support, it would be good if you contacted them.

What is sexual abuse?

There have been a lot of changes to the law recently and we have new ways of looking at sexual abuse. Sexual abuse is now the overall way we describe sexual harassment, illegal sexual penetration (rape) and sexual violation. **What do these things mean?**

What is sexual harassment?

You are being sexually harassed if someone:

- Talks to you about sex when you don't want them to.
- Touches, pinches or grabs parts of your body you don't want touched.
- Sends you unwanted sexual notes, SMSs or pictures from a cell phone (called "sexting").
- Writes rude graffiti about you, or spreads sexual rumours about you.
- Makes sexual comments or jokes.
- Calls you rude names, like "bitch", "moffie", "slut", etc.
- Demands sex in return for a bribe, like higher marks.

What is sexual violation?

You have been sexually violated if someone forces you to let them touch or stroke the sex parts of your body, or forces you to touch or stroke the sex parts of someone else's body.

The sex parts are the mouth, vagina, penis, inner thighs, breasts and buttocks (bum).



**Sex between
an educator
and a learner
is NEVER OK.
It is a CRIME.**



How do you draw the line between flirting and sexual harassment?

Flirting or good-natured joking between two learners can be fun, if you both want it. Sexual harassment is unwelcome and unwanted behaviour that makes you feel embarrassed, threatened, afraid, humiliated, angry, or trapped. Sexual harassment can be physical (like pinching and touching), verbal (like sexual jokes and innuendo or suggestion) or non-verbal (like rude signs and "flashing").

Where can sexual harassment, sexual violation or rape occur?

Sexual harassment can happen anywhere, like in the classroom, or on the playground. Sexual violation and rape usually happen in a quiet place when few people are around. Common places are the toilets, corridors, empty classrooms, empty offices, or deserted parts of the school grounds.

What is rape?

Rape is any sexual act, or attempted sexual act that involves putting a penis or a finger or any object into the mouth, anus or vagina of someone else against their will.

That's quite a complicated definition - but what it means is that if anyone puts anything into your mouth, anus or vagina in a sexual way without you saying that they can, then it is rape.



**You have Rights!
Don't keep quiet.
Report sexual abuse.**



Who sexually abuses learners?

A learner can be sexually abused by another learner, an educator or another adult in the school or community.

Both boys and girls can be the victims of sexual abuse.

School rules protect you

Here are examples of sexual misconduct to include in your school's code of conduct.

We should all treat each other with dignity and respect. If we all work hard to do the right thing, one day we will be living in a much better place.

Rules exist to help us all clearly understand what kind of behaviour is acceptable, and what kind of behaviour is not acceptable. The rules are written in your school's Code of Conduct, and all learners and educators are supposed to sign the Code to show that they will respect the rules.

The rules set out:

- The level of seriousness of the offence.
- Examples of misconduct (unacceptable behaviour).
- Examples of corrective actions (i.e. the punishments) for the different levels of offences.

a. Level of offence

Level 1



Level 2



Level 3



Level 4



b. Examples of misconduct

- Making rude jokes.
- Graffiti of a sexual nature.

- Threatening assault and intimidation of a fellow learner.
- Verbal threats or name-calling.
- Homophobic bullying (a form of sexual bullying that targets gay and lesbian people just because of their sexual orientation).

- Pornography distribution.
- Sharing photos of naked people.
- Improper suggestions of a sexual nature.
- Sexting (when someone sends sexual messages or pictures to a cell phone).
- Sexual harassment.

- Persistent violations despite previous corrective measures.
- Public indecency.
- Sexual assault and rape.



c. Examples of corrective actions

- Educator or principal gives a verbal warning to the offender (perpetrator).
- Offender makes a public apology.
- Offender is made to perform a task, such as scrubbing the toilets clean, provided that their parents are informed, the security of the learner is assured, and the task is not exploitative.
- Offender must replace and fix damaged property.
- Offender is temporarily suspended from some school activities, like sport or cultural activities.

- Educator or principal gives a verbal or written warning to the offender.
- Offender is given supervised schoolwork that contributes to the learner internalizing values of respect.
- Offender must attend conflict resolution in a peer education group for a specified period.
- Offender is temporarily suspended from some school activities, like sport or cultural activities.

- Offender attends a disciplinary hearing.
- Offender is given detention with an assignment on values.
- Offender is given detention with community service.
- Offender is given detention and works with the leaders of a peer education group for a specified period.
- Offender is temporarily suspended from some school activities, like sport or cultural activities.

- The school governing body may recommend to the provincial education Head of Department that the learner be expelled from school.

Procedures for very serious (i.e. Level 4) cases

The learner's parents or caregivers must be informed that their child is being charged with a sexual offence.

All sexual offences against children must be reported to the police immediately. Not doing so is illegal and could result in the person being fined or sent to prison.

Fear of being touched

Guilt

Not eating/eating a lot

Signs of sexual abuse

There are many signs that show that a person has been sexually abused.

- The person's behaviour changes.
- They can go from being outgoing to being withdrawn, from being full of fun to being full of fear and sadness, or from being open and sharing to being secretive and closed.

The words bordering these two pages describe some of the feelings and signs of sexual abuse.

This story shares a learner's personal experience of these feelings and the family's journey to justice.



Our journey to justice

My name is Peter. I was raped by my teacher when I was in Grade 9. At first I couldn't say anything about it. I just felt sick inside all the time. I started biting my nails and just wanted to be left alone.

My parents didn't understand what was happening with me. They tried to cheer me up by telling me jokes, but I just couldn't laugh any more. Then one night I just burst out shouting and crying. My dad was in the room with me. He was so shocked when he heard me screaming that my teacher had raped me. But he was so strong, and so kind. He held me in his arms until I had cried out all my pain and screamed out all my anger. Then my mom, my dad and I sat down and talked about what to do. I just wanted to kill the stupid teacher who did this. But my mom said there's a better way of getting justice: we should report the rape to the principal, and we should lay a charge with the police.

Can't concentrate

Disappointed

Bad dreams

Depressed

Not sleeping/sleeping a lot

Shocked

Frightened

Angry

The next morning, we did just that. It makes sense to report things like this as early as possible, because it can help the doctors and police with evidence. I can't say it was easy. I had to relive the terrible experience over and over. But every step of the way my parents were with me.

They held me when the emotional pain or anger just became too much. And they paid for me to get counselling. The teacher was found guilty by the education department and he was fired. The judge found him guilty too. He was sentenced. I feel so proud of my family and myself.

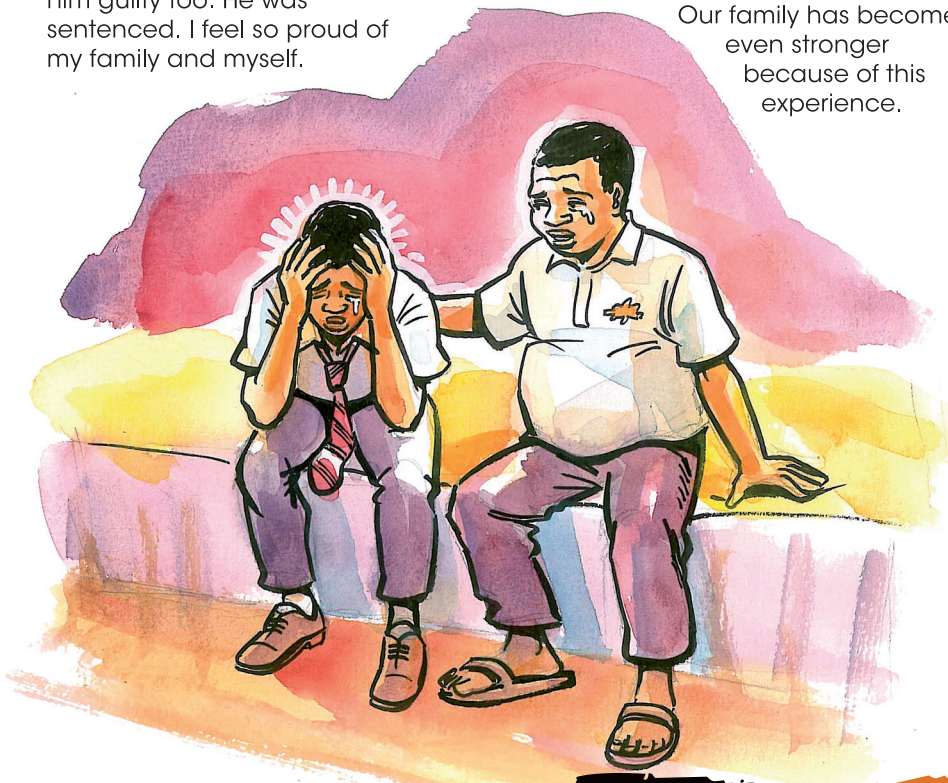
We stood together with such courage. We just said NO! to abuse, and we said YES! to our rights.

Now the rapist is behind bars. He will never again be able to hurt anyone like he hurt me.

I don't know if I will ever totally get over it. But I can feel that the pain in my heart is starting to heal. And I know I have a bright future to look forward to.

Best of all, I now know that I have the bravest, most loving parents anybody could ever wish for.

Our family has become even stronger because of this experience.



Dropping marks at school

Disbelieving

Withdrawn

Educators have a duty to stop sexual abuse

While learners are at school, educators must make sure that all learners are safe and are treated with dignity and respect.

The law says educators must inform the police or a social worker if they think that a child may be experiencing abuse. If they think that a child has been raped, educators have to inform the police or they can get into trouble for not doing so.

Educators also have a responsibility to investigate all learners' complaints of sexual abuse.

Educators must help learners to report sexual abuse and to receive counselling.



**EDUCATORS:
What they must NOT do**

Sexual relations between any educator and any learner at any school are totally forbidden.

It doesn't matter if the learner consents to sex and is 16 or older.

If an educator is having sex with a learner, that educator must be reported, and, if found guilty, will be fired.



**Sex between an
educator and a
learner is always
ILLEGAL**

Report the educator to SACE

The South African Council of Educators (SACE) has a code of professional ethics for educators. The code forbids educators from abusing or sexually harassing learners and also forbids any form of sexual relations between educators and learners.

You can report an educator for sexual abuse, or for having sex with a learner, to the South African Council of Educators (SACE). You don't have to tell them who you are. But you need to give enough information so that SACE can start an investigation. The information you should include is the name of the school, the school's address and telephone number, the name of the educator, and the name and grade of the learner.



SACE contacts:

Call centre
086 1007 223

Email info@sace.org.za

Post
Private Bag X127,
Centurion,
0046

Learners also have a duty to act against sexual abuse

You have the right to be respected. You have the responsibility to respect others, even if they are different to you.

As you know, it is **not only** adults who abuse learners. Sometimes learners abuse their peers. This happens in many different ways - from homophobic bullying or sexting to rape and assault. This type of bullying culture makes people unsafe and vulnerable in many ways, including sexually. **It is not OK! Take action now and Speak Out against all forms of abuse.**

Rate yourself Do you treat others with respect? Or are you a bully who walks all over others and always wants your own way?

Tick the box next to each statement below (that applies to your school) and then check your results.

- ☐ You often see bullying at school.
- ☐ Lots of people gather to watch fights and bullying.
- ☐ Bullying usually continues until a teacher stops it.
- ☐ Some kids get bullied repeatedly.
- ☐ When one person starts bullying, others join in.
- ☐ People who bully are quite popular or hold leadership positions.
- ☐ Some teachers are bullies.
- ☐ Older kids bully younger kids who are new at school.
- ☐ Boys bully girls sexually with things they say, movements or touching. This happens at school or on the way to school.
- ☐ There are places in the school where younger kids or girls are scared to go.
- ☐ There is stigma and discrimination against different people or groups of people. People who are different are judged as bad, disgraceful or different and people avoid them or insult them.

Rate your school on the bully barometer

Great! Your school seems to be bully-free

No ticks

There could be a problem: you have the beginnings of a bullying culture

One tick

Bullying is part of life at your school

More than one tick

Oh no! Your school sounds like a bully's dream! (The more ticks you have, the stronger the bullying culture)

Lots of ticks

What is Cyber bullying?

Cyber bullying is when people use the Internet, cell phones or other electronic technologies to insult and harass, spread rumours, damage people's reputations, or distribute videos and pictures that harm them. Cyber bullying is one of the worst kinds of bullying because:

- Cyber bullies are anonymous and can hurt their targets without anyone knowing who they are.
- Cyber bullies are often more daring as they do not have to face their victim.
- Cyber bullying can follow you wherever you go, and can happen at any time of the day or night.
- Sometimes the victim is scared that if they report cyber bullying, their parents might take away their computer or cell phone.

Contact the
**Film and
Publications Board**
for help and information
about cyber bullying.

Toll free hotline: 0800 148 148

Tel: 012 661 0051

Fax: 012 661 0052

Email:
risibas@fbp.gov.za

Stand together and report abuse, and keep reporting it until something is done.

- If you know that someone is being bullied or abused, talk to a trusted adult.
- Remember that educators have to investigate complaints about sexual abuse and have to tell the police or a social worker when they find it is true. They must help learners to report sexual abuse and to receive counselling.

**Learners:
Stand together
against abuse**

Promote a culture of respect in your school.

Say NO to unacceptable behaviour such as:

- Bullying.
- Sexually harassing other learners.
- Sexting other learners.
- Forcing learners to do sexual things.
- Taking pictures of people doing sexual things.



Respect a person's right to say NO
NO does not mean maybe
Forced sex = rape,
even if you know the person
Unwanted sexting or touching
= harassment

Speak out!

Report abuse to the police

Sexual violation and rape are crimes.

Here's what you must do if you are sexually abused:

Tell someone you trust what happened

- If you are **under 18**, an educator, social worker or another adult must report the matter to the police.
- If you are **over 18**, you have a choice whether or not to lay a charge. If you're not sure whether you want to lay a charge or not, make a statement to the police anyway. If you decide later that you do want to lay a charge, the police will already have a record.
- If you are worried that you may have become pregnant or been exposed to HIV infection, it is important that you report what happened to the police or to your nearest clinic so that you can get the treatment that you need. This should be done within 72 hours (two and a half days).

Keep track of your case

Make sure you write down the name and phone numbers of the investigating officer and your case number. Keep these details in a safe place. This will help you to track how your case is progressing.

Get counselling and support

Counselling is known as a "talking cure" because it gives you a safe space to share how you are feeling about what has happened to you. This can comfort you and help you slowly to feel better.

Some people are specially trained to help those who have been sexually abused. See the contacts on page 30 - 33 for details of organisations that can help you.



Childline

is an organisation that helps and supports children with many different problems, including sexual abuse.

Call Childline on 08000 55 555. The service is available 24 hours a day.

Know your rights at the police station

You have the right to:

- Counselling.
- Report sexual abuse at any police station.
- Be interviewed in a private room.
- Be interviewed by a policewoman if you are female, or by a policeman if you are male.
- Be accompanied by your parent/s or a trusted person.
- Get a copy of your statement.

Get medical treatment

If you have been raped, you must have a medical examination. You can ask your parent/s or another adult you trust to stay with you while this is being done.

Turn to pages 22 and 23 for more information about this.



**It is your right
not to be
INTIMIDATED!**



If the police don't treat you well or follow the right steps, take action!

Report the police person who did not treat you well to the Station Commander.

If the Station Commander does not take action against this police person, report the problem to the Independent Complaints Directorate: 012 320 0431.

The police investigation

The police will investigate the case. They will interview you, any witnesses, and the person accused.

This process often takes quite a long time to complete.

If the case goes to court

When the police have finished their investigation, they will hand the case over to lawyers who work for the government. These lawyers are called state prosecutors. If they think the case is strong enough, the accused will go to court to be tried for rape. You don't need your own lawyer.

A date will be set for a hearing in court. You will have to give evidence, and so will the accused and any witnesses. If you are under 18, you can ask to give evidence in a room that is separate from the court. Those in court will be able to hear your evidence, but they won't be able to see you. This can help make you feel safe and protected during this difficult process.

There is usually more than one court appearance, and the case can go on for a long time before a decision is reached.



**The
TEDDYBEAR
CLINIC helps
you prepare
for court.
Phone them on
011 484 4554.**

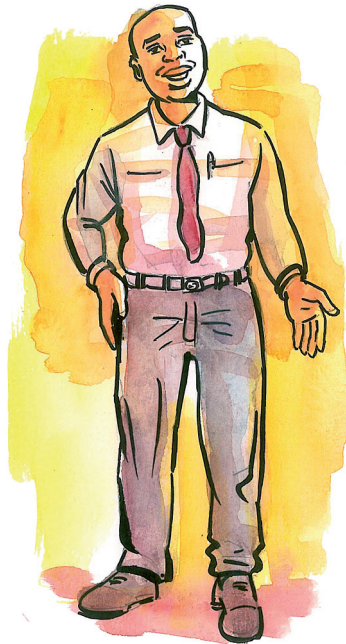
Speak out!

Report abuse at school

If it is safe for you to do so, ask the person to STOP!

If you can't, or if they continue to harass or abuse you, it's time for action:

- Tell an educator or other trusted adult at school. The educator must believe you, comfort you, and provide you with counselling. If they can't provide counselling, they must organise counselling for you.
- The educator will need to tell one or two other educators about the abuse. This is because they must form a team to investigate your complaint. But they must not tell anyone else.
- The educator must inform your parents.
- If the abuser is a learner, their parents must also be informed.



If the abuser is an educator

The educator you told about the sexual abuse must:

- Report the abuse to the provincial Education Department: Contact details are on page 30. You can also get contact details through the DBE's hotline: 0800 202 933.
- Report the abuse to the South African Council of Educators (SACE): 086 1007 223.

The provincial department, district and SACE will visit the school to investigate the charge. They will take statements about what happened, from you, any witnesses, and the accused educator.

Make sure you get the correct name, contact numbers and email addresses of the investigators.

If the charge is very serious, like rape, the educator will be suspended from school. The accused educator will have a hearing at the DBE and SACE. Based on the evidence, they will decide if the educator is guilty or not guilty of the charge.

If the educator is found guilty of a serious offence, they will be fired or dismissed and will never be allowed to teach again.

In serious cases, the educator will also be charged (which means that a report will be made to the police) and will probably go to court. If the educator is found guilty in court, they could be sent to jail.



If the abuser is a learner

The educator investigating team must:

- Take statements from you, any witnesses, and the accused learner.
- The accused learner will have to attend a hearing to answer the charges he/she faces.
- The educators who investigate must let you (and the accused learner) know within 7 days of your complaint being made whether they find the accused learner guilty.
- If the accused learner is found guilty, they will be punished according to how serious the offence is. If the offence is serious, like rape, they can be expelled.
- If the offence is serious, for example rape, the police also have to be informed. They will decide whether the learner must go to court or not.

How to write a letter to report abuse

To whom it may concern

Re: Sexual abuse at my school

I am writing for urgent help with an incident of sexual abuse at my school.

- ☐ Give the date when it occurred.
- ☐ Name the school and give its address.
- ☐ Name the victim.
- ☐ Name the abuser and his/her grade.
- ☐ Describe the incident of abuse.
- ☐ Name the person you reported it to and when you reported it.
- ☐ Describe what those who you reported it to have done.
- ☐ Explain why you are unhappy with what they have done.

I therefore ask you to take action urgently in this matter.

- ☐ You don't have to give your name or identity.
- ☐ But if you do want to be contacted, include your name and phone number.

If the educators do not follow these steps properly, it's time for more action.

Report the problem to:
The National Department of Basic Education: 0800 202 933 or 012 357 3108/9;
South African Council of Educators: 086 1007 223; or to the Social Cohesion and Equity in Education Directorate in the DBE: 012 357 3386.

Speak out! against rape!

Rape is when someone forces a penis or an object into your vagina, anus or mouth.

Both girls and boys can be the victims of rape.

The rape victim must be supported, protected and given counselling.

Must rape be reported at school?

As a learner, you should always report a rape to a trusted educator or other adult at school. They should support and protect you as much as possible. (See page 14 for more details on what school officials should do to help you.)

Must rape be reported to the police?

- If you are under 18, the rape must be reported to the police. A trusted educator or other adult should help you report the rape to the police.
- If you are over 18, you have the choice whether or not to report a rape.
- It's not easy to report a rape. Sometimes police and social workers are not very supportive. You will need to talk about a painful experience that can also make you feel angry and ashamed.
- But reporting the rape is your only chance to get justice for the crime against you.
- Reporting rape also means that there is a better chance that the rapist will not be able to hurt other people in the future.

Get medical treatment within 72 hours

Even if you decide not to lay a charge, make sure you get treatment and medication from a health care worker within 72 hours of the rape to prevent pregnancy or being infected with HIV or other sexually transmitted infections.

Reporting a rape to the police

A rape should be reported to the police as soon as possible. Take a trusted friend or family member to the police station to support you.

When you report a rape to the police, you will:

- Give a statement to the police telling them what happened.
- Have a medical examination. This is to gather medical evidence of the rape. Evidence of the rape may be on your clothes, in your mouth or on other parts of your body. So don't change your clothes, shower, bath, wash out your mouth, or eat and drink before you have been examined. The medical evidence will be very important in a court case.
- Lay a criminal charge against the rapist. The police will then investigate the case. Based on what they find out, a decision will be made whether or not to have a criminal trial in court.

Information you need to get from the police

After you've reported a rape, make sure you get:

- A copy of the statement you gave the police.
- The name and contact numbers of the police person who dealt with your case.
- The case number.

This information will help you to track how your case is progressing.

The police must also inform you about the progress of the investigation, including if the suspect has been arrested, if the suspect is released on bail and the date of court appearances.

It's against the law:

- To force a person to have sex. Forced sex is always rape. Rape is a crime.
- For an adult person to have sex with someone under the age of 16. This is called statutory rape.
- For any educator to have any sexual relations with any learner.
- For a person who is not yet 16 to have sex.



There are people trained to support rape victims.
Call **Lifeline**
0861 322 322 and
Childline
0800 05 55 55

Be smart: Protect yourself

You can't always stop abuse from happening. But there are actions you can take to keep yourself as safe as possible.

Always be alert to your environment and be aware of how it makes you feel. If you feel you may be in danger, listen to these warning feelings and get help.

- ✓ Always walk to and from school with a friend or in a group.
- ✓ Never accept a lift from someone you don't know or don't trust.
- ✓ Avoid areas of the school grounds where there are few people, especially after school hours.
- ✓ Behave appropriately when you are with your educators. Give respect and demand respect.
- ✓ Behave appropriately at school and when you are out with friends. Remember that the decisions you make today will affect you in the future.
- ✓ Remember that drugs and alcohol can make people lose their inhibitions and do things that are risky and that they may regret for the rest of their lives.
- ✓ Never flirt with someone you don't want sexual attention from.
- ✓ Never give your phone number to someone you don't want to call you.
- ✓ Never give your friends' phone numbers without permission.
- ✓ Avoid being around known school bullies. If they harass you, get help from a trusted adult immediately.
- ✓ Don't walk on your own at night.
- ✓ Never open the door to a stranger.
- ✓ Always tell a trusted adult if you go out anywhere, even if you're going with someone you know.
- ✓ Never accept drinks, gifts or promises that can lead to a person expecting sexual favours.
- ✓ Never keep it a secret if you experience sexual abuse.
- ✓ Never allow anyone to take pictures of you doing anything sexual (even kissing). Never take pictures of anyone else doing anything sexual.
- ✓ If you receive text or sms messages that show people being sexual, do not forward them to anyone else. This is a crime, and it can also cause long-term problems for you. Once pictures like this start being sent around, they can go viral and you cannot control who sees them or what happens to them.

Keep your self-esteem in tip-top shape.

Good self-esteem gives you the power to have the world at your feet. Give yourself the chance to be the best you can.

Every day, tell yourself:

- I'm happy.
- I'm worthy and important.
- I can keep myself safe.
- I'm in control of my own life.
- I'm treated with respect.

If you feel in danger, RUN, YELL and TELL!



Walking in a **GROUP** makes
it **HARDER** for you to become
a **VICTIM** of **ABUSE**.



Be wise!

If you are 16 years or older, think before you agree to have sex. But remember, it is illegal to have sex if you are under 16, and both the girl and the boy can be charged with having sex if they are younger than 16.

Wait to have sex! You have your whole life ahead of you. Study now to have a better life.

Wait to have sex! Avoid getting pregnant. A baby costs money and is a big responsibility. Wait till you are earning a living.

Wait to have sex! Protect yourself from HIV and STDs. Condoms prevent the spread.

The law says: sex is illegal for people under 16.

Avoid drinking alcohol and taking drugs.

Agony Auntie

Q: Dear Auntie. There is a boy in my school who hangs around the girls' toilets. When a girl goes to the toilet on her own he tries to force her to kiss him or let him touch her sex parts. He also tries to make her touch his penis. We try not to go to the toilets on our own, but sometimes the teachers won't let us go in groups. I had to go to the toilet the other day, and he was there. He grabbed me and held me and forced me to kiss him. Then he put his hands in my pants and touched me. I feel so dirty and embarrassed and just want to leave school. He said if I tell anyone, he would hurt me. I am very upset and don't know what to do.

Upset, Khayelitsha

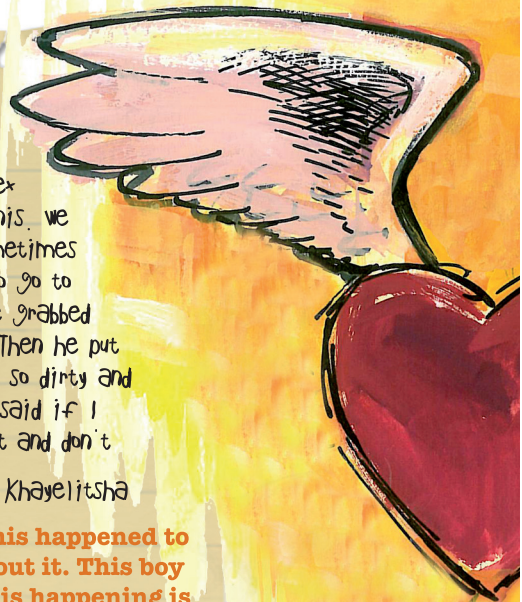
A: Dear Upset. I really am sorry that this happened to you - it is very brave of you to write about it. This boy must be stopped. Remember that what is happening is not your fault. Even though you feel scared, you need to tell an educator, your parents, or another adult that you trust. You could also talk to your RCL representative. Your school toilets and grounds need to be monitored to ensure that you are all safe, and also so that this boy is stopped.

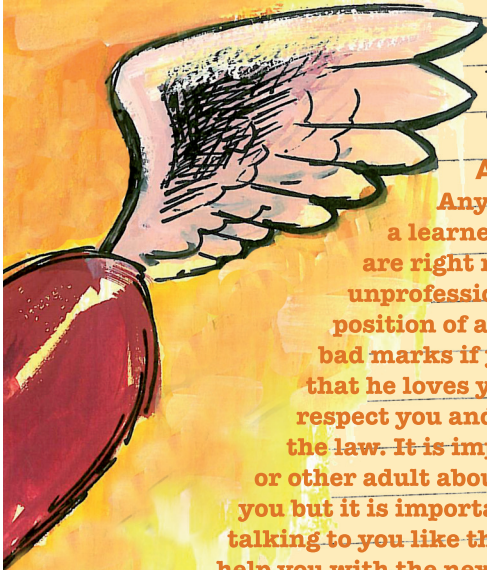
Q: Dear Auntie. A young guy in my neighbourhood keeps sending me messages on my phone about how I look and sexual things that he wants me to do with him. He also sends me pictures of people kissing and touching each other. It is making me very uncomfortable and embarrassed. I am still at school but he isn't. How can I make him stop?

Embarrassed, KZN

A: Dear Embarrassed

I am sorry this is happening to you. Remember, it is not your fault. This man does not have the right to do this to you. What he is doing is a type of sexual harassment called "sexting". Even though it may be hard for you, you need to tell an educator or your parents, or another adult that you trust. They will be able to help you make him stop.





Q: Dear Auntie. I don't know what to do. My teacher keeps telling me that he loves me and wants to have sex with me. He keeps asking me to meet him after school. I make excuses but I'm scared. I'm worried that I will not get good marks if I don't give him what he wants. Please help me.
Worried, Lavender Hill

A: Dear Worried
Any sexual contact between an educator and a learner is wrong, and it is against the law. You are right not to meet him. He is acting in an unprofessional manner and he is exploiting his position of authority. He is not allowed to give you bad marks if you don't meet with him. He tells you that he loves you. But, if he really loved you, he would respect you and not ask you to have sex. He is breaking the law. It is important that you tell a trusted educator or other adult about this. I know this might be difficult for you but it is important to get support to ensure that he stops talking to you like this. A trusted educator or other adult can help you with the next steps to put a stop to this educator's behaviour.

Q: Dear Auntie. I don't fit in at school and I am very unhappy. Sometimes I feel like running away or killing myself. There's a group of boys who make fun of me. They call me a moffie, and say I'm queer and more like a girl than a real man. I am scared and very lonely. Please help me.
Scared at school, Mthatha

A: Dear Scared
I am so sorry to hear that you are being bullied. Sometimes people are uncomfortable with people who are different - especially if they think they are gay or lesbian - and bully them. Remember, our constitution gives you the right to be gay or straight and no one can tell you which to be. Bullying is about power. What has been happening to you is called "homophobic bullying". Homophobic and other kinds of bullying happen quite a lot in some schools - the educators at your school need to stop it. I know it may not be easy for you, but you need to tell an educator, your parents, or another adult that you trust what is happening so that the people bullying you can be stopped.

Dignity

Respect

Equality

Freedom of speech

Caring

Speak out!

Power in group action

Form a club so you can all stand together and say NO! to sexual abuse and YES! to rights and responsibilities.

- **Youth clubs (or action groups)** play an important part in making the changes we want for a better society.
- **Your role in a youth action group can also help your future career prospects, as it looks impressive on your CV.**

Stand together
Understand
Protect
Persevere
Organise
Report
Take action

Club together to stop abuse

Give your club a name.

Decide on a regular day, time and place to meet.

Write a club pledge. The pledge should say what your club stands for, what it will not stand for and how you're going to have fun building a better society.

Sign your club up to join the efforts of other youth action groups.

You can join:

- **Girls and Boys Education Movement Clubs (GEM/BEM):**
012 357 3386/3368
- **SoulBuddyz:** 011 341 0360

Here are some examples of club activities

Ensure everyone understands the procedures for getting help and reporting sexual abuse.

Make sure your school's Code of Conduct includes preventing sexual abuse.

Organise school debates to bring the issue of sexual abuse out into the open.

Make posters: Design posters that help raise awareness about sexual abuse.

Prepare a speech to inform your peers about the issues at a school assembly.

Write and perform a socially conscious play, song or poem.

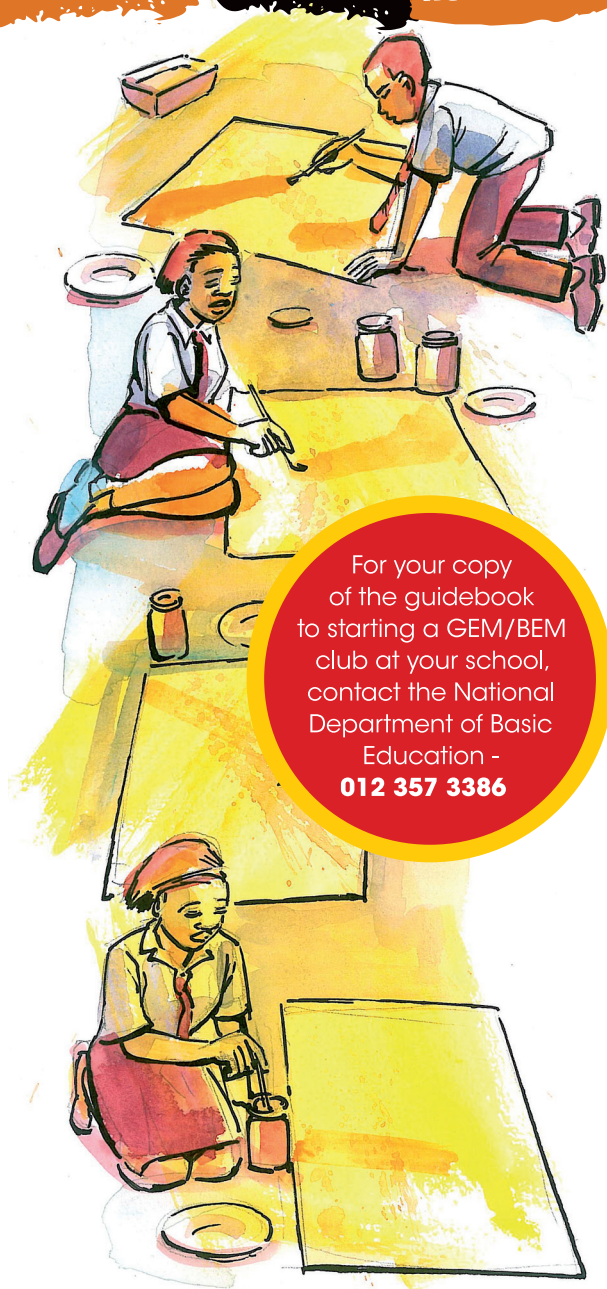
Volunteer your time and energy to help solve the problems in your community.

Start a campaign around a burning issue such as bullying or abuse.

Non-racism

Generosity

Non-sexism



For your copy
of the guidebook
to starting a GEM/BEM
club at your school,
contact the National
Department of Basic
Education -
012 357 3386

Kindness

Friendship

Tolerance

The Girls and Boys Education Movement (GEM/BEM) clubs are school-based clubs supported by the Department of Basic Education that are open to all girls and boys. With support and guidance from adults such as educators, members organise and manage the clubs as much as possible by themselves, giving them valuable experience of working in a team and organising activities. Besides important training and fun opportunities offered through GEM/BEM clubs, all members work proudly to promote equal human rights and dignity for all.

SPEAK OUT

**SAY NO TO
SEXUAL HARASSMENT**



BUT WHY ME



NO Sweetness In Sugar Paddies

Contacts

DEPARTMENT OF BASIC EDUCATION & MINISTERIAL CONTACTS

HEAD OFFICE

222 Struben Street, Pretoria

012 357 3365/3373/3357/3374/3000

(Hotline) 0800 20 29 33

MINISTERIAL CONTACTS

Minister

i. Pretoria: 012 357 4036

ii. Cape Town: 021 465 7350

Deputy Minister

i. Pretoria: 012 357 4014

ii. Cape Town: 021 486 0701

Director General

i. Pretoria: 012 357 4019/12/4504

ii. Cape Town: 021 486 9000



PROVINCIAL DEPARTMENTS OF EDUCATION

EASTERN CAPE

Steve Mukile Tshwete Complex, Zone 6, Zwelitsha, Central Bisho
040 608 4200/4205/4230

FREE STATE

CR Swart Building, 55 Elizabeth Street, Room 2103, Bloemfontein
051 404 8000/8430/4911/8434

GAUTENG

African Life Building/Arcade, Room 1009, 111 Commissioner Street, Johannesburg
011 355 0000/1510/1518/0597

KWAZULU-NATAL

Administration Building, 1st Floor, 247 Burger Street, Pietermaritzburg
033 392 1000/846 5000,
031 392 1000/0800 204 353

LIMPOPO

133 Biccard Street, Polokwane,
015 290 7702/7061/7661/7600

MPUMALANGA

Department of Education, Ext 5, Government Boulevard, Nelspruit
013 766 5462/5300/5552

NORTHERN CAPE

Perseverance Building, 156 Barclay Street, Homestead, Kimberley
053 839 6500/6683/6696/6619

NORTH WEST

First Floor, Garona Building, Executive Block, East Wing, Dr. James Moroka Ave, Mmabatho
018 387 3428/29/24/25/32

WESTERN CAPE

Room 924, 9th Floor, Grand Central Building, Lower Parliament Street, Cape Town
021 467 2000/2535/2577

NATIONAL ORGANISATIONS TO CALL FOR HELP

Childline - 0800 05 55 55

Childline is a crisis help line, but also participates in training, therapy, court preparation and advocacy in children's rights.

SAPS Crime Stop - 086 0010 111

The SAPS Crime Stop line is a call line where you can tip off the police anonymously about crimes you know to be happening.

SAPS Emergency Number - 10111

This telephone number is the one you can use in case of a police emergency. For general enquiries, you should phone your local police station as this number is to be used in emergencies only.

Child Protection Unit

- 012 393 2359/2362/2363

The Child Protection Unit is a division of the South African Police Service specifically charged with combating crimes against children. It also assists with public education.

Child Welfare South Africa

- 0861 424453

This organisation deals with all issues of child welfare and cases of abuse can be reported to it directly. It assists children, family members and care givers.

Lifeline - 0861 322 322

This is a national call line which offers advice on all life issues and provides people with emotional support to help them deal with problems. You can also visit www.lifeline.org.za and submit an email online.

National Institute for Crime Prevention and Re-integration of Offenders - 021 462 0017

Also known as NICRO, this organisation focuses on crime prevention but can also help with victim support.

National Network on Violence Against Women - 012 348 1231/1

This Network helps to deal with issues which concern acts of violence against women.

Rape Crisis - 021 447 1467/684 1180/361 9228

Rape Crisis, based in Cape Town, offers support through counselling to the victims of rape. This organisation can also prepare you for court and can support you when you go to court, if you want that.

Stop Women Abuse Help Line - 0800 150 150

This is a confidential telephone help line to assist victims of women abuse. It is a special project of Lifeline South Africa. www.lifeline.org.za

**The Family and Marriage
Association of South Africa
- 011 975 7107**

Also known as FAMSA, this organisation provides counselling and community support to help people deal with family-related issues.

**POWA - 011 642 4345/6
- People Opposing Women Abuse**

This organisation has national and regional influence and gives telephonic, legal and counselling support. www.powa.co.za

**Tears (A National Rape and Sexual
Abuse support network)
- 010 590 5920**

Helpline: * 120 * 7255#
SMS: * 120 * 7255#

The organisation gives all aspects of education about rape and sexual abuse and to promote positive change in societal values and attitudes. www.tears.co.za

**Matrimex (Run by and for victims of
male sexual abuse) - 078 457 4911**

Matrimensa is run by survivors for survivors, raising awareness about the effects of sexual abuse and sexual assault on a man's life, and helping men heal.

**South African Council of Educators
(SACE)**

SACE is the professional council for educators, that aims to enhance the status of the teaching profession through appropriate Registration, management of Professional Development and inculcation of a Code of Ethics for all educators. Private Bag X127, Centurion, 0046
240 Lenchen Avenue, Centurion
Call centre: 086 1007 223
Email: info@sace.org.za
www.sace.org.za

**National Institute for Crime
Prevention and Re-integration
of Offenders (NICRO)**

NICRO, as a national non-profit organisation, regards crime as a threat to democracy and individual rights. Through people centred development and services to victims, offenders and communities, NICRO strengthens a human rights culture and a safer South Africa. To this end NICRO engages in lobbying and advocacy, capacity building, direct service delivery and research. NICRO adheres to the principles of good governance and sound environmental practices
Tel: +27 (0)21 462 0017
Fax: +27 (0)21 462 2447
Email: info@nicro.org.za
www.nicro.org.za

Words to know

A hearing: This is an official meeting that is held to hear the facts about a crime or complaint. The hearing could take place at your school, or at the offices of the Department of Basic Education, depending on the kind of crime or complaint being heard.

A statement: A written account of facts about a crime that is made to the police. Making a statement is not the same as laying a charge, but it is an official record of the crime, which may be used if legal action does follow.

Bail: Once a person has been arrested for a crime, they usually appear in court for a "bail hearing". Their lawyer will argue that an amount of money will be paid (the "bail") which will allow the accused to live at home until the trial begins. If the accused fails to appear in court for the trial, they lose the bail money. Otherwise the bail money is refunded to the accused once the trial is over.

The judge or magistrate may decide that the accused should not be allowed out on bail at all. This is usually if the accused is thought to be a danger to society, or if they may try and run away instead of going to trial, or if the accused may try to interfere with any witnesses or the person who was involved. If the judge or magistrate does not permit bail to be paid, the accused will remain in jail until their trial begins.

Case number: Every crime reported to the police is given a case number. The "case" is what will be investigated by the police, and the number shows when and where the crime was reported. Knowing your case number is important so that you can follow the progress of the investigation. It is important to also obtain the name and contact details of the investigating officer who is investigating your case.

Evidence: These are the facts, signs or objects that are gathered by the police to help them investigate the case. In cases of sexual violence, such as rape, medical evidence will also be collected.

Cyber bullying: This is the use of the Internet, cell phones or other electronic technologies to insult and harass, spread rumours about, damage people's reputations, and distribute videos and pictures that harm them.

Graffiti: Pictures or writing, painted or written on public walls, or sometimes on toilet doors. Graffiti can sometimes be sexually explicit, rude or indecent. At schools, writing or drawing graffiti is against the Code of Conduct, as it damages school property and can, in some cases, be seen as sexual harassment.

Homophobic bullying: This is form of sexual bullying that deliberately targets gay and lesbian people just because of their sexual orientation.

Investigating officer: The member of the police who is responsible for investigating a particular case.

Judgment: The decision a judge or magistrate makes about a case. The judge or magistrate will decide whether the accused is guilty or not guilty. If the decision is that the accused is guilty, the judge or magistrate will also decide on the punishment. This could be a prison sentence or a fine, or both, depending on the seriousness of the crime.

Lay a charge: This is an official claim that someone has committed a crime. It must be done with the police.

Pornography: This refers to books, DVDs or SMSs that describe or show naked people and sexual acts. While some people find them sexually exciting, others find them offensive.

Public indecency: This refers to a number of activities that are considered to be illegal to do while in public, such as urinating, exposing one's genitals, or masturbating.

Sexting: This is when someone sends sexual messages or pictures to a cell phone.

Sexual assault: This is the same as sexual violation ("assault" means to attack someone physically or verbally). (See page 8 and 9) .

Sexual harassment: This is when someone does something of a sexual nature that makes you feel embarrassed, threatened, afraid, humiliated, angry or trapped. It can be physical (pinching, touching), verbal (sexual jokes, suggestions) or non-verbal (rude signs, "flashing").

Suspect: When a crime has been committed, the police will identify the person (or people) they suspect may be guilty of the crime. The proof against that person has to be gathered through a police investigation. If the proof is strong enough, the person will be charged with the crime, and will have to appear in a court of law.

The accused: In a court of law, the person who is on trial for committing a crime is called "the accused".

Witness: A person who saw or knows something about a crime, and is able to describe it so that their testimony (or evidence) forms part of the case. Witnesses may be asked to give their evidence in court. In a rape case, the victim is usually the main witness.

Speak Out

Youth Report Sexual Abuse



basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

unicef 
unite for children

