



Anti-rape & AIDS Control Outreach

because dolphins give life to the sea just as education gives life to children

Prevention Against Rape For Girls

1. Do not show a stranger the way if he claims to be lost. Instead, tell him to seek help from fellow men and if he insists, run away and scream for help.
2. Don't accept lifts or free rides on bikes, motorbikes, cars, or matatus from people you don't know.
3. Be aware of people who come to your school or church claiming to have been sent by your parents, yet it is false.
4. Don't accept money, sweet things, and snack food from people you don't know, including shamba boys, watchmen, or males neighbors.
5. Be careful when you are traveling to or from school, shops, posho mills, and rivers, and don't respond to calls by people you don't know.
6. Don't make a habit of being close with male neighbors and playing with them often.
7. When you are traveling to or from somewhere on foot and notice a man blocking your way, avoid him. If he continues to block you, turn around, run, and scream for help.
8. When you are traveling from school or anywhere else, go home quickly and avoid playing too much along the way. A good child does not loiter. Make sure you are home before it is late.
9. You should always walk in groups. Rapists target young girls who are alone. If you are with a group, you can scream and easily get help.
10. Don't shake hands with men or boys you don't know. They could grab your hand and pull you away.
11. Do not go out at night, even to shops, the posho mill, river, or neighbor's houses.
12. Don't allow men or boys to carry you shoulder-high.
13. Do not bathe naked where people can easily see you, even at home or in the river. When at home, use the bathroom and make sure the door is locked.
14. When you change clothing, make sure no one sees your nakedness.
15. Avoid playing too much with the boys in your school. They should never touch your body, especially your private parts.

16. Men and boys should never touch your private parts intentionally.
 17. If a male neighbor sends you to the shop, make sure you ask your mother for permission and when you bring the items back, do not go inside his home. Instead, leave them at the door and go home.
 18. If a male visitor comes to your home and you are home alone, do not open the door, even if he is a family friend. Tell him the door is locked and your parents have gone with the key.
 19. If a man or boy comes to your home and request water, do not open the door. You can give him water through the window or tell him you don't have any.
 20. There is a danger of HIV/AIDS, unwanted pregnancies, and eminent death. Therefore, you should avoid situations that could lead to rape.
 21. Remember that you have the right to say NO to sex. Now is the time for education, and those things will come later.
 22. If you have been raped, you should tell an adult you trust and seek counseling and an HIV test.
 - **You have the right to live a life free of violence.**
 - **You have the knowledge and skills to protect yourselves from rape.**
 - **You have the right to be respected and treated equally.**
 - **You are beautiful, intelligent, and you deserve the best.**
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Education Specifically for Secondary School Girls

1. Girls have the highest rate of new HIV infections in the developing world. In Sub-Saharan Africa, 75% of the 6.2 million young people aged 15-24 living with HIV are female.
2. You must educate yourself about HIV and make the right choices to protect yourselves:
 - You should remain **abstinent** until you are married. Now is the time for school, and sex will come later. Abstinence is the only 100% effective way to protect yourself from HIV/AIDS.
 - When you are married or engaged, you must **be faithful**. Being faithful means that you do not have any other sexual partners besides your husband or fiancée. Your husband or fiancée must also remain faithful to you in order to prevent the spread of the disease.
 - If you do have sex before marriage, or if you are unfaithful, you must use a **condom**. Condoms can be over 90% effective in preventing the spread of HIV/AIDS if used correctly. Visit a VCT for more information.

Join us in speaking out against rape. Together we can end violence against women.