



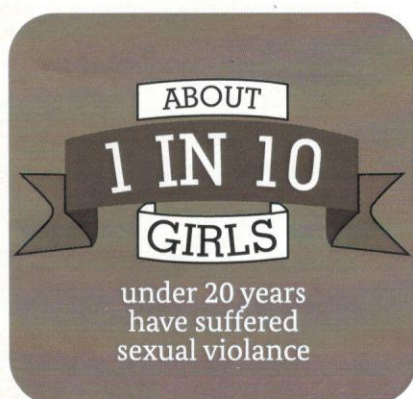
The MEMPROW Girls

NEWSLETTER



Sustaining Womens Leadership

Understanding Violence



Violence is defined by United Nations as any act that results in, or is likely to result in, physical, sexual, or psychological harm or suffering, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or private life.

According to WHO (2016), it is estimated that 4 in 10 women (35%) worldwide have experienced either physical and/or sexual intimate partner violence or sexual violence by a non-partner at some point in their lives. Thirty per cent (30%) of women who have been in a relationship report to have experienced some form of physical and/or sexual violence by their partner in their life time. More than 1 in 5 women aged 15-49 years, about 3 in 10 young women aged 20-29 years and 1 in 10 girls aged 15-19 years, reported that they had experienced sexual violence at some point in time compared with fewer than 1 in 10 men (UDHS, 2016).

Continued to page 3 ▶



What's inside

Topic of the Newsletter	p.1
Message from the Programme	
Director	p.2
Pictorial	p.6
Highlights of the MEMPROW	
Girls Network	p.8
Top Stories	p.8

The comprehension of oppression is "indispensable" to a new vision of the world based on justice and freedom

Dr. Hilda Tadria



Message from the Programme Director

Violence against women and girls is one of the most prevalent human rights violations in the world. Worldwide, an estimated one in three women will experience physical or sexual abuse in her lifetime. More to that, according to UNAIDS (2010), women who have experienced violence are up to three times more likely to be infected with HIV than those who have not. Violence negatively affects the health, dignity, security and autonomy of victims.

At MEMPROW, we do support many girls and young women to overcome the traumatic experiences of violence. Our experience, and based on studies in the communities where we work, is that although abused and suffering silently, the majority of the girls and young women do not report cases of violence because of: i) not being aware that the actions that cause emotional and physical distress are actually acts of violence that should be reported, ii) not knowing where to and how to report, iii) fear of consequences to reporting, iv) threats from the perpetrator, v) inability to meet the presumed economic cost of reporting, vi) protecting the name of the family/school. This proves that violence against women and girls is socially rooted; it can be hidden and therefore is most times normalized. However, its effects remain with women and children for a lifetime, and can pass from one generation to another.

“Violence against girls/women is not cultural, it is criminal. Equality cannot come eventually; it is something we must fight for now.”

MEMPROW questions beliefs and practices, and yields change at individual level, in families and institutions of learning, and at social cultural level. It is therefore important that everybody, including you our reader, contributes towards prevention and elimination of violence against women and girls. In essence, we will all be contributing towards MEMPROW's vision and Sustainable Developmental Goal 5.2 which is “To eliminate all forms of Violence Against all Women and Girls in the Public and Private Spheres”, but more importantly ensuring that we live in a peaceful environment, having healthy, uninjured and emotionally well girls, daughters, sisters and mothers.

I hope you will enjoy the reading.

Immaculate Mukasa
Programme Director



Who is a MEMPROW Girl?

One becomes a member of the MEMPROW Girls' Network through participation in MEMPROW activities.

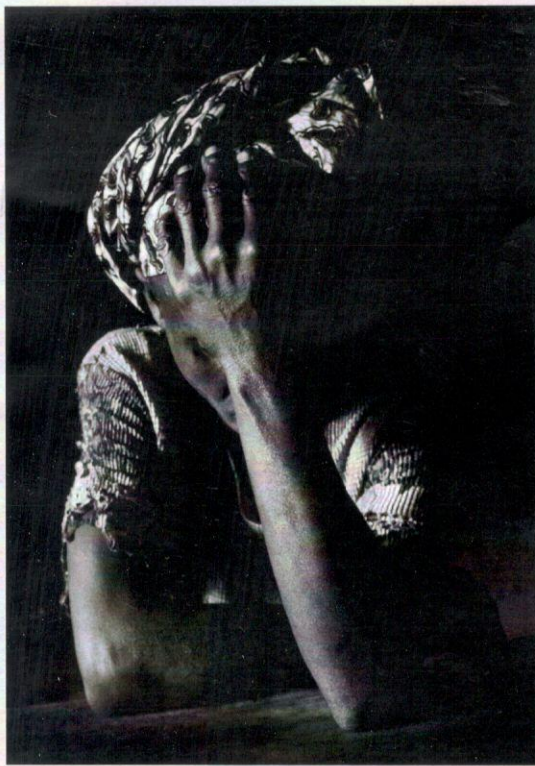
a) Social Survival Skills Training: This is a two weeks' rigorous training in institutions of learning. It focuses on building self-esteem and confidence of girls with emphasis on skills for exercising social agency in changing their own lives. The training process creates awareness on Sexual and Reproductive Health Rights, encourages girls to have higher aspirations and to stay in school; boosts girls' life skills and provide career guidance

b) Intergenerational mentoring and gender dialogue: These provide a space where girls and boys convene once every month at MEMPROW Offices to discuss different topics in the field of gender, human rights, entrepreneurship, current affairs, social etiquette among others. When one attends at least six sessions of the intergenerational dialogues, she becomes a member of the network.

c) Any other training/activities organised and conducted by MEMPROW such as the feminist leadership training, Sexual Reproductive Health and Rights (SRHR) training, business and entrepreneurship training among others

MEMPROW Girl is;

- Socially intelligent
- Confident of who she is, loves herself, body, mind and soul
- An agent of change and a leader; she inspires and mobilises others for positive action
- An advocate for social change and ensures that social change will not stop with her
- Strong even in the face of unfair gender and age biases
- stop with her,
- Strong even in the face of unfair gender and age biases.



◀Continued from page 1

Violence against children in schools, especially sexual violence which is largely experienced by girls is a threat to girls' retention and performance in schools; and in worst cases may end girls' right and opportunity to quality education. The second concern is the psychological and emotional damage to the girl as a result of sexual violence. Generally, violence undermines the children's sense of self-worth which damages their potential to take advantage of the existing opportunities including learning as well as personal initiative.

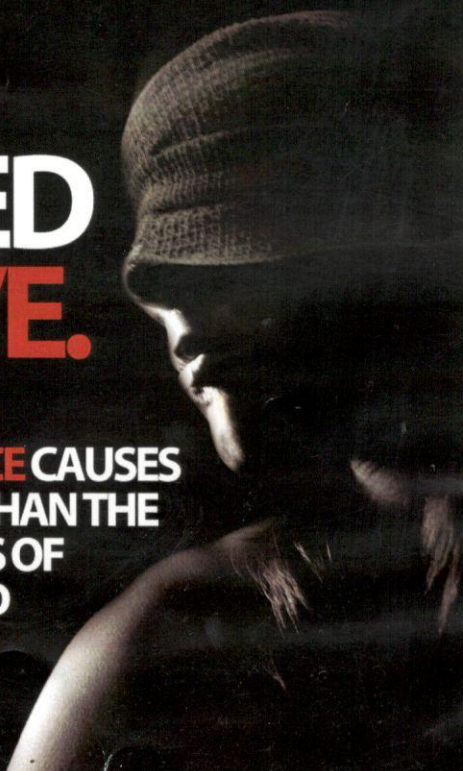
For that reason, MEMPROW identifies girls with personal challenges like low self-esteem, absenteeism, inadequate motivation to keep in school among other challenges for the Social Survival Skills Training Programme. Girls are empowered to recognize their potential, self-worth and social capital as well as build their agency and life skills to challenge gender inequality and any form of violence. MEMPROW also has interventions that aim to raise awareness about sexual and health rights among girls and change of mindsets/beliefs that promote violence against girls/women. For instance, some community members have low valuation towards girl child education, women and girls; have insufficient sense of accountability and follow up on both perpetrators and victims of violence against girls/women.

Additionally, there is limited understanding of children's/women's rights and responsibilities among communities which undermines the extent to which children, parents, and communities feel obliged to report or respond to cases of violence against girls/women.

Educate Families and Communities about Violence, Bullying Prevention, and Youth Gang Prevention!

**DONT
BE
BLINDED
BY LOVE.**

**DOMESTIC VIOLENCE CAUSES
FAR MORE PAIN THAN THE
VISIBLE MARKS OF
BRUISES AND
SCARS.**



Domestic Violence

Understanding the problem is the first step towards solving it, Domestic Violence is a pattern of abusive behavior. In an abusive relationship, one partner tries to maintain control over the other by using physical, psychological, verbal, and/or sexual violence. Although factors such as drug and alcohol use, stress, or a family history of abuse may contribute to the problem, domestic violence is primarily an issue of power and control. Abuse may include... Hitting, kicking, pushing, slapping, choking, punching, biting Constant jealousy and control Threats Forced sex Isolation from family/friends Economic control Destruction of personal property Excessive criticism Extreme anger Withholding medication Using race, age, sexual identity, immigration status, class, appearance, religion, HIV status, etc. against you.

If you know someone who is being abused...

Do not ignore it.

Talk to them; let them know that you are aware of the situation.

Be a good listener, let them express the hurt, anger, and fear.

Do not judge them.

If possible, offer them a safe place to stay, transportation. Encourage them to make their own decisions, even if you do not agree with them.

Hold the abuser accountable for his/ her actions.

Bullying Prevention

Bullying remains pervasive in many schools and communities, sometimes putting children's physical and emotional health at risk. Parents, school staff, and other adults in the community can help kids prevent bullying by talking about it, building a safe school environment, and creating a community-wide bullying prevention strategy.

Gangs

Youth gangs can take hold in communities before adults are even aware of them, threatening the safety of both members and non-members. To prevent youth from joining gangs, communities must strengthen families and schools, improve community supervision, train teachers and parents to manage disruptive youth, and teach students interpersonal skills.

What do you know about dating violence?

Are you in a relationship where someone...

Makes fun of you; put you down; yell or swear at you; or embarrass you in front of your friends?

Tries to control your life by making decisions for you, assuming he/ she knows what is best for you?

Discourages you from spending time with your family or friends & wants you to spend all your time with him/her?

Has a history of bad relationships and blames the other person for all the problems? "blames you when he/she mistreats you?"

Pressures you for sex or sexual acts?

Abuses drugs or alcohol & pressures you to take them? "

Hits, punches, slaps, bites, kicks, pushes, chokes, or throws objects at you?

Threatens to kill him/her-self if you leave them?

In case you are a victim of such, You have right to be a safe. Use the resources available to help you. Communicate your concerns to a friend, parent or counsellor.

What to do to prevent violence

Women/Girls

Understand what Violence is and that it is unacceptable

Don't ignore the warning signs

Seek help before it worsens

Join a group speaking out against violence

Support women experiencing violence

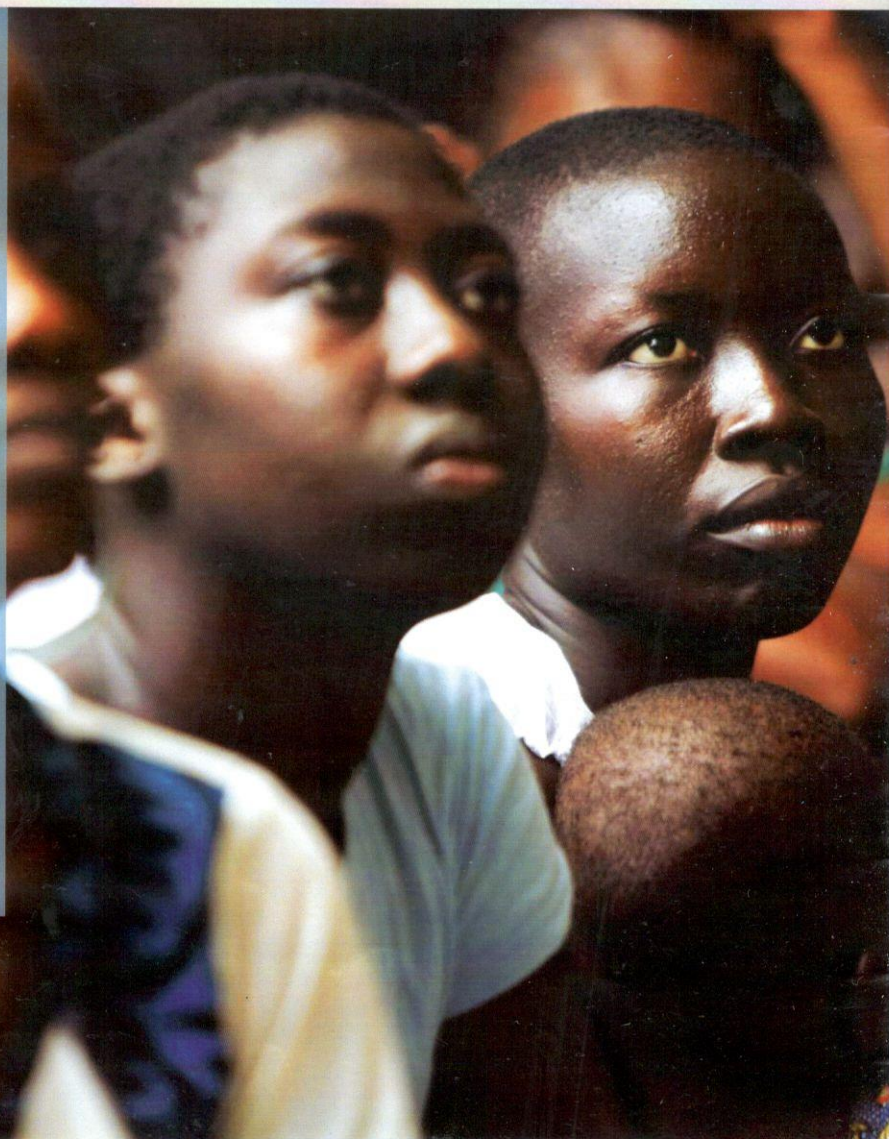
Men/boys

Understand what Violence is and that it is not acceptable

Choose to be non-violent (You have the power to)

Support your friends to be non-violent

Speak out against violence in all spaces



How to Respond to Violence?

Response to violence

Report all cases of violence as soon as it happens (authorities, police, health workers, parents, support organizations etc)

Support not blame and stigmatize people who have experienced violence

It is normal to be confused, feel dejected, helpless etc after experiencing violence.

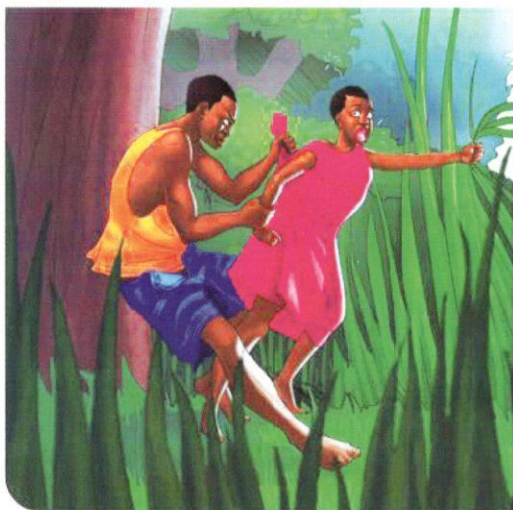
Whatever the case don't blame yourself.

Abusers choose to abuse.

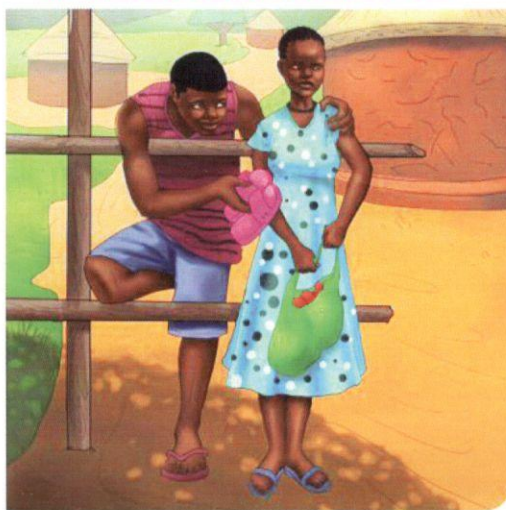
Don't suffer in silence. You are not to blame

TO STOP TEENAGE PREGNANCY AND EARLY MARRIAGE

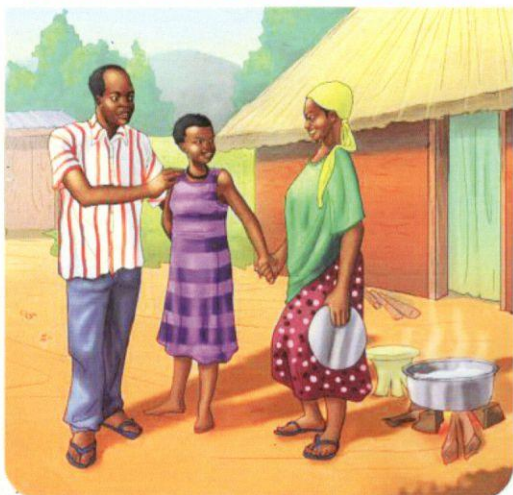
"Let's fight rape and defilement"



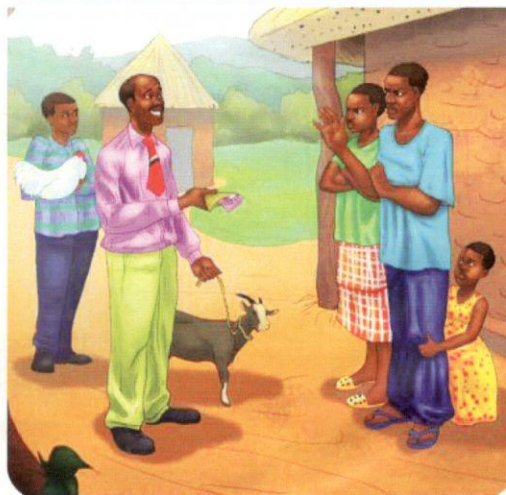
"Girls! Avoid receiving gifts for sex"



"Let's love and care for our daughters"



"Avoid bride price for under age girls."



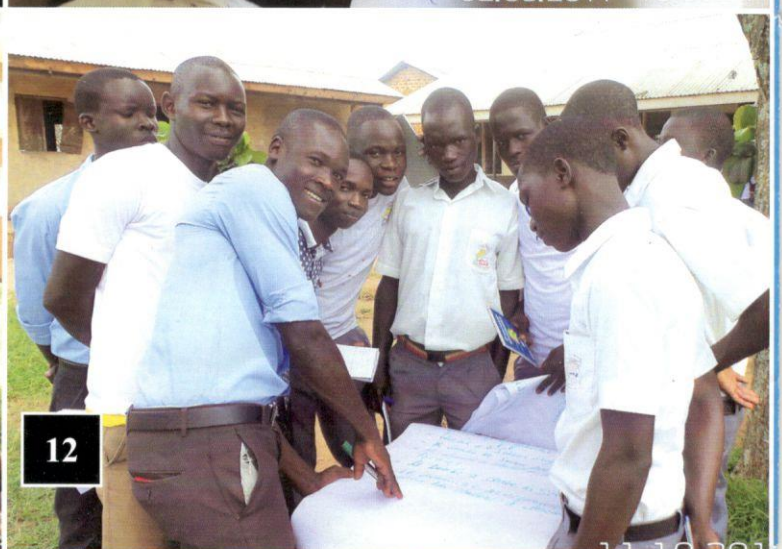
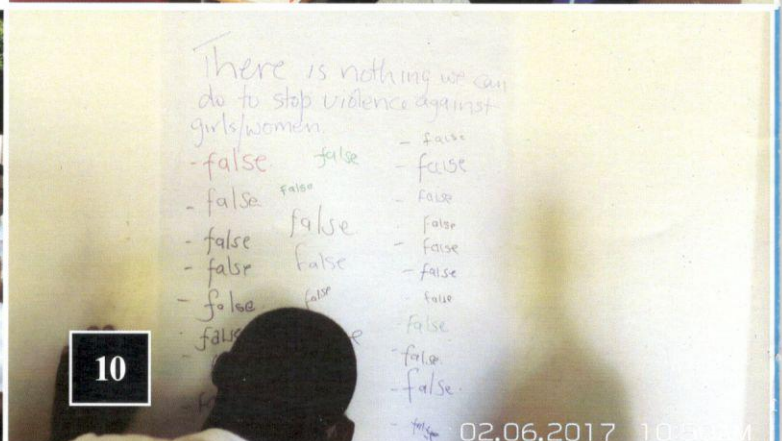
TOGETHER WE CAN STOP TEENAGE PREGNANCY AND EARLY MARRIAGE.

terre des hommes
stops child exploitation



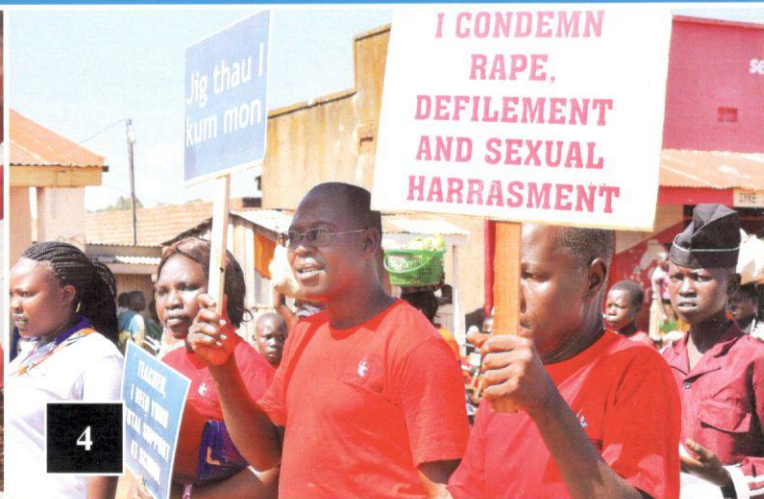
Sustaining women's leadership

Pictorial





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7



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1. Graduates of the personal empowerment training programme; training aimed to transform mindsets as the young people get to accept and believe in themselves and also appreciate each other.
2. MEMPROW Girls veterans with placards during an advocacy of violence against women.
3. At MEMPROW, we advocate to keep the girl child in school
4. Community leaders during an advocacy march on violence against girls held in Zombo District. MEMPROW supports and advocates for implementation government policies against violence.
5. Young Women in sports discuss the challenges faced in their walks of life, Kyadondo Grounds
6. Participants during a group exercise of identifying the different body parts and their roles.
7. KIU Counselor addressing students that attended the intergenerational dialogue on Career Leadership
8. A student of Makerere University expressing her views during an intergenerational dialogue.
9. Participants of Nebbi Town SS enjoying personal mastery session during SSST training in Nebbi district.
10. Over 98% of the young girls believe that there is a lot that can be done to stop violence!!
11. Students of Bishop Cipriano pose with MEMPROW Malawi team
12. Boy champions having a discussion during a gender awareness session held at Nebbi Town S.S MEMPROW works with boys as allies with girls in challenging norms that promote violence against girls.

STORIES OF CHANGE



RESIST EARLY MARRIAGES

Sharon (not real name) would now be in senior six but had to repeat a class after her father told her to stop school because he had gotten her a man to marry, therefore he was not going to pay part of her school fees. She cried and beseeched him to let her finish senior six but all that fell on a deaf ear. After some time, she decided to go to her school and share with her teachers. Her teachers advised her to share her troubles with her sponsor, who was providing partial bursary for her studies. Luckily enough, the sponsor agreed to give her full bursary and she resumed school, but had already lost a year. She advises other girls to resist early marriages because of the dangers that come with it. *"If I had not learnt the dangers of early marriages during one of the MEMPROW trainings, maybe I would have given in".*

LET GO!

"I learnt that life is what you make it and life is all about moving on and letting go of whatever diverts you from your direction. Successful people look at the rise of the sun and let go of the shadow behind them".
Apugo Ritah, MEMPROW GIRL

HEALTH LIVING: Love yourself enough to live a health life style

I joined the MEMPROW Girls Network in 2016. In February 2017, I participated in the five days personal empowerment training. Surely, I was greatly privileged to have learnt about Sexual Reproductive Health and Rights, health living and generally understanding the whole idea of personal empowerment. I learnt how to eat and live healthy, which involves eating enough leafy vegetables, taking enough water regularly and doing exercises. I also learnt how to use homemade remedies in case I get an STI; I have tried some at home and it has worked for me. At the moment, I do morning jogs every weekend to keep my body fit and stay healthy. Thanks MEMPROW. Christine Mayanja

Q&A on Violence

Q: He hasn't actually hit me. Does that mean it's not domestic violence?

A: Verbal abuse and emotional abuse are the most common forms of abuse and are present in the majority of abusive relationships whether there is physical violence or not. Abusers use words and other behaviors to control, to intimidate and to cause fear in their victim.

Q: Is domestic violence a learned behavior?

A: Abusers have often witnessed domestic violence as children. However not all children who grow up with domestic violence will go on to become abusers themselves. Likewise not all perpetrators of domestic violence grew up in violent homes. Violence is a choice.

Q: Does alcohol or drugs cause domestic violence?

A: No. It is a misconception that domestic violence is caused directly by alcohol or substance abuse. If someone blames alcohol or drugs they are avoiding taking responsibility for their actions - many people enjoy drinking and some may even drink excessively but they never use violence. Many people stop their drinking and still keep using violence and controlling behaviors. While the use of alcohol and drugs can often make the violence more serious, it does not cause it. Domestic violence takes place in a context of coercive control and in response to threats to male dominance to maintain control over females.

Q&A on Periods and pregnancy

Q: Is it okay to have menstruation twice in a month

A: Yes/No

Q: Do men with AIDS get cure when they have sexual intercourse with girls before their first period?

A: No, AIDS is not cured through having sexual intercourse because it's a non-curable. If sexual intercourse is not protected there is transmission of the Human Immune Virus(HIV) and not cure

Q: Women in my village say only big/fat girls have their periods, is it true?

A: No it's not true because all girls as long as they are into the puberty stage, they will start menstruation irrespective of their size.

Q: Can sex cure painful periods?

A: Sex relieves period cramps because during orgasm, the body releases Oxytocin and dopamine along with other endorphins that can ease period related pains. However un protected sex could result into transmission of STIs and STDs so one should take caution during intercourse.

Q: If a boy, who has been circumcised, is infected with HIV/AIDS and has sex with a woman, does she get infected?

A: There will always be a risk with any form of unprotected sex even even if the man is circumcised. However the level of risk will vary depending on several factors such as whether the positive person is on treatment, their viral load, whether either person has any STIs or cuts etc

Q: Is it true that when you have sex while standing you do not get pregnant?

A: No it's not true sex that is not protected in whatever position can lead to pregnancy.



POWER WITHIN: You are capable of amazing things

Thank you MEMPROW for the tremendous work towards empowering and mentoring girls. MEMPROW is not just an organization but is also a family. My internship at MEMPROW was really useful; I improved on my communication and interpersonal skills, assertiveness and how to deliver administrative tasks excellently. Moreover, through the counseling sessions, I learnt that I should never stop dreaming but do whatever I can to make my dreams a real. I was also reminded to never dwell on past mistakes, worries and doubts but rather to look forward. I am now able to do what I always thought was impossible, and people around thought could not be done by me.

Every day, I remind myself of the so many things that are wonderful, rare and unique about me. And when the world seems to cave in, I try as much as possible to be positive. I don't allow myself to be stuck in a negative view of life. I promise myself that I will never sell myself short because I know that I have an amazing power within myself to change whatever needs changing. I move ahead in the direction of happiness; go for my dreams and reach out for the stars. I believe history is filled with incredible accomplishments of those who were foolish enough to believe. Long Live MEMPROW. **Kemigisha Dapheen, Kampala International University (KIU)**

RIGHT TO STUDY!

"Before the Social Survival Skills Training (SSST) training, I would tell lies, shout in class even in the presence of a teacher. I had also asked my friend who had a boyfriend in senior one how I should also get one and she had told me that it was just a matter of sitting next to a boy and lying to him; eventually that boy would be a boyfriend. During the training, I reflected on the Survival Skills and the need to have positive self-worth. I realized that telling lies and shouting in class had a negative impact on my image, and also that social intelligence calls for telling the truth and respecting of others including teachers. From time to time, I have learnt how to control my behavior and I am now focused to study up to university and get a job thereafter. I have also learnt that I have a right to study and participate in leadership. Excitingly, now I can also advise my friends when they are in trouble". **Nikurarwoth Patricia**

A WALK OF CONFIDENCE

MEMPROW has changed my life especially my walking style. I used to go look down but after the SSST training, I changed my walking style, even my friends ask what happened because now I walk with confidence.

In addition, I learnt to say no to boys who want me to be their lovers. I remember one time when I went to fetch water and a boy followed me and told me that MEMPROW people had changed me the way I walked and that I started to look people straight in the eyes. Lastly I have learnt to fight for my rights....by **Åkoth**



A SAVIOR FOR HER

She cries out at the time or womb escape
fighting to have a life here on earth.
Bringing joy to her mother
who bore her in pain but with great anticipation,
ready to watch her have a bright future.

But there she sat gazing at the blazing sun.
Hoping for a better tomorrow but all in vain.
Due to lack of support to voice out her dreams and aspirations
No gap and opportunity to become a better woman of her
dreams

Alas! A brighter day has come
A savior has risen for her rescue
To help her embrace humanity
Grow with a sense of feminist
And be empowered, self centered and mentored into seeing her
dreams
And aspirations become an actual reality
MEMPROW! Her savior is here

By Kyomugisha Sharon

MEMPROW my savior

MEMPROW, MEMPROW, MEMPROW

Oh MEMPROW you are my savior! How great it is to know that
with your existence, I have known and loved myself fully and
with passion. You have made me a proud woman of confidence
and above all believe that I am so precious in the world, And that
as a woman I have power over my body; to freely fight for my
freedom and a right to live a violent free life.

Oh MEMPROW you are my savior!

MEMPROW, MEMPROW, MEMPROW

I have known that it's good to have an affirmation of "I CAN
MAKE IT" to keep me moving. I now know that personal
mastering and personal awareness begins with me so I need to
stand for myself, know my values and missions and look out for
new ideas or things, set goals, targets and steps to take to achieve
them.

Oh MEMPROW you are my savior!

MEMPROW, MEMPROW, MEMPROW

Bravo MEMPROW, the feminists who have come up to save
us from this monster called PATRIARCHY! That has been
misleading! Thanks for increasing awareness on women and
girls' rights and creating justice. You have really saved us from
destruction

You have changed our fears to great hope, Great job....! Keep it
up and lets save the future by empowering women.

Thank God you are here! How would the world be without you?
Too Dark!!

MEMPROW you are the savior! Thank you

Long live MEMPROW! Long live Feminists!

AtiangBernadetAmiti, KIU





MEMPROW'S Latest Video release

A Must Watch!



*The team behind the Advocacy play
(L-R); Majorine, Hawa, Gorret,
Maria, Esteri and Noah*

The MEMPROW family proudly announces the release of a video on violence against girls and young women. In this video, the team clearly identifies with the different forms of violence in schools, at home and in higher institutions of learning. At MEMPROW, we got talent, this play deserves an Oscar (it's the in thing).

Special recognition and appreciation goes to the cast team, our own: Hawa Kimbugwe, Noah Nantajja, Majorine Nantambi, Gorreti Ajwang and Maria Ariso who demonstrated talent and commitment as they acted in this video.

Thank You Team and special thanks to the director of this play Ms. Esther Tebandeke.

Copies of this video can be accessed at MEMPROW offices.



About MEMPROW

VISION: "A transformed, violence free society where young women and girls can claim their rights And achieve their aspirations.

MISSION: To develop girls and young women's leadership capacities and self-reliance through training and inter generational mentoring; feminist movement and advocacy networks building; social analysis and research; as well as peer learning within institutions of learning and local communities.

THE GOAL: To be a centre of excellence in promoting girls and young women's access to their rights.

Our Partners

Editorial

MEMPROW Girls Network Uganda

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