**SECURITY EDUCATION**

**WEEK ONE**

Rape is when someone is forced to have sex without agreeing to it. It is a **crime** and a very serious **bad act**. It can happen to **girls or boys**, and it is never the fault of the person who is raped.

**Physical Effects of Rape**

Rape can hurt the body in many ways. Some of the physical effects include:

**1. Unwanted Pregnancy**

* A girl can become pregnant after being raped.
* She may be too young or not ready to have a baby.
* It can make her feel afraid, ashamed, or sad.

**2. Urinary Tract Infection (UTI)**

* This is an infection in the part of the body that helps us pass urine.
* It can cause pain when urinating and make the person feel sick.

**3. Sexually Transmitted Diseases (STDs)**

* These are diseases that can spread through sex.
* Examples are gonorrhea and syphilis.
* They can cause pain, sores, or discharge from private parts.

**4. HIV (Human Immunodeficiency Virus)**

* HIV is a virus that makes the body weak and sick over time.
* It can be spread during rape.
* A person with HIV may need to take medicine for life.

**5. Vesico-Vaginal Fistula (VVF)**

* This happens when a hole forms between a girl’s bladder and vagina.
* It can make her leak urine all the time.
* It often happens to young girls whose bodies are not ready for sex.
* It causes shame and bad smell, and may need surgery to fix.

**Psychological Effects of Rape**

**What Are Psychological Effects?**

Psychological effects are the ways **rape affects a person's mind, feelings, and emotions**. Even though rape causes physical pain, it also **hurts the heart and mind**. These emotional pains are not easy to see, but they are very real and can last a long time.

**Psychological Effects of Rape**

**1. Depression Meaning**: Depression is when a person feels very **sad**, **hopeless**, or **empty** for a long time.

**2. Sleep Disorder**: A sleep disorder means **having trouble sleeping**.

**3. Anxiety**: Anxiety is a feeling of **fear, worry, or nervousness**.

**4. Anger**: Anger is a strong feeling of **being upset or mad**.

**5. Guilt:** Guilt is when someone feels **they did something wrong**, even if they didn’t.

**WEEK TWO**

## ****Prevention of Rape****

## **Victims of rape most times find it difficult to recover from the trauma, so we must do all in our power to prevent/avoid it.**

## ****Ways to Prevent Rape****

### 1. ****Avoid Isolated or Lonely Places****

* Don’t walk alone in **bush paths, quiet roads, or dark areas**, especially at night.
* Always move in groups or with trusted adults when going out.

### 2. ****Dress Decently****

* Avoid wearing clothes that may attract unnecessary attention, especially in public places.
* Dressing modestly shows self-respect and can help reduce risk.

### 3. ****Do Not Use Loud Music or Headphones in Public****

* Using headphones in public can make you **unaware of your surroundings**.
* You may not hear someone following you or calling out to warn you.

### 4. ****Be Careful with Strangers****

* Don’t accept gifts, rides, or invitations from strangers.
* Avoid going to unknown places with people you do not trust.

### 5. ****Always Inform Someone About Your Whereabouts****

* Let your parents or guardians know where you are going and with whom.
* Keep your phone charged and on in case of emergencies.

### 6. ****Be Confident and Say No****

* If someone touches you in a way that makes you uncomfortable, **say "NO" clearly and walk away**.
* Report the person immediately to a trusted adult or authority figure.

### 7. ****Avoid Staying Alone at Home with Strangers****

* If a visitor comes and no adult is at home, **do not let them in**.
* Always wait for an adult before allowing visitors into the house.

Top of Form

**WEEK THREE**

**What to Do When Being Raped.**

1. Yell or Scream Loudly for Help: Make as much noise as possible. Shout **“Help!”**, **“Stop!”**, or **“Leave me alone!**

2. Fight Back if You Can: Use any part of your body to defend yourself. **Scratch the attacker** with your fingernails, Kick or **bite** if possible.

3. Run Away Immediately: If you get the chance, **run away to a safe place**. Go to a house, shop, school, church, or anywhere with people. Do not stop running until you are safe.

4. Report to the Police Immediately: Do not keep quiet. Go straight to the **nearest police station.**

5. Go to the Hospital Immediately: Doctors will check you and treat you for injuries, infections, or diseases.

**WEEK FOUR**

### ****Meaning of Terrorism****

**Terrorism** is the use of **violence**, **fear**, or **threats** to force people, governments, or countries to do something, usually for political, religious, or personal reasons.

A person who carries out terrorism is called a **terrorist**.

Terrorists often attack innocent people in places like:

* Markets
* Schools
* Religious places (churches, mosques)
* Government buildings
* Roads and public transport

Their aim is to cause fear and confusion.

### ****Examples of Terrorist Acts****

* Bombing public places
* Kidnapping people
* Burning villages
* Killing people with guns or knives
* Hijacking vehicles or planes
* Destroying public properties

### ****WEEK FIVE****

### ****Causes of Terrorism****

Terrorism does not just happen. There are several reasons why some people become terrorists. These include:

**1. Distortion and Manipulation of Religion**

Some terrorists use **religion as an excuse** to do evil. They **misinterpret** or **twist religious teachings** to suit their wicked plans. Instead of promoting **peace and love**, they tell their followers that **killing others is a way to serve God**. This is **wrong** because no true religion supports violence. They also try to **force others** to follow their beliefs by using **threats, bombing, or killing**.

**2. Economic and Social Injustice**

When people feel they are being **treated unfairly**, they may become angry and decide to fight back violently. Economic injustice means **some people are very rich**, while many others **are poor and suffering**. Social injustice happens when people are **denied basic needs** like good education, jobs, healthcare, and freedom.

**3. Unemployment**

When many young people cannot find jobs, they become idle, frustrated, and hopeless. Terrorist groups take advantage of this by offering them money, food, or a false sense of belonging.

**4. Easy Access to Weapons:** In some places, it is easy for people **to get dangerous weapons** like guns, bombs, and knives without control. When terrorists can easily buy or steal weapons, it becomes easier for them to plan attacks.

### 5. ****Ethnic and Tribal Conflicts****

When different tribes or ethnic groups **hate or fight** each other, some people may join terrorist groups to **defend their tribe** by attacking others.

**WEEK SIX**

## ****Common Activities of Terrorists****

### ****1. Elicitation:**** This means trying to **secretly collect important information** from people without them knowing. Terrorists may pretend to be friendly or act like they are doing research just to get useful information. They may ask questions like:

* + "When does this school close?"
  + "Who guards the building at night?"
  + "Where is the electricity room or store?"

### ****2. Surveillance:**** This means **watching a place or people secretly** to learn how things work. Terrorists may sit in cars, walk around, or use cameras and binoculars to **study the movement of people and guards**.

* They take note of:
  + **Time of opening and closing**
  + **Number of people in the area**
  + **Security presence**
  + **CCTV camera positions**

### ****3. Infiltration:**** This means **joining a group, school, workplace, or organization** in order to spy from the inside.

* The person may act like a **normal member**, but they are working for the terrorists.
* They gather secret information or help the terrorists enter the place later.

### ****4. Weapon Smuggling****

* Terrorists move weapons like **guns, knives, bombs** secretly from one place to another.
* They hide them in bags, food items, or vehicles to avoid detection.
* These weapons are later used to carry out attacks.

### ****5. Recruitment****

* Terrorist groups often try to **recruit or convince people to join them**, especially young people.
* They may **promise money**, **power**, or **heavenly rewards**.
* They mostly target **poor, uneducated, or angry youths**.
* They may also recruit **online** using social media.

### ****6. Financing****

* Terrorists need money to buy weapons, pay their members, and travel.
* They get money through:
  + Illegal activities (like robbery or kidnapping)
  + Donations from supporters
  + Support from foreign groups

**WEEK SEVEN**

**MAJOR EFFECTS OF TERRORISM IN THE SOCIETY**

### ****1. Public Fear:**** After a terrorist attack, people become **afraid to go to public places** like schools, markets, churches, mosques, and motor parks.

### ****2. Panic:**** Terrorist attacks often lead to **confusion and sudden fear** (panic).

### ****3. Psychological Effects:**** Terrorism affects people’s **minds and emotions**. Survivors may suffer from **Trauma** (bad memories they can't forget), **Nightmares, or depression**

### ****4. Anxiety:**** People begin to **live in fear of the unknown**.

### ****5. Loss of Lives and Property:**** Terrorist attacks often lead to the **death of innocent people** and the **destruction of homes, schools, and businesses**.

## ****Conclusion****

Terrorism causes **fear, panic, anxiety, psychological trauma, loss of lives and property, social instability, and economic problems**. It destroys the peace and progress of any society. That is why we must all work together to **prevent terrorism** and promote **peace, unity, and security** in our communities.

Bottom of Form

Bottom of Form