**Category: Career**

**Heading:** Dr Kizzie Shako, Kenya’s first Police Surgeon

**PROFESSION:** Forensic medical Practitioner, Police Surgeon

**ALMA MATER**: Nairobi Academy

**What are your memories of your teenage years?**

I often spent a lot of time thinking about the meaning of life, when I was not preoccupied with my studies. I also enjoyed music and sang a lot in my church choir to keep me away from mischief. But there were gloomy periods too. I remember the moments when I felt worthless and ugly as I was bullied by my fellow students. I was quite big for my age as I was on steroids to manage my severe asthma and so some nasty things were said about my body. I can tell you now that I am older, that such unhealthy thoughts and emotions can affect one’s self-esteem if they are not dealt with early on.

**Did these experiences influence your choice of career in any?**

You could say so. Since childhood, I have always been interested in forensic sciences and crime scene investigations. My childhood dream came true in 2010, when I got an opportunity to work at the Nairobi City Mortuary…weird I know!! However, in 2012 I was posted to the National Police Service where I started working with more of the living than the dead. It is my experiences at the Police Service that have shaped much of what I do today. Growing up, I felt terrible seeing people suffer and the injustices I witnessed when I joined the service changed the course of my life. I decided to focus on changing the way our country manages crimes, particularly sexual violence, child abuse and domestic violence.

**What does your typical day look like?**

It is very dynamic. There are days when I am heading to the airport at 4am in the morning to catch a flight to a training event. On other days, I manage to drop my son to school then head to court to give expert witness on one case or another. On such days, I would then see patients after court work and get home in time to study and spend time with my son. In between the day, I also run several online platforms that respond to child abuse and sexual violence.

**What do you love about your job?**

I enjoy working with people. And the fact that I can help an assault victim through his or her recovery process gives me a lot of satisfaction. I often cry tears of tears of joy when I receive a phone call that says, “Daktari we have rescued the child and she is in safe custody” On the other hand, I encounter a lot of cruelty against children and that dampens my spirit, especially when their cases are not investigated properly.

**What would you consider your greatest achievement in your line of work?**

I am the only forensic medical specialist in Kenya who is dedicated to clinical forensic medicine. This is a good thing and I find my gift in it.

**What does the future hold for you?**

I want to spend more time with myself…to get to know me better!

I also want to grow my organization called Vunja Kimya Foundation. Vunja Kimya is breaking the silence around sexual and gender based violence using forensic science.

**What advice do you have for that teenager who is reading about you today?**

1. God first. This will set the pace for everything else in your life.
2. Love you. Do you. Be you.
3. Follow your passion and never give up on your dreams.
4. Stay clear of frenemies.
5. Don’t be afraid to reach out for help, ever!

Instagram – kizzie\_shako. Email; kizzie.shako@gmail.com

Vunja Kimya Foundation [www.vunjakimya.com](http://www.vunjakimya.com) [admin@vunjakimya.com](mailto:admin@vunjakimya.com)