



because dolphins give life to the sea just as education gives life to children

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Dolphin is a nationally registered Non Governmental Organization, which delivers life-saving sexual violence prevention education in Nairobi, Kenya. These are innovative and life-changing strategies that can effectively be used by children, both boys and girls, as well as adults, to identify, avoid, prevent, and protect themselves against sexual violence. Formed in 1998, Dolphin has empowered and educated more than 1 million school children and teachers, transforming communities. Over 250 children and adults have reportedly used the skills to stop sexual violence on their own. The youngest girl to use these skills was an eight-year-old girl in Kibera slums and the oldest woman to use these skills was 65-years-old. Child sexual violence is the worst and most serious form of violence against children. Knowledge is power, and sexual violence incidents and the transmission of HIV/AIDS can be prevented through the training and education that Dolphin provides children.

### **The Issues:**

- Out of the 42 million people living with HIV/AIDS, more than a quarter are 15-24-years-old. Half of all new adult infections now occur among this age group.
- Of these young adults, 62 percent are young women.
- In Sub-Sahara Africa, 57 percent, or 13.1 million of HIV-infected individuals are women, and the number is increasing every year.
- Gender-based violence is now recognized as one of the most significant factors for HIV transmission.
- In Kenya, approximately 30 percent of women and 25 percent of men lack the knowledge to protect themselves.
- Young people play a significant role in the fight against HIV/AIDS when equipped with the necessary knowledge and skills.

**According to the UNAIDS Inter-Agency Task Team on Gender & HIV/AIDS, education is a social vaccine that can contribute to the prevention of HIV.**

### **Summary of Curriculum**

Dolphin has designed a sexual assault curriculum that is not only age appropriate for different school groups, but one that also reflects the Kenyan culture. Through a unique, bottom-up approach to social change, Dolphin uses culturally sensitive curriculum to reduce violence and dispel myths that lead to the spread of HIV/AIDS. The curriculum is divided into two main components: Prevention Education and Self Protection Skills Training.

**Prevention Education** is used to teach children how to identify, avoid and prevent sexual violence. Children are taught various ways that sexual predators lure children, including gifts and favors. Children are taught how to identify certain behaviors and how to avoid certain situations, circumstances and lifestyles which can lead to sexual violence. Dolphin also teaches children to break the silence about sexual assault. Children are taught to report inappropriate touching, even if from a family member. The program focuses on helping children be wise, not disobedient.

**Self Protection Skills Training** is used to train the children how to easily defend themselves in case of an attack. They are taught between 20-25 skills that they could use, regardless of how many perpetrators are present, how strong they are, and whether or not they are armed. The skills are simple, practical, effective and easy to learn. The purpose of these skills is to not fight men but to disable and immobilize potential rapists/defilers so the child can flee from danger. This main strategy used is known as "Anti grab and counter technology rapid response."

**Dolphin Anti-Rape & AIDS Control Outreach reaches  
more than 15,000 students per month  
more than 200,000 students per year  
for less than \$1 per student**

**For more information about programming, volunteering, or supporting, contact Jennifer Gurecki, West Coast Fundraising & Development Director.**

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