

She's the first

# Safiya Speaks up!



Mentor's Guide



THE GLOBAL  
#GirlsBillOfRights

written by girls, for girls

## About The Book

*Safiya Speaks Up* was written and illustrated by a group of girls ages 15 to 21 from Malaysia, Kenya, the Philippines, and the United States. As Girl Activist Fellows, these girls wanted to create a tool that could be used by young girls to help them learn how to respond to sexual and domestic violence. It was inspired by the Global Girls Bill of Rights<sup>®</sup>, which you can learn more about at [girlsbillofrights.org](https://girlsbillofrights.org).

The Girl Activist Fellowship is a program of She's the First, an international nonprofit that teams up with grassroots leaders to make sure girls everywhere are educated, respected, and heard. Girls who want to continue to be involved are encouraged to start or join a She's the First chapter, or become the next Girl Activist Fellow! Learn more at [shesthefirst.org](https://shesthefirst.org).

This Mentor's Guide provides additional information, context, and resources so that adult mentors can help girls understand the story of *Safiya Speaks Up* and how they can use or help peers use the tools that Safiya did.



Parents and guardians serve the most pivotal role when it comes to introducing the concept of consent, as they are usually the first point of contact and have established trust with their children.

**Consider the following while in conversation with a girl:**

- It is vital to discuss, define, and clarify the meaning of consent.
- Let your child know that they can talk to you about concerns, without any form of judgment.
- Stress to your child that **secrets will not keep them safe**.
- Allow your child to feel and process their emotions whilst providing support and care.

The following are some sample questions that may come up when reading **Safiya Speaks Up**. These questions and answers are meant to serve as a guide and should be driven by the girl you're reading with.





# SAFIYA SPEAKS UP

## DISCUSSION QUESTIONS

### What is a women's shelter?

- A women's shelter, also known as a women's refuge or women's crisis center, is a safe and confidential place where women who are experiencing domestic violence, abuse, or other forms of violence can seek refuge and support.
- These shelters provide temporary housing, counseling, legal advocacy, and other resources to help women escape dangerous situations and rebuild their lives. They aim to offer a secure environment where women and their children can heal, access resources, and plan for their futures without the threat of violence.

### What is the difference between safe touching and unsafe touching?

- Safe touching refers to respectful, consensual, and appropriate physical interactions that are comfortable for all people involved.
- Examples include hugging, holding hands, or other forms of touch that are welcomed and agreed upon by both individuals.
- Unsafe touching, on the other hand, involves any physical contact that is non-consensual, unwanted, and potentially harmful or uncomfortable.

### What is an assertive 'no'?

- It is a type of "no", where it is short and straight to the point. This type of "no" is direct and leaves little room for misunderstanding or negotiation, helping to avoid further discussion or pressure.



# SAFIYA SPEAKS UP

## DISCUSSION QUESTIONS

### Who is a safe person?

- A safe person is someone you trust and feel comfortable with, who respects your boundaries and supports your well-being.
- Safe people are reliable, non-judgmental, and can be relied upon for emotional support, advice, and help when needed.
- They are empathetic, respectful of your choices, and prioritize your safety and well-being.

### Is it okay to keep body secrets? Why?

- No. Secrets related to your body may compromise your safety or well-being and should not be kept.
- It's important to tell a trusted adult if you're facing such situations.
- Keeping secrets about harmful situations can prevent you from getting the necessary help and support.

### What do you do if your friend confides about their sexual abuse?

- Inform a trusted adult immediately, and do not keep it a secret.
- Your friend's safety is at risk, and a trusted adult will be able to take the most appropriate action.
- Offer your kindness and support to them during this time.
- Start here: "I'm sorry this happened to you. It's not your fault. You did nothing wrong."

# Signs of Sexual Violence in children

Sexual violence refers to any sexual activity without consent (National Center for Mental Health of the Philippines). This includes sexual assault (rape and unwanted touching) and sexual harassment (forceful sexual behavior). Anyone can experience sexual misconduct, including children, teenagers, adults, and elders. Every year, one in three women and one in thirteen men worldwide report to have been sexually abused under the age of seventeen (World Health Organization).

It is common for children not to acknowledge or speak up about their problems, either due to ignorance or the complexity of their emotions. There are clear signs that can suggest a violent environment around a child that also demonstrate the impact of sexual violence on children. They often come in the form of three patterns: **psychological, behavioral, and physical.**

## Psychological

- Anger
- Fear
- Self-blame
- Guilt
- Confusion

People who have been sexually assaulted experience high levels of stress that can lead to post-traumatic stress disorder (PTSD) and depression. Author of “The Betrayal Bind” Michelle Mays, LPC said, “Survivors of sexual assault can experience freezing, avoidance, hyper-vigilance, and flashbacks or intrusive thoughts as well as other symptoms as a result of the assault.”

# Signs of Sexual Violence in children

After experiencing sexual abuse, children tend to face a wide range of behavioral changes that are all interconnected with trauma.

These include but are not limited to:

## Behavioral

- Disrupted sleep (nightmares, insomnia, etc.)
- Eating disorders (anorexia, bulimia, etc.)
- Distrust in others
- Low self-esteem

Dr. Matthew Tull from Very Well Mind affirmed that in addition to the changes mentioned above, “some survivors may go to great lengths to avoid potentially dangerous situations and shy away from television shows, newspaper articles, or conversations that discuss sexual assault.” With this said, parents and caregivers must be on the lookout for any slight change in their child’s behavior, not neglecting some maladaptive behaviors that may arise.

Sexual violence in children may bring a lot of physical consequences such as:

## Physical

- Bruises on the body
- Urinary infections
- Sexually transmitted infections (HIV, HPV, etc)
- Pain in their genital areas
- Pregnancy

# How to Help

By sharing Safiya’s story with girls in your life, you’re already helping to give girls the tools to stay safer. If you suspect that a girl in your life is experiencing sexual or domestic violence, you can take one or more of the following actions:

1. Talk to the girl directly, using language suitable for their age.
2. Ensure that the child feels comfortable expressing themselves openly, and offer reassurance that they are not facing any consequences for discussing the matter freely.
3. Take action by reporting the situation.
4. If you’re worried the perpetrator might harm the child due to the investigation, express this concern to your child protective and welfare services, police stations, or local chiefs. Support the child and prepare your thoughts before reaching out to the authorities.

Country	Helpline	Website
<b>Asia</b>		
Bangladesh	109/+880 58 15 5744 or +880 481 22595	<a href="https://nomoredirectory.org/bangladesh/">https://nomoredirectory.org/bangladesh/</a>
India	Childline: 1098; Womenline: 1091 Women & Children facing violence: 91675 35765	<a href="https://nomoredirectory.org/india/">https://nomoredirectory.org/india/</a>
Malaysia	016-2374221 or 016-2284221	<a href="https://www.awam.org.my/awamresources/sexual-harassment">https://www.awam.org.my/awamresources/sexual-harassment</a>
Nepal	Childline: 1098; Womenline: 1145	<a href="https://nomoredirectory.org/nepal/">https://nomoredirectory.org/nepal/</a>
Pakistan	1099/1043/1089	<a href="https://nomoredirectory.org/pakistan/">https://nomoredirectory.org/pakistan/</a>
Philippines	Aleng Pulis hotline: +63 919 777 7377 Women’s Care Center: 0920 9677 852 (Smart); 0917 8250 320 (Globe); Landline: 8514 4104	<a href="https://nomoredirectory.org/philippines/">https://nomoredirectory.org/philippines/</a>
Singapore	6779 0282/1800 777 5555	<a href="https://nomoredirectory.org/singapore/">https://nomoredirectory.org/singapore/</a>
Taiwan	2555 8595/886 2 8911 5595	<a href="https://nomoredirectory.org/taiwan/">https://nomoredirectory.org/taiwan/</a>
<b>Africa</b>		
Angola	+254 20 374 4083	<a href="https://nomoredirectory.org/angola/">https://nomoredirectory.org/angola/</a>
Benin	116	<a href="https://nomoredirectory.org/benin/">https://nomoredirectory.org/benin/</a>
Botswana	813/147	<a href="https://nomoredirectory.org/botswana/">https://nomoredirectory.org/botswana/</a>
Congo	+242 06 656 6189	<a href="https://nomoredirectory.org/rep-congo/">https://nomoredirectory.org/rep-congo/</a>
DRC	+250 788 521 600/3512	<a href="https://nomoredirectory.org/congo-drc/">https://nomoredirectory.org/congo-drc/</a>
Ethiopia	1099/1043/1089	<a href="https://nomoredirectory.org/ethiopia/">https://nomoredirectory.org/ethiopia/</a>
Kenya	109/+880 58 15 5744 or +880 481 22595	<a href="https://www.kenyanfix.com/toll-free-kenyan-emergency-hotlines/">https://www.kenyanfix.com/toll-free-kenyan-emergency-hotlines/</a>
Liberia	080 80074/031 4003	<a href="https://nomoredirectory.org/liberia/">https://nomoredirectory.org/liberia/</a>
Madagascar	+234 090 6000 2128	<a href="https://nomoredirectory.org/madagascar/">https://nomoredirectory.org/madagascar/</a>
Malawi	Childline: 9696; Womenline: 623/662	<a href="https://nomoredirectory.org/malawi/">https://nomoredirectory.org/malawi/</a>
Nigeria	199/ 1313 or +220 446 02 07	<a href="https://nomoredirectory.org/nigeria/">https://nomoredirectory.org/nigeria/</a>
Rwanda	7344/+229 66 08 14 56	<a href="https://nomoredirectory.org/rwanda/">https://nomoredirectory.org/rwanda/</a>
Sierra Leone	116	<a href="https://nomoredirectory.org/sierra-leone/">https://nomoredirectory.org/sierra-leone/</a>

# How to Help

Country	Helpline	Website
<b>Africa</b>		
Somali	5600/116	<a href="https://nomoredirectory.org/somalia/">https://nomoredirectory.org/somalia/</a>
South Africa	Childline: +251221-117575; Womenline: 7711	<a href="https://nomoredirectory.org/south-africa/">https://nomoredirectory.org/south-africa/</a>
South Sudan	Childline: 116; GBVline: 1195/1193 National Gender and Equality Commission (NGEC): 0800730999	<a href="https://nomoredirectory.org/south-sudan/">https://nomoredirectory.org/south-sudan/</a>
Tanzania	Childline: 1098; Womenline: 1091 Women & Children facing violence: 91675 35765	<a href="https://findahelpline.com/tz?topics=Abuse+%26+domestic+violence">https://findahelpline.com/tz?topics=Abuse+%26+domestic+violence</a>
The Gambia	1313/+220 446 02 07	<a href="https://nomoredirectory.org/gambia/">https://nomoredirectory.org/gambia/</a>
Togo	80 00 00 11	<a href="https://nomoredirectory.org/togo/">https://nomoredirectory.org/togo/</a>
Uganda	Childline: 1098; Womenline: 1145	<a href="https://nomoredirectory.org/uganda/">https://nomoredirectory.org/uganda/</a>
Zambia	116/117	<a href="https://nomoredirectory.org/zambia/">https://nomoredirectory.org/zambia/</a>
Zimbabwe	0800 150 150	<a href="https://nomoredirectory.org/zimbabwe/">https://nomoredirectory.org/zimbabwe/</a>
<b>Americas &amp; Caribbean</b>		
Brazil	180/11 2079 7458	<a href="https://nomoredirectory.org/brazil/">https://nomoredirectory.org/brazil/</a>
Canada	310 1818/204 784 4097	<a href="https://nomoredirectory.org/canada/">https://nomoredirectory.org/canada/</a>
Guatemala	1571	<a href="https://evaw-global-database.unwomen.org/fr/countries/americas/guatemala/na/1571-emergency-hotline">https://evaw-global-database.unwomen.org/fr/countries/americas/guatemala/na/1571-emergency-hotline</a>
Haiti	933	
Nicaragua	133	<a href="https://nomoredirectory.org/nicaragua/">https://nomoredirectory.org/nicaragua/</a>
Panama	104 or 511 9201	<a href="https://nomoredirectory.org/panama/">https://nomoredirectory.org/panama/</a>
Peru	105/911/ 41 97 260	<a href="https://nomoredirectory.org/peru/">https://nomoredirectory.org/peru/</a>
United States	800 422 4453	<a href="https://www.apa.org/topics/crisis-hotlines/">https://www.apa.org/topics/crisis-hotlines/</a> / <a href="https://drkimmyramotar.com/list-of-hotlines/">https://drkimmyramotar.com/list-of-hotlines/</a>
<b>Europe</b>		
Germany	08000 116 016/0800 22 55 530	<a href="https://nomoredirectory.org/germany/">https://nomoredirectory.org/germany/</a>
Netherlands	0800 2000/ 0800 0188	<a href="https://nomoredirectory.org/netherlands/">https://nomoredirectory.org/netherlands/</a>
Sweden	020 50 50 50/ 11414	<a href="https://nomoredirectory.org/sweden/">https://nomoredirectory.org/sweden/</a>
Spain	016	<a href="https://nomoredirectory.org/spain/">https://nomoredirectory.org/spain/</a>
United Kingdom	0808 2000 247	<a href="https://nomoredirectory.org/united-kingdom/">https://nomoredirectory.org/united-kingdom/</a>

After reporting the issue, you might not see signs of an investigation right away, but depending on the organization, you may be able to call back to follow up after a few days. Continue to play a supportive role in the child's life and know you are playing your part in keeping them safe. It is additionally important to practice self-care during this time.

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**She's the *first***