

DISSEMINATION OF “BREAKING THE SILENCE” TOOLKIT REPORT

The proposal to the Charis Foundation was approved and work began to explore how to create the most effective tool kit that churches can use to create a safe place for victims of sexual violence. On 18th February, 2014, Fountain of Life (FOL) hosted a Task Force meeting to produce a Tool Kit/Resource Package for Churches that can be used to help rape victims. Among the people present was Tanduleni Zimba & Steve Bowler (Directors of FOL), Helen Van Schalkwyk (psychologist), Habiba Osman (lawyer), Wambali Mkandawire (Pastor & musician), his wife Wambui Mkandawire, Eugene Chinunga (Pastor), his wife Jean Chinunga and Linda Chirwa (businesswoman.)



The purpose of the meeting was to come up with a practical resource package that can be used in churches to help rape victims. The group agreed that it has to be something different from manuals developed that usually end up on a shelf and sit un-used. The goal was to develop a resource that is more visual, utilizing the oral traditions and community context of Malawi. The number one (1) priority agreed on was to focus on breaking the silence around sexual assault and the impact of this on individuals and families. The tool would focus on finding ways to let those who have been traumatized in this way know they are not alone and there is help. This focus on the health and well being of the family unit is a core focus of the Church and it is time the Church took action. The title of the tool kit is “Breaking The Silence.”

FOL approached a local artist Jethro Longwe (Spectacular Art), to come up with drawings that tell a particular story. He was given several stories from which he picked one and developed a total of six drawings that told a story. The aim was to tell stories through pictures to engage people into discussions about what is happening in the story and how it relates to their experience. Jethro created eight (8) stories for the tool kit.



One of the stories in the tool kit

HAWA'S STORY

“Hawa is a twelve year old girl who stays with her grandmother and grandfather. Every night before the grandfather goes for his night shift at work, he enters into Hawa’s room and rapes her. When he is done raping her, he gives her money, food or clothes and threatens to kill her if she reports what happens to her grandmother. After some time the grandmother notices something wrong with Hawa and asks her what happened then she told her that it is the grandfather who rapes her. The grandmother takes Hawa to the One Stop Centre at Queen Elizabeth Hospital where she narrates that the grandfather has been raping her for six years. It was through the counseling session that the grandmother blames herself for her husband’s behavior. Despite people advising her not to report her husband, the grandmother reported the case to the police and the grandfather was arrested.”



When the tool-kit was being published, FOL partnered with Children of Blessing Trust (an NGO that helps children with disabilities) to raise awareness on rape and sexual assault. FOL used two of the stories from the toolkit involving children with disabilities. This project acted as a trial run for the toolkit to see how effective the toolkit might be in the communities. The awareness was carried out

in eight communities where COBT clients come from and it was a success. Everyone (literate or illiterate, children or adults) were able to participate and contribute because of the drawings.

In January 2015, the toolkit was officially out with two hundred (200) copies printed and a complete set of the posters featured in the toolkit. The resource was done in the four (4) main languages of Malawi - English, Chichewa, Tumbuka, and Yao. Most of 2015 was letting the



public know about the toolkit. It was featured in the local newspapers, appeared at radio stations and a local television station to publicize about the toolkit. The toolkits were handed out to partners, some donors and even to a couple of lucky people who “LIKED” the FOL Facebook page. It was uploaded on our website for anyone who wanted access to it, to view or download.



One of the stories (included in the report above) was used to raise awareness on sexual assault in schools. We used Hawa’s story because it highlights key points to start discussions about knowing who perpetrators can be, how they use threats or treats to sexually abuse children, how perpetrators are mostly known to victims, where they can report and receive help. We mainly empowered

them to REPORT cases to trusted adults, to the police and to the hospital. We managed to visit

5 Private schools and reach over 1500 pupils and teachers.

It was however published for church leaders and church bodies. FOL approached Evangelical Association of Malawi (EAM) to help us mobilize pastors, church leaders from various church/religious bodies to participate in a half day training workshop where the participants would be introduced to the toolkit and demonstrate how it would be used. We planned to reach out to church leaders from North, South and Central regions in Malawi targeting at least two hundred (200) church leaders who would then reach out to their congregations and communities. EAM however kept on postponing and delaying the mobilization it was when FOL contacted Pastor Samuel Banda who agreed to mobilize pastors in Lilongwe.

On 10th December 2015 Fountain of Life began dissemination of "Breaking the Silence" church tool kit. The workshop was held at Korea Garden Lodge and there were over forty (40) church leaders from Lilongwe. The participants were introduced to FOL, what it does and were shown how to use the tool kit. The same story used in the awareness campaigns in schools was also used for the demonstration. The purpose of the tool kit is to help churches "Break the Silence" and begin talking about defilement and rape, how to help/respond to victims, support needed, the services available for victims, effects of not helping victims and preventive measures.

The participants were very attentive and engaged actively in the discussions. Most were enlightened and learnt a lot of things like the One Stop Centers, getting medical attention within 72 hours, and that there is an organization (FOL) that focuses on the victim. They received hard copies of the tool kit and also soft copies. They expressed a need for FOL to reach more church leaders and FOL is planning to carry out more workshops to train more church leaders in 2016.



Jesus Care Ministries heard about the tool kit and invited FOL to a workshop they had with their partners mainly other church/religious bodies where FOL had the opportunity to present and demonstrate the toolkit. Among the members were Islamic leaders who appreciated and were interested in the toolkit. It was at this meeting that FOL met with a staff member of Malawi

Council of Churches (MCC). After having a discussion with the member FOL partnered with MCC to mobilize church leaders and pastors from different religious bodies to take part in our workshops instead of EAM. MCC and Pastor Banda agreed to mobilize church leaders from Blantyre and Mzuzu.



There were two workshops carried out in Blantyre at Grace Bandawe Conference Hotel on 24th and 26th February 2016. Pastor Samuel Banda mobilized church leaders mainly from different ministries in Blantyre who attended the workshop on 24th February. MCC mobilized church leaders mainly from churches like Anglican, Seventh Day Adventist, Baptist, Roman Catholic and so forth who attended the workshop on 26th February. The number of participants for each workshop was fifty (50) and the targeted number was achieved; 50 participants attended all

workshops in Blantyre. The church leaders were very attentive and participated fully during the workshop that some managed to demonstrate how the tool kit can be used. The workshop was also carried out as an awareness campaign to let the church leaders know of the One Stop Centers and services available for sexually abused victims. It was also discussed that the church leaders are a great tool for awareness because they have access to large numbers of people every week and they can use their sermons to reach out to a lot of people.

MCC mobilized church leaders for Blantyre for the 26th and Mzuzu the 29th of February. In Mzuzu, the target of fifty (50) participants was also met and they were equally attentive and participated fully. During the workshop they managed to debate on very critical issues like “is dressing a good enough reason to rape?” “Is there rape in marriage” and so forth. The church leaders in Mzuzu were not aware of the One Stop Center at Mzuzu hospital although it was built in 2014 but were enthusiastic about delivering sermons about rape, defilement and sexual assault and the services available for victims.

The participants were given hard copies of the toolkit as well as soft copies on flash drives.



All the printed toolkits were successfully handed out and FOL managed to reach out to over two hundred (200) church leaders and religious bodies. Each participant had access to a hard and soft copy on flash drive for them to print out the toolkit or posters or just specific stories they would want to use as a tool to “break the silence.” Besides the church leaders who were the target of the toolkit, “Breaking the silence” was used to reach out to pupils, students and teachers in various schools, communities and more. It has proven to be a valuable resource when it comes to responding to issues of defilement, rape and sexual assault.



FOL will continue to use the stories from the toolkit for more awareness campaigns wherever and whenever there is need to. The toolkit is on our website available to anyone who would like to download it for free. We hope to reach out to as many people as we can. We

hope people will embrace the message, which is to BREAK THE SILENCE on defilement, rape and sexual assault so that survivors can get the necessary help and people might be able to avoid becoming a victim.