

## Facts in Uganda

- Violence against any woman, including your partner, is a crime and you can be arrested for it
- Forcing a woman to have sex is rape and is a crime
- Violence is not just beating a woman but doing things that harm her emotionally as well
- More than half the women in Uganda have experienced physical violence against them
- 4 out of 10 women have been raped
- In relationships where partners use violence, a partner will not disclose their HIV status
- Boys who come from homes where violence is used often use violence
- During war men are often more violent and women have been abducted, beaten, raped, infected with HIV, and kept as sex slaves

## Get help and information from

Agency	What they do	Contact
Police	Educate communities about violence and the law	District Police Officer
Religious leaders	Counsel couples	Contact your local place of worship
FIDA	Provide legal advice for women who suffer from violence	Plot 54 Bukoto Street, 041 530848, fida@fidauganda.or.ug
CEDOVIP	Educate communities and advocate against gender based violence	Plot 16 Tufnell Drive, 041531186
Hope After Rape	Care and support for rape victims	Plot 1C Kiira Road. P.O.Box 7621 Kampala. Tel: 041251201. har@uol.co.ug
Action Aid	Provide legal redress and shelter for gender based violence survivors	Kampala Head Office P. O. Box 676 Kampala, Uganda Tel: 0392 220002 Kansanga Ggaba Road
LC Chairman	Provide guidance and referrals	Contact one in your community

Call the help line **0312 500 600** for advice

A weekly thrilling drama  
on your radio!

ROCKPOINT  
**256**  
Discover the Rock in You

# WHAT'S WRONG WITH A SLAP?

## Facts for men on VIOLENCE AGAINST WOMEN

Beating, abusing, mistreating or raping a woman is an act of violence



**TRUE MANHOOD**

Have you got what it takes?

### Why do I use violence?

- Because I am in charge
- Because it shows I am a man
- Because she talks to other men
- Because my father beat my mother
- Because she did something I did not like
- Because I want sex

### What does violence lead to

- Injury, pain and even death for women
- Broken relationships and divided families
- Children learning to use violence by copying what I do
- Stress and other mental health problems
- Her fearing me, hiding the truth and not respecting me
- Reduced enjoyment of sex with her



## Take the TRUE MANHOOD test

### What about you?

- ➔ Have you ever slapped, kicked or beaten your wife or girl friend?
- ➔ Have you ever called her stupid, useless, or used looks or actions to threaten her?
- ➔ Have you ever forced her to have sex with you?
- ➔ Have you ever refused her from seeing her friends or relatives?
- ➔ Have you ever refused her to work, taken away her money or denied her access to family income?

If you answer **YES** to one or more of the questions above, you are using violence!

### Simple and practical steps

- ➔ You can listen to her side of the story instead of rushing to beat her
- ➔ You can control your alcohol consumption
- ➔ You can walk away when you get angry;

### VIOLENCE is shown in many ways

Beating a person • Making a person feel small  
• Forcing them to have sex • Denying a person what they need

## TRUE MANHOOD means

- DO**
- ✓ Discussing problems (not using violence to solve them)
  - ✓ Discouraging your friends from treating their partners violently
  - ✓ Talking to your partner about having sex (use condoms to protect you both from HIV)
  - ✓ Respecting your partner (Accepting that you and your partner are different but equally important)
  - ✓ Speaking out by reporting violence against women (tell the police and LCs when it happens)
  - ✓ Asking a trusted person (to help when you and your partner have problems)

- DON'T**
- ✗ Not allowing your anger to lead you to beat instead of talking (control your anger, don't let it control you)
  - ✗ Not listening to what other men say that she likes it (pain hurts the person receiving it more than the one giving it)
  - ✗ Not beating but listen first (this only makes things worse)
  - ✗ Not keeping quiet when you see violence against women in your community or workplace (break the silence)
  - ✗ Not letting alcohol lead you into violence (to show her you are boss)

self control

responsible

safe



I changed because I had become violent. It was not really me but I would get so angry when my girlfriend talked to other men. I would find something wrong with everything she did. This made me slap her or make her have sex so I would feel better. Then she would hide from me and I would feel bad. It just became a bad habit. She stopped being open with me and did not want to see me much. When I realized it was just my jealousy and anger, I learned to count one to ten in my head, walk away and began to talk instead of fighting with her. We now sit down and work things out together...

**TRUE  
MANHOOD**

*Have you got what it takes?*

**A TRUE MAN DOES NOT BEAT HIS PARTNER**

Young Empowered And Healthy (YEAH) Initiative, Plot 58 Kira Road, P. O. Box 8734 Kampala, Tel: 031 2 263941/2, Fax: 031 2 261943, Email: info@yeahuganda.org, www.yeahuganda.org

