

GBV Survivor Handbook

Comprehensive Handbook for Survivors and Allies

Introduction

Gender-Based Violence (GBV) affects millions, especially women, girls, LGBTQ+ persons, and marginalized groups. This handbook is a guide for survivors and those who support them. You are not alone-and there is help.

Understanding GBV

GBV includes:

- Physical abuse
- Sexual violence
- Emotional/psychological abuse
- Economic abuse
- Harmful practices (e.g., FGM, child marriage)

GBV is rooted in power imbalance, not passion or culture.

Recognizing the Signs

- Physical injuries
- Fear or anxiety around certain people
- Isolation
- Controlling behavior
- Threats, stalking, forced sex

Your Rights and Legal Protections (Kenya)

- Sexual Offences Act (2006)
- Protection Against Domestic Violence Act (2015)
- Children's Act (2022)

Survivors have the right to medical help, privacy, legal redress, and dignity.

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Immediate Steps After an Incident

1. Get to Safety
2. Do Not Bathe or Change Clothes (if rape occurred)
3. Visit a Hospital or GBV Recovery Centre
4. Request a Post-Rape Care (PRC) Form
5. File a Report at a Police Station or GBV Desk
6. Call a GBV helpline

Medical and Psychosocial Support

- Post Exposure Prophylaxis (PEP) - within 72 hours
- Emergency Contraceptives
- Counseling and Mental Health Support
- Safe Shelter Access

Reporting Options

- Police Stations - Gender Desk
- Court Orders (Protection/Restraining)
- Local Chiefs/Sub-County Offices
- Trusted CBOs/NGOs

You can report anonymously through 1195 (Kenya GBV Hotline).

Creating a Safety Plan

- Memorize or write down key contacts
- Have an emergency bag ready
- Identify safe zones and exit strategies
- Use code words
- Document abuse

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Support Networks and Helplines

- 1195 - National GBV Helpline (24/7)
- Safe Nest Kenya
- LVCT Health
- FIDA-Kenya
- Kenya Red Cross

Support for Children and Adolescents

- Report to child protection officer or police
- Seek immediate medical and psychological care
- Create safe disclosure environment

Support for LGBTQ+ Survivors

- Seek inclusive services like GALCK or ISHTAR
- Document abuse
- Report to trusted allies or CBOs

Role of Allies

- Listen without judgment
- Respect survivor's choices
- Connect to resources
- Don't pressure them to report
- Challenge GBV-supporting attitudes

Self-Care and Healing

- You are not to blame

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- Healing takes time
- Consider therapy
- Use journaling, art, prayer or meditation

Resources and Contacts

Organization | Services | Contact

1195 GBV Hotline | Emergency help, referrals | 1195 (Free)

Safe Nest Kenya | Counseling, referrals | +254 XXX XXX XXX

LVCT Health | Health & counseling | www.lvcthealth.org

FIDA Kenya | Legal aid for women | www.fidakenya.org

Childline Kenya | Minor protection | 116

Police Hotline | Law enforcement | 999 / Local Police