

## Ten Things Every Adolescent Girl Must Know About Sexual Abuse.



**1.** Child Sexual abuse is defined as having sex with a minor (someone under the age of 18), inappropriate touch (touching a child's breast, vagina or penis), making a child watch or act pornography, putting a private organ in a child's mouth, marrying a girl who is younger than the age of 18 or circumcising a girl (Female Genital Mutilation).



**2.** These sexual Offences are punishable under the Nigerian law, particularly in the FCT, see the penalties/punishments;  
 · Rape: life imprisonment  
 · Gang raping: minimum of 20years imprisonment  
 · Attempted Rape: 3years imprisonment or fine  
 · Incest: 10 years imprisonment  
 · Female Genital Mutilation: 4years imprisonment  
 · Child Marriage: 5years imprisonment  
 · Stalking: 2years imprisonment  
 · Intimidation: 1 year and/or N200,000 fine



**3.** 90% of sexual abuse is carried out by people known and trusted by the victim e.g Father, Uncle, Neighbor, Teacher, Aunty, Religious Leaders.



**4.** Boys can also be abused, however, girls are two times at risk of experiencing sexual abuse and girls with disabilities are ten times at risk than other girls. Homosexuals can also abuse people of the same sex with them.



**5.** Warning signs of sexual abuse are; unreasonable favours, unexplained hatred or bullying, use of endearing words such as 'My Wife' for a girl, frequent touching, inviting a girl to a secret, lonely and dark places.  
 When you identify these signs, don't keep quiet! Avoid being alone with such person and report to a trusted adult or call the displayed helplines;



**6.** 96% of girls do not report sexual abuse because of the fear of discrimination, they do not know how to report, they are scared no one will believe them and the abuser threatens to kill them or withdraw certain privileges from them, if they tell anyone.



**7.** It is important to report abuse so that you can receive medical care that will prevent you from getting pregnant and contracting sexually transmitted diseases such as HIV. Also, if you do not report, he/she will continue to abuse you and move to your sister or friend who also may not report.



**8.** When should you report abuse? Immediately and not later than 48 hours after the incident. This is when medical treatment is effective and when it is easy to establish evidence.



**9.** Never blame a victim of sexual abuse. It is never their fault but that of the abuser. Be your Sister's keeper, speak to your friends about this issue today, share this knowledge with them to protect them.



**10.** Don't you ever forget, your body is your right!

**Are you currently experiencing any form of sexual abuse, call Teenage network: 07033167515, 08064216043. NAPTIP: 0703000203 (Toll-free line). National Human Rights Commission: 08037875424, 08179371339 Police Gender Desk: 08039397951.**

### About COVID 19

COVID 19 is real but not a death sentence. It is neither the disease of the rich nor the white. Globally, about 12million people have been infected with COVID 19. Take responsibility, we all have a role to play.

### 7 ways to protect yourself from COVID 19

1. Avoid crowded places
2. Maintain a social distance of about 2 meters
3. Wash your hand regularly or use alcohol-based sanitizer
4. Avoid touching your face
5. Wear a Facemask
6. Cough or sneeze into your elbow
7. If you feel sick or have any of THESE symptoms, please call the NCDC Toll-free line: **08009700010**

### Symptoms of COVID 19

1. Fever or Chills
2. Runny nose, cough, and Difficulty in breathing
3. Sore Throat
4. Nausea or Vomiting
5. Diarrhea
6. Headache
7. Muscle aches

