



NO MORE: Gender based Violence and learner pregnancies in Namibia

[Survivor's Story] Title: Our problems do not define us

Liina is a 43 years old woman, born in the Omusati region. She is light in complexion, always looks polished as enjoys taking good care of her body. She has a great sense of humour. Liina is married and the mother of three children, two with her husband and a son from her previous relationship.

“My husband and I are raising all our three children in our home. Unfortunately, he started abusing alcohol and gambling. More problems started occurring when he started having affairs and at the same time accusing me of sleeping with other men. In most cases when he came back home, he did not have time to take care of his body; many days would pass by without him taking a bath and he never paid attention whenever I brought up the issue as it affected me deeply. This led us to sleeping in separate bedrooms” said Liina.

She further narrated “Whenever I tried to say something about his alcohol abuse, he used to beat me to a pulp and insulted me. He would beat me until I could not recognize where I was. He beat me for many years. He insulted me while our kids were listening and this made me feel bad, vulnerable, and worthless. Communication with my husband was minimal; we only greeted each other in the mornings. We did not sit together as husband and wife; we were basically like two strangers. I attempted to go to the traditional leaders, but they could not assist us. I sought for help from the police officers, but my husband’s behaviour did not change. When everything started to overwhelm me, I would play gospel music, sing my lungs out and joke with people because it instilled some hope in me and made me forget about my reality for a while.”

“I sell fish, fat cakes, vegetables and fruits and traditional brewed alcohol. I use the money I get to pay for my kids study policies and buy everything we need in the house such as food, cosmetics, and clothes. Most of my husband’s money goes into gambling. I told him to contribute to our children’s study policies, but he does not want” stated by Liina. “I received help from Regain Trust after I was referred by an officer. We received counselling together with my husband. The situation is better because we communicate now. He does not insult and beat me anymore, however, we still do not sleep in the same bedroom. I am encouraging women to work hard for themselves, because if they are financially independent, they will not be easily controlled by anyone” concluded Liina.



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Regain Trust empowers survivors of Gender Based Violence through psychological therapy sessions, one on one and group sessions. The intervention process helps and empowers survivors to open up and speak out about their experiences. Awareness campaigns are done through public dialogues, media campaigns and trainings. The organization advocates for a holistic approach to address GBV.

Regain Trust and (FES) Friedrich Ebert Stiftung with co-funding from the European Union are implementing a project that will contribute towards National efforts to address Gender based Violence and Learner Pregnancy in the Khomas, Erongo and Northern Regions. The project titled "Survivors Speak Up!" seeks to Increase and enhance the delivery of prevention, psychosocial, health, legal and protection services to reduce the prevalence of GBV & LP.

Find upcoming events and more information about Regain Trust on our website and Facebook Page.



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