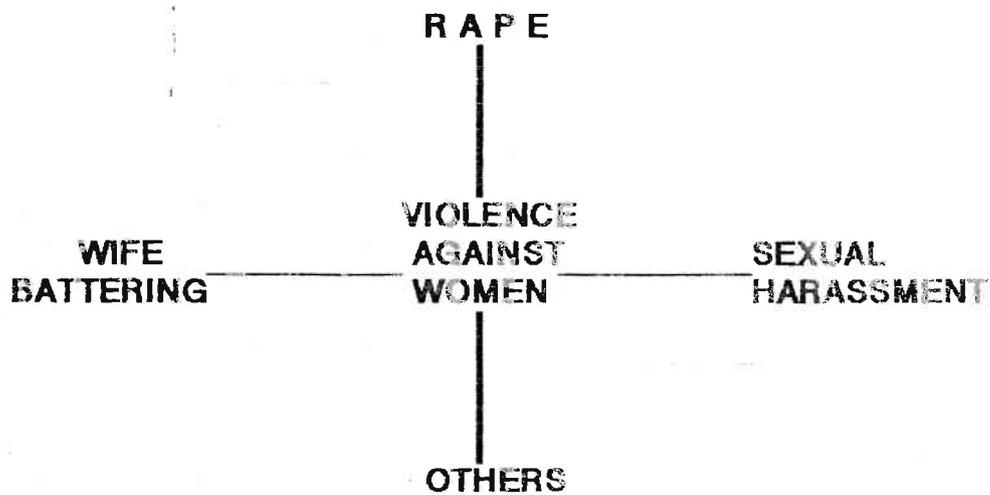


SARAWAK WOMEN FOR WOMEN SOCIETY

P O Box 551, 93712 Kuching

Newsletter

April 1994



Hi there !!!

The new committee is in with recharged energy for the myriad tasks ahead. As you can see, I am still as the "slave driver", not that I enjoy being one. Do whisper in my ears if I become too overbearing.

Lighter vein aside, SWWS is made up of all of us in the group- it is a society made of us, by us and for us. The committee is only an anchor house for activities and directions, but the strength and sustainability comes from all members.

Maybe you would like to put your thinking cap and find out what you can contribute towards the group this year. You can contact any one of the committee members (the phone numbers are listed in the next page)

See you around.

JOANNE LAU

Activities for 1994

1. Drop-In Centre : (Person-in-Charge : Gill Raja)
 - (i) To fill the post of the Co-Ordinator;
 - (ii) Labour Group to go out to factories and kampongs to give talks;
 - (iii) Talks at the Drop-in-Centre for the general female public;
 - (iv) Radio sketches;
 - (v) To increase the momentum in the Labour Group under Lilian Teo
2. Women's Crisis Phonenumber (CPL) (Co-Ordinator : Tay Lee Na)
 - (i) Consolidating the existing group;
 - (ii) Bi-monthly meeting / workshop for existing volunteers;
 - (iii) Recruitment and training of another batch of volunteers;
3. Fund Raising (Contact Person : Joanne Lau)
 - Minor projects to generate some income
 - (i) Sale of T-Shirts with feminist slogans;
 - (ii) To earn commission from the sale of tickets from other groups;
4. Newsletter (Person - In Charge : Sheila Kho)
 - Quarterly publication
5. Rape Survivor Support Services (Person-in-Charge:Luhong Ding)
 - (i) Rape Watch
 - to read the papers and collect any relevant reports
 - (ii) Radio sketches;
 - (iii) To give talks to schools / school teachers and counselors;
 - (iv) To print leaflets for distribution in schools;
6. Social Group (Person-In-Charge : Violeta Chan)
 - To organise social gatherings and recreational activities for all members
7. Violence Against Women Group (VAW Group)
(Contact Person : Margaret Bedus)
 - To survey and compile statistics;
 - To network with Women's Groups in West Malaysia pushing in the Domestic Violence Act to be tabled in Parliament

JOANNE LAU

EDITORIAL

VIOLENCE AGAINST WOMEN

This issue of the newsletter of Sarawak Women for Women Society (SWWS) consists of articles on violence against women, namely domestic violence, rape and sexual harassment.

Domestic Violence occurs when family quarrels culminate in the harassment, bullying and bashing of one spouse by the other. In such instances, women are generally the victims. A man commits rape if he has sexual intercourse with a woman against her will. Sexual harassment can be defined as an act which makes a woman uncomfortable.

These three acts are behaviours and violences which no woman should have to put up with at home, in the street or at work. They suppress a woman's freedom and rights in society.

It is disheartening to note that domestic violence, rape and sexual harassment are still closet issues, not talked about or accepted by the public as social diseases. Many women are simply too ashamed or afraid to tell. Many don't realise they can take an aggressive stance in the face of such aggression and violence.

The objectives of SWWS are to look after the interests and welfare of women, offer supportive services and educate women on their rights.

SWWS has organised public forums on Domestic Violence and its Proposed Act, Rape and recently held a talk on Sexual Harassment at the Drop In Centre. It is hoped that more talks and forums will be organised in 1994 to educate and empower women in Sarawak.

ITA LING

China wakes up to sexual harassment

BEIJING (Reuter) — Miss Chen, an ambitious 17-year-old, found out that sleeping with her boss was the only way to land a decent job at her factory in one of China's booming economic zones

"I wanted to get ahead," she said simply. "So I

took the road that many girls have followed."

Miss Ouyang was just as keen to make her mark in life but refused to go to bed with her manager. He fired her.

The stories of these two women appeared in a recent article in the Economic Evening News, offering a rare official look at a spreading problem in modern China — sexual harassment in the workplace.

Chinese are being forced to confront one of the nastier side-effects of an economic boom that has created unprecedented opportunities, but also dangers, for women.

Millions of young female peasants from poor landlocked provinces have flocked to the coast to take jobs in factories, hotels and karaoke bars, earning more money than their fathers or brothers ever dreamed of.

"Who could imagine that behind each smile lurks a hidden terror — sexual harassment? It is a demon that holds them in a deadly embrace," the newspaper said.

Miss Chen's career took off after she visited the home of her factory director. Already she had succumbed to the advances of a factory supervisor: they had sex on three occasions in a locker room.

The late-night visit to

her bosses' bedroom got her off the factory floor and into a plum office job.

"She regarded sexual harassment as the price she had to pay for her success," the article said.

For Miss Ouyang, a secretary, the price was too high. She could hardly believe her ears when her boss, checking the two of them into a hotel during a business trip, told the receptionist she was his wife. Angry and upset, she fled.

"Women have made tremendous contributions to the construction and development of the coastal zones," the article said. "But you cannot ignore the pressures they face, and the sacrifices they have been forced to make."

Long working hours in Dickensian sweat shops, and filthy dormitories to sleep in at night are hazards for both men and women who drift towards the coast in search of work.

But it is women who are most vulnerable in a world where strict Communist morality has crumbled and sex has become an exploitable commodity.

Brothels, massage parlours and dance halls used as pick-up joints for prostitutes have sprung up everywhere.

Among China's growing class of entrepreneurs

it is fashionable to hire a pretty "secretary" — a mistress by another name — who can delight her bosses' guests with small talk over dinner, and perhaps pour brandies for them later in karaoke bars.

"Women Hold Up Half The Sky" proclaimed the Communists after the victory of their 1949 revolution, signalling a new equality between the sexes.

Reality often mocked the official propaganda: women who wanted to get ahead in politics often found that sexual favours offered to the local Party Secretary was the quickest way to short-cut the promotion system.

Yet the leadership at least paid lip service to the principle of equal opportunity in employment — with all jobs provided by the state under an assignment system.

These days a free labour market in large parts of the country has presented Chinese women with the same problem of harassment that has become one of

the hottest issues among feminists in the West.

Armed with the power of hire and fire, male managers are more likely to abuse their female staff and, according to the accounts of Chinese women, will probably get away with it.

"Just when I think I'm getting somewhere in a company, the boss will come on to me," complained Xiao Xiang, a Beijing woman in her mid-30s. "I never know if I'm being promoted because of my ability, or because the manager wants my body."

She walked out of her last job as a public relations executive after her boss suddenly refused to speak to her — he apparently felt snubbed and humiliated when she declined to dance with him at an office party.

"That kind of thing is common," she said, shrugging her shoulders. "You don't believe me? Listen, at my age if you're not married there's no protection."

FOOD FOR THOUGHT

Just beyond the entrance to a wildlife park in Willowmore, South Africa, is a sign which reads, "Trespassers Will Be Eaten."

Don't just sit tight, talk about it

By LIDA GEH

Sexual harassment is so commonplace, women of all ages and cultures experience it at some time or other. And no matter how we deal with it — ignore it, become angry, or run away from it — we know we will only face it again.

Tan Beng Hui, projects co-ordinator of AWAM (All Women's Action Society, Malaysia) defines sexual harassment as something which a woman is not comfortable with, that makes her nervous, or wants to shudder.

"It's true in some circumstances some women may find undue attention a compliment — some of my friends play around and somehow defuse the situation.

"But still, why should we have to put up with it all the time? Women have every right to put a stop to it if it makes them feel uncomfortable."

Susannah George, AWAM secretary, sees harassment as society's suppression of woman's freedom to express herself fully.

"People see harassment as deserved punishment for being dressed incorrectly or being in the wrong place or for being somewhere at the wrong time. It's almost as if a man thinks he has a right to do something to you just because he has caught you alone in a dark corner.

"It's also unfair that society encourages women to dress and look a certain way, sexy, then penalises her for precisely that when things go wrong."

Shifting the blame to a woman who dresses provocatively or sexily is one example of how women are forced to shoulder responsibility for men's lust and crimes.

Victims often internalise the incident telling themselves "maybe I led him on last time, I'm so silly" or "I guess I should be flattered."

We should not project our insecurities onto our situations in such circumstances, but we should give ourselves at least the respect due to any stranger. That is, if we would protest about something being said to another person, we should protest equally hard if it was being said to us.

The fact that other women also blame the victim shows how many women internalise the dominant view, perpetuate it and end up repressing themselves.

Chin Cha Bu, chairman of the MTUC Women's Committee and vice-president of MTUC, agreed that this prevailing view was the

reason for so few recorded cases of sexual harassment being taken up by trade unions against employers.

"Women are reluctant to press their cases because they don't want to be put into the limelight. The general attitude towards sexual harassment, is to place responsibility on the woman, to blame her for dressing in a certain manner — other women are often the first to point the finger. It takes a very brave woman to come out and claim she has been sexually harassed."

Harassment is a lonely experience — to recognise one is being harassed, reject self-doubt and uncertainty. Enlisting the support of friends, colleagues or members of the public requires persuading them to take sides, not easy when the aggressor is popular or powerful. It could even be a boss, with the power to dismiss those accusing him.

Irene Fernandez, president of Tenaganita, said that even though sexual harassment occurs at almost all workplaces at all levels, from small, secluded offices, to

middle management and factory workers; there are few recorded cases.

"It usually happens on a one-to-one basis when the man approaches the woman after hours. To make a police report, the woman has to prove her word against someone in authority with a more credible position."

So how does one fight it?

Beng Hui advises solving it locally by talking about incidents of harassment with supportive colleagues.

"The more people who know about it the better, and you create an awareness about it that may discourage the man to act further."

Very often the aggressor is like the school bully, taking advantage of a person in an apparently weaker position. But the position of weakness is not always clear-cut. Just as most bullies are cowards at heart, most stop once they realise they will not win without a fight.

Confrontation and group disapproval will more often than not solve the problem. Facing the problem squarely and forcing the bully

to try his hand would take away a lot of the psychological power in a situation.

According to Beng Hui, many women don't realise they don't have to accept such behaviour, that it is something they can and should get angry about.

Neither should we be afraid to force our hands and take an aggressive stance in the face of circumstances of aggression.

Although Susannah was reluctant to recommend aggression as the best self-defence, she said,

"Don't assume you are weaker than him. In both genders there is a range of weak and strong — the fact women are weaker is a myth: women do manual labour, draw water and carry babies all day. I for example am probably a lot stronger than many men.

"The only difference is that society has sanctioned men to be aggressive and violent, and he is more used to think and act that way."

In a way harassment is akin to

rape, in that a man decides to achieve what he wants at all costs, using all the advantages he has.

In such a case the 'victim' should also arm herself and use all her resources — psychological, collegial, legal, whatever. Which is why legal remedies, sadly lacking in this country, are vital in the fight against sexual harassment.

At one extreme victims can press charges for criminal assault or outraging of modesty, which are criminal offences, with penalties of either fines or imprisonment.

Remedies in civil law are almost as scarce. Unlike the US or Britain we have no equal opportunity or sexual discrimination laws. Discriminatory treatment that does not violate the Equal Pay Act therefore cannot be penalised per se.

The only alternative in law is if an employee is dismissed for refusing to go out with the boss, she can claim unfair dismissal, and show bad faith or mala fide in the form of sexual harassment.

Apart from that trade unionism can actually fill the vacuum left by the law.

The MTUC Women's Committee has formulated a policy to support union members undergoing sexual harassment. This involves defining sexual harassment so it is easily recognisable, educating workers to recognise it, and setting up a grievance procedure to which reports could be made in a supportive environment.

One even better way is to have such provisions enshrined in the company Collective Agreement, like the Electric Industrial Workers Union did with the help and advice of the women's organisation Tenaganita.

Through this mechanism, every informal and formal report of harassment goes down on paper. There is a procedure for warning the perpetrator after a specific number of reports have been filed against him, and this can lead to his contract of employment being terminated.

For all ways of dealing with harassment, keeping a diary of events as they happen provides a vital source of information which one may eventually use to great advantage later.

COMMON...
all women
have been
harassed
some time or
other

IN LOVE WITH A



*Remaining
in a violent relationship
can do you an injury that
you may not live to tell*

Lynn winces in pain as she gingerly examines her right arm. The large purplish bruises are a souvenir of last night's date with Ben.

The evening before had started out pleasantly enough. In the car, however, Ben had suddenly accused her of seeing her male colleague behind his back.

"Don't think I'm blind. I saw you making eyes at him when I picked you up just now," he snarled, gripping Lynn's arm so tightly that she shrieked in pain. And no matter how she tried to convince him otherwise, Ben had refused to listen. He had stopped the car, ordered her to get out and driven off, leaving her to find

BY JOYCE LIM

ILLUSTRATION BY JOHN LAMBIE

VIOLENT MAN

BATTERED WOMEN: REAL LIFE STORIES

her way back.

This morning, the first thing she saw on her desk was a bouquet of roses with a humble note from Ben apologising for his behaviour. "It's because you mean so much to me," he wrote.

Now Lynn isn't so sure whether she can take Ben's mercurial outbursts for long. Part of her loves Ben, yet his violent moods scare her. He has pushed her or grabbed her roughly several other times. Yet Lynn can't decide whether to break off or try to salvage the relationship.

Violent behaviour during courtship is a prelude to marital violence, say marriage counsellors. "I take courtship violence very seriously. If he can do such a thing during courtship, can you imagine what he can do to you *after* you are married, when you are legally *his*?" asks Esther Tzer Wong, a family and marriage counsellor with Touch Community Services. Keep in mind, too, that undoing a marriage is harder than walking out of a courting relationship.

The battered wife syndrome is one where the woman has been brain-washed into believing that physical abuse is her due

□ CASE 1: SWEE LING

Homemaker Swee Ling, in her early 60s, was married for more than 20 years to G, a manager. Their union produced three children. A good-natured woman, she submitted to her husband's wishes totally throughout their years of marriage.

Incompatibility plagued their relationship from the start. G is well-educated while Swee Ling's family couldn't afford to put her through school. It was also G's second marriage and he was persuaded to marry Swee Ling by the erroneous reality that divorcees could not be too choosy, that he was lucky any woman was willing to marry him at all.

But then he was ashamed of being seen with her in public. He would not even send her to hospital in his car when she was in labour. After the children were born, he was also strict with them to the point of being severe.

The beatings were regular occurrences which Swee Ling bore in silence. Being relatively uneducated and unexposed, it never occurred to her that there was anything she could do to remedy the situation. The final straw came during a beating when G hit her so hard on her nape that she fell into a coma for five days. While she was warded in the hospital, a social worker visited her. Her children testified to the fact that their father had beaten their mother up. Without the social worker's intervention, she would not have known where to go for help.

After this incident, G was very repentant and tried to apologise. But his history of violent behaviour was against him. Swee Ling was too afraid to return to him and the children rejected him as well. Swee Ling even applied for a court order to insure her personal safety and to force him to leave their marital home pending the divorce proceedings.

□ CASE 2: SALLY

Sally gave up her career when she married T, an academic. He had a strong jealous streak and exerted an obsessive amount of control over her. He expected her to write a daily agenda and he would call at random from his office to check on her. He upheld the traditional beliefs that women should not work after marriage and that a wife had to obey the husband without question.

An absolute perfectionist, T could not tolerate even the smallest mistake. Everything had to be perfect and done on time. If she was late preparing lunch or took down phone messages wrongly, he would physically lash out at her. Sometimes he would wake up in the morning and remember something that she had done wrong the day before and he would thrash her. He used to beat her with his arm until he broke his arm while beating her but that did not stop him and he started using a whip instead.

To the counsellor, T justified his treatment of Sally by this analogy: Cars that are parked in unauthorised lots are fined incrementally for each repeat offence. Only when the owner feels the pinch, will he or she stop the aberrant behaviour. Likewise, he believed that each time Sally made the same mistake, he should beat her with greater intensity in order to impress on her the 'faults' she had committed.

Incredible as it may sound, Sally still loved him despite his ill-treatment of her. Finally, after a particularly bad bout, she left the house to seek refuge at a crisis centre. Only when she heard that he was beating the children did she return home. The situation did not improve. A few months later, she was back at the centre.

The social worker from the centre tried to reason with T but found that he was impossible to talk to. He was very self-righteous and saw no fault in his actions. He felt that his reasons for beating up his wife were valid and was furious with the counsellor for taking his wife's side.

To save the marriage, he agreed to see a marriage counsellor but stopped after a few sessions because he felt that counselling was simply a waste of time and money. He then gave Sally an ultimatum: either she came home or he would send her to her grave. Given no choice, she returned.

With the counsellor's mediation, he agreed to treat her better on the condition that she obeyed him and accepted correction. The counsellor keeps in contact with Sally and makes home visits occasionally to check on them. So far, the beatings have stopped.

An uneasy truce has been established and the situation remains tense as the underlying behavioural patterns have not been fully resolved.

STOP THE ABUSE

DISSECTING THE VIOLENT RELATIONSHIP

For men prone to violent behaviour towards their girlfriends or wives, there is a great need to be the person in control. These men have not learnt how to resolve conflict or anger other than by hitting out.

In most cases, abusive men have their roots in violent families or have been neglected or abused as children. In one case that Esther handled, both partners were prone to violence. At one time, the girl stabbed her boyfriend's arm with a screwdriver!

Esther later discovered that both were products of complicated family backgrounds. The girl was an unwanted child and suffered neglect in her childhood. Her boyfriend had suffered family pressure to perform and then had failed to meet his parents' rigid demands. "There was much in their lives to be angry about," she notes.

An abusive man has a poor self-image because he may have been made to feel very insignificant by his parents. To counterbalance these feelings

Basically, such men are very afraid of losing their women and hitting out is a way of exerting control over them

"No man has a right to hit you," stresses Esther. "He may have a bad temper but there are other ways to resolve the anger like taking a walk rather than hitting you. He has to break that way of thinking, otherwise the cycle will continue.

"I do point to the women, I counsel how serious the situation is. I advise them not to wait for the next serious beating as by then it might be too late. Usually the violence gets worse."

If your physical safety or life is threatened, the vital step you should take first is to get away from the abuse, to a place of safety. Seek the support of friends or a sympathetic counsellor. The period of separation forces both partners to reevaluate the relationship and their actions.

However, Esther observes the chances of reconciliation are slim because one can never guarantee that the violent man will never become violent again. Sister Delphine of the Good Shepherd Centre feels that there is only a chance of reconciliation when both parties are willing to give the other person and the relationship a second chance and when the man takes steps to make a change in his behaviour. "What will help is if both get counselling," she says.

The counsellor can do nothing unless the victim is willing to get out. Esther says, "I can advise you, suggest how you can rearrange your schedule, help you handle your anxieties, help you with your children. But you can't move on until you make a decision to reject violence in your life. That's a big hurdle for some women. But they must choose to get out of the relationship before their life can return to normal."

of low self-worth, he either becomes an overachiever or marries a woman who is very dependent on him to boost his ego. As a husband, such a man treats his wife as a chattel and prefers her to revolve her life around him.

An abusive man is insecure and extremely jealous. The dominating man monitors his girlfriend's or wife's movements closely because he feels that his status is threatened by her other friends. This insecurity often translates into possessive behaviour.

He wants to know what she and her friends

talk about and restricts her from mixing with them as he fears they will influence her or 'take' her away from him. If she becomes too independent for his liking or shows that there are others whose opinions she values as much as his, he may start to express a dislike for her friends and make statements like, "You have me. Who else do you need?"

One man trailed his girlfriend to the office just to check who she regularly lunched with. It was his way of making sure that she was not getting involved with somebody else. Another man ripped the telephone wires off so

that his wife could not contact anyone, while another even followed his wife to the bathroom.

Basically, such men are very afraid of losing their women to a rival. Hitting out is a way of exerting control over the woman. The woman either begins to think that she is at fault or is cowed into meek submission.

Strangely, these men claim to love their partners deeply despite their ill-treatment of them. Social workers have counselled many cases where the man begs for forgiveness the day after bashing up his girlfriend or wife. They say that such penitent outbursts, followed by tender hugs and gifts, are common.

Whether she is convinced of the sincerity of these gestures of remorse or not, the battered woman very much wants to believe that her partner truly is sorry. But, sadly, the common experience of social workers is that this repentant state is only a temporary phase and, more often than not, the men continue to batter their spouses and the beatings increase in severity each time.

WHY WOMEN STAY IN DESTRUCTIVE RELATIONSHIPS

There are many reasons cited by women for staying in a violent relationship. These range from "I can't live without him", "I thought I could change him with love and understanding", "I was too afraid to break it off" to "I don't want to be alone".

Curiously, women tend to take the responsibility for the violence. They blame themselves for

not being good enough. She tries to please her man, whether it is cutting off contact with her friends or quitting her job because he complained about it. "If only I did this" or "if only I didn't say that" is a common refrain.

"The battered wife syndrome is one in which the woman has been brainwashed into believing that physical abuse is her due. Our mothers and grandmothers have taught us that we take our men as they are. 'For better or for worse' has been ridiculously stretched to accommodate violent behaviour," says Esther.

Battered women may also have come from families where they have seen female members being abused and so conclude that this is a woman's lot in life. A battered woman must first realise that she is the victim and not the culprit in the ailing relationship.

A woman trapped in a violent relationship needs to address her fears and recognise that she is in a bad relationship that could possibly put her life in danger. No amount of care and understanding will change the abusive man unless he is made to realise the error of his ways and seeks professional help.

Many entanglements keep women in abusive relationships — some psychological, others societal. But the fact is this: it is easier to get out during courtship than in marriage when there are practical concerns such as legalities, money and children. The predicament of the abused married woman is much more complex.

To avoid being the victim in an abusive relationship, a woman must not let romantic fantasies cloud her vision during courtship. Signs of potentially violent behaviour can be detected even then.

KNOW THE SIGNS

- The relationship is abusive when he
 - dominates and controls your other relationships with friends or relatives
 - puts you down, belittles your opinions and feelings
 - constantly tells you how to dress, to change your job
 - threatens to hurt you
 - intimidates by hitting or destroying property
 - is extremely jealous and possessive
 - accuses you of flirting with other men
 - pushes, hits, restrains or holds you against your will
 - forces sexual touching or intercourse on you

In a healthy relationship, both partners respect each other's opinions and feelings and are willing to work out their differences in a civilised manner rather than resort to threats or violence.

(Reproduced with permission from the Society Against Family Violence)

Most women do not want to break up the marriage and many endure the tyranny of their brutal husbands for years.

Esther estimates that out of ten women she counsels, only four actually make police reports. Some have been beaten up so badly that they have to be sent to hospital. But many such cases go unreported.

There is strong social and cultural pressure on a woman to keep the marriage together. A wife who walks out is often confronted with questions like: 'What kind of mother are you, leaving your family in the lurch?' 'How will your family bear this shame?' 'What will become of the children? Will I gain custody of them?' 'How will I survive without a job?'

Remedies for a married woman are confined to the following: consult a lawyer to know what her legal entitlements are and whether her husband is liable under the criminal procedural code. ☐

WHERE TO GO FOR HELP:

AWARE Helpline

This is a hotline for women who need advice or a sympathetic ear.

Tel: 293-1011

Counselling and Care Centre

CCC provides premarital, marital and family counselling.

Tel: 337-7748

Touch Community Services

This centre provides family counselling.

Tel: 345-1283

Good Shepherd Centre

This is a crisis centre for married and single women in need of temporary shelter or counselling.

It is open to all women irrespective of race or religion.

Tel: 755-6496

Samaritans Of Singapore (SOS)

A 24-hour telephone service which offers support and a listening ear to persons in despair.

Tel: 221-4444

Whampoa Care Centre

This centre provides temporary shelter or counselling for married and single women.

It is open to all women irrespective of race or religion.

Tel: 250-1322

DOMESTICS

Assault in the Workplace



"Please help me!" pleaded a woman in a letter to her husband. "Take immediate action!" She had been recruited along with 30 other Filipinas to waitress at the

Ali Baba Nite Club in Lagos, Nigeria. There, they were beaten and forced to have sex with customers. "Our job here is not to waitress," she wrote. "We are being sold to different men."

About 40% of the Philippines' 1.2 million overseas contract workers are women. Stories of sexual abuse are common. Says Rustico dela Fuente of the Labour Department's Overseas Workers Welfare Administration (OWWA): "No less than 95% of the 89,000 Filipino workers in Japan are entertainers. And 90% of them are engaged in hostessing jobs. That makes them vulnerable to prostitution."

In West Asia, says Dela Fuente, only 10% of the Filipino workers are domestic helpers. But they experience 90% of the reported mistreatment. Complaints range from verbal abuse to 22-hour work days — and worse. Filipina Margie Militante went to work as a maid in Riyadh a year ago.

Nine months later she returned home in a coffin. Her arm had been broken and she had been stabbed, but her death certificate cited a heart attack. She was 28 years old.

"Saudi Arabia and Kuwait have a tradition of slavery," says the OWWA's Connie Cornelia. And people there "think domestic helpers are slaves." What's more, she says, employers often misinterpret the maids' actions. "The problem is a difference in cultures. Filipinas like to smile and take a bath once or twice daily. In Saudi Arabia," says Cornelia, "taking a bath is seen as a come-on to men."

Kuwait is notorious for its harsh stories of abused foreign maids. Filipinas working there have filed 1,545 complaints so far this year, compared to 523 for the whole of 1991.

Some 8% cite sexual harassment and rape. Since 1988 Manila has forbidden Filipinas from working in the oil-rich nation. But jobseekers manage to enter via neighbouring countries. Filipina Lourdes Buenaflor, a mother of five, worked in Bahrain for two years before moving to Kuwait last December. Four days after arriving, she hanged herself. "But from all indications," says her Manila recruiter, "she was murdered."

The problems facing overseas Filipinas, who are often working il-



Day-off: From harassment to slavery Tong Yu

legally, are compounded by sheer indifference from local authorities and, in some cases, alleged connivance by Philippine embassy and consulate staff. As for the 31 Filipina "waitresses" at the Lagos night club, only five have returned home. Even that small achievement required a barrage of media publicity and a congressional investigation. Manila's Lagos embassy now says it is too cash-strapped to finance the return of the 26 who remain.

If anything, the tragic tales of the women in Lagos may serve as a deterrent to other Filipinas seeking a living abroad. That living, says University of the Philippines psychology professor Elena Samonte, carries "a high price." ■

ADVICE

How Couples Can Cope



Social worker Phyllis Wong is in charge of a public awareness program at Hong-kong's Harmony House shelter. Asia-week asked Wong about issues that face many abused women, their husbands and

families. Excerpts:

ON ALCOHOL ABUSE: Hitting and drinking are two different problems. A husband may use alcohol as an excuse to hit his wife. But his drinking is not the reason he hits her. There is already a problem in the relationship.

ON RAISING CHILDREN IN ABUSIVE HOMES: Children are very sensitive to a violent atmosphere. Research suggests that kids raised in abusive families

are more likely to repeat violent behaviour when they are adults. If parents feel able, they should talk openly with school-age children about the situation at home. Usually, children know how much their parents are suffering.

ON WHEN TO MOVE OUT OF AN ABUSIVE HOME:

The point of no return is when an abuser refuses to change his behaviour or seek help. Some women who've suffered for years decide to move out only when the abuse extends to their children. A woman should not hesitate to seek financial support from family, friends or the government. It is a violation of human rights to be forced to stay in an abusive situation for economic reasons.

ON HITTING BACK: Some women do. [Mostly], this only escalates the fighting.

ON WHAT FRIENDS AND FAMILY CAN DO: Listen and don't blame. Suggest counselling. Sometimes a third person can act as a buffer when a couple talks about its problem. ■



ASIaweek, October 30, 1992

When M means nothing more than misery for women

MAMMARY: No other part of the female anatomy has been colonised as much to become a sex object for male pleasure. Rarely are they viewed as life-sustaining necessities for breast-feeding. Instead they are symbols of feminine desirability but only if they are in pert and pristine condition.

Germaine Greer writes: "Breasts are only to be admired for as long as they show no signs of their function: once darkened, stretched or withered they become objects of revulsion. They are not parts of a person but lures slung around her neck..."

Plastic surgery allows one to partake in the miracle of pneumatic boobs. But they are only a further reflection of how women's bodies have become consumer objects.

MUSCLES: The "weaker sex" is a term that women have been lumbered with since the days of Eve. Everyone is familiar with the delicate swooning heroines of Victorian novels who are unable to walk any distance without the support of a robust manly arm.

Even today a whole host of behaviour and mannerisms have evolved to insidiously imply that women are too feeble to open doors, pull up chairs and get their own drinks.

In ballet and other forms of dance we are meant to convey the illusion of weightlessness and grace without bellying the fact that the manoeuvres require great physical strength.

And yet women plough fields, build roads, carry concrete and then walk ten miles to fetch water and firewood

for the evening meal.

MIDDLE AGE and MENOPAUSE: Women seem to be tagged with a "sell by" date. When women hit middle age and begin to look it, they become flabby old hags. Men, on the other hand become "distinguished." Does this situation mean nature is sexist?

Veteran menopaiser Vera Verbiage from planet Vulcan, whose father was a vet, disagrees:

"It's unfortunate that even though so much has been written about menopause, there's very little positive about it — doctors for example tell you you're ill and need medication.

"It's true hot flushes can be distracting when they strike you mid-sentence, and you sometimes get quite

sensitive and emotional.

"But in fact I see menopause as a period of metamorphosis when a woman comes into her own — it's a time when women can actually find a new expression, of themselves as well as of their own opinions.

"You're no longer a slave to your kids because they've grown up, you're no longer slave to your husband, and it's nice not to menstruate any more. You can feel a lot stronger and confident in yourself. I want to stand up and tell women they don't have to worry about menopause, that it's actually quite a liberating experience!"

Compiled by LIDA
GEH and CHAN
YUEN-LI

Sunday Star
March 7, 1993

Wife-battering not confined merely to the working class

THIS time it didn't take a man being murdered to put domestic violence on the front page of the newspaper.

The high statistics alone — revealed in February in a preliminary report of a survey — have done that.

The survey was commissioned by the London Borough of Islington and funded by the Department of the Environment and Middlesex University.

A total of 580 women and 240 men took part, making it the largest survey on domestic violence ever conducted in Britain.

The report stated that 28 per cent of the women surveyed had suffered physical injury from a partner, with one in 10 having been victims of violence in the past 12 months.

Nineteen per cent of the men interviewed admitted to having hit their partner in at least one of a series of situations with which the survey presented them. Only 37 per cent said that they would not respond violently in any situation.

It is too easy to read these figures and recoil with horror from something that does not directly touch your own life, but before you put this down as just another social disease worthy of your sympathies, do this simple exercise.

The next time you pick up the children from school, look at the other mothers and try to recognise among them the battered wife.

Next time you swing round a colleague's door at work, look hard and think: if this is the 10th door you have opened, you may already have met a victim.

If you are reading this on the Tube, lay down your paper and look. She will be there but she may not be the one you think. It is not that simple — and it is likely that your image of a victim of violence will have been defined by a completely false

set of references.

Behind the doors of our idyllic country cottage, nestling comfortably in a highly desirable location "just off the M4", we appeared to all to be the ideal couple. I cooked and entertained; he was the perfect host. But when I "came out" and admitted to our closest friends the truth of the matter — that my devoted and adoring husband was a wife batterer who had managed to hospitalise me on at least two occasions — it was I that was shocked.

Most of them knew.

The same thing had happened to my husband's previous wife and my excuses of a riding accident had been viewed with scepticism. Yet no one had said a thing.

What was even worse was that two friends admitted that they, too, had been subjected to beatings of various degrees, one having suffered horrific injuries.

Why, then, the conspiracy of silence?

The answer can be found in the stereotypical images of life portrayed in the media. We are all familiar with the articles that have appeared concerning women and violence — all, it would appear, carefully scripted.

Too often lip service is paid to the fact that violence against women is prevalent throughout society and I find myself increasingly exasperated by the cases that are highlighted.

They almost exclusively follow the stereotyped image of the blue-collar worker returning home, drunk, to vent his frustrations on his poor, down-trodden wife.

No one can deny that this does happen but what is alarming is that we have stigmatised and forced to the peripheries of society a large body of battered women. Women who do not see themselves as down-trod-

den victims living in squalor but as wives who are subjected to violence. I am one of them.

A recent television programme focused on men who try to break the mould of physical violence against their partners by seeking counselling.

I watched with interest but was once again confronted with the same men — not professionals from the suburbs but men of the drinking classes. I began to feel that I was a one-off, a freak. I knew of others in my situation but television documentaries, like the news, put you back in the classroom situation: these are the facts and facts have to be accepted.

What really got to me, though, was a chance meeting with one of the men who had taken part in the programme — an actor, used to protect the real man's identity, and an old friend who had known of my situation.

He had based his interpretation on that knowledge, only to be rebuked by the director and told to play it more working-class, to "stereotype" it.

It is difficult enough for the battered wife to make a break for freedom, to admit that she has been living a lie, to stigmatise herself as a victim and try to maintain some degree of self-respect in the process.

Women without dependent children often lose their homes and this serves to push the battered wife out to the edges of society, a society defined by the media. The comfortable house, tastefully furnished and decorated, is a passport to the company of your peers.

Is it any wonder that the woman residing behind those wisteria-clad walls thinks, "Just one more time, I can take it just once more — and maybe this time will be the last." — The Guardian

29-10-92 BP

Increasing number of child abuse cases being reported

MOST people shudder at the reports of child abuse cases but such incidences of harmful young ones are still increasingly discovered day by day.

More and more children in the state are reported to be either physically or sexually abused or being neglected in the last five years since 1988.

The cases are found in all the state's nine divisions. The number of cases reported has increased by about 92 per cent to 132 cases in October 1992 from only 14 cases in 1988.

However this statistic is believed to be only the tip of the iceberg as even more cases could have gone unreported to the Welfare Department or the authority concerned.

In Sarawak child abuse cases are handled by the Child Abuse Unit of the Welfare Section of the Ministry of Social Development.

Of the total 132 cases reported to the welfare department the majority of cases involved physical abuse, accounting for 55 per cent or 77 cases followed by sexual abuse (29 per cent or 38 cases) and children who are neglected (12 per cent or 17 cases).

Statistics also showed that out of the total number of cases the child abuse cases apparently occurred more frequently in the town centres and not the rural areas.

Parental characteristics such as parents who themselves have been abused as children; parents who have high and unrealistic expecta-

tions from their children or child characteristics such as children who because of their own nature are seen as difficult, irritable, active, and are difficult to care for as compared to other children are among the main factors behind child abuse.

Officer in charge of the Child Abuse Unit in the Welfare Department under the Ministry of Social Development Ms. Kendy Edwards said the lack of parenting skills, marital discord or family dispute, current crises and stress faced by the parents and others, cultural beliefs, drug addiction and alcoholism and break down of extended families had also been identified as the main causes of the problem.

Most of those who are usually found involved in the sickening social problem are the step parents, adopted parents, natural parents and even acquaintances and relatives.

Kendy said the majority of the victims are from poor families and those of the average family background.

So far this year of the total 33 cases reported only one has been brought to court for legal action while for the whole of last year only eight of the total 35 cases had been brought to court.

Ms. Kendy said of the 35 cases handled by the department last year 48 per cent were detected in urban areas, 27 per cent in rural and 25 per cent in suburban.

From January to October this year, 50 per cent reported

cases were detected in urban areas, 38 per cent in suburban and 12 per cent in rural areas, she added.

According to Ms. Kendy, in the department's effort to curb the accelerating problem, it has set up a hotline service phone through which the public can tip off any child abuse cases. It has also organised seminars and talks on the problem and also studied the possibilities of extending and implementing the Child Protection Act 1991 to Sarawak.

She disclosed that based on the statistics of the department, Kuching City has been reported to have always recorded the highest number in the last five years from 10 cases in 1988 to 16 cases (1989), 13 cases (1990), 17 cases (1991) and 19 cases so far this year.

Sibu town recorded the second most cases of 32 this year while Miri, Sarikei and Kapit recorded six cases each, Kota Samarahan three cases and Bintulu and Sri Aman one case each.

Since 1988 Children of the 0-5 year old age group have been identified as the main victims, making up 66 cases, followed by those aged 6 to 11 years (47 cases) while those of 12-18 years old (19 cases).

In line with the aspiration to make the nation a caring society it's our duty as law abiding citizens to help the department curb this social problem. Simply dial 082-24125177 to report any child abuse cases you know of.

When a Canadian woman says 'no'

WHEN a woman says "No" to a man she is dating, he tends to take it that she means "Yes", that she's just playing hard-to-get.

And sometimes the woman ends up being sexually abused or even raped by her amorous male partner.

In Canada, where date rape has become a frequent occurrence, the Canadian Parliament has quite recently passed such a law as the "No Means No" law to give greater protection to women against abuse.

"In a rape hearing, defence lawyers will always try to make it as if the victim was asking for it, that she had provoked him to commit the act," explains Dianne Ponee, a senior policy analyst with the Office of Status of Women Canada, on the necessity to have such a law.

Violence against women in Canadian society exists on a continuum that includes sexist jokes, pornography, sexual harassment, wife assault, sexual assault and murder.

"We've also had a lot of cases where women were being stalked and their lives threatened by their pursuers who could be angry, estranged husbands or ex-boyfriends," says Ponee.

Again new legislation was passed by the Canadian Parliament, she says, this time on stalking.

Wife assault and sexual assault has already been declared a crime and punishable under Canadian law.

Statistics and research

done provide only a snapshot of the extent and nature of the violence Canadian women face in society. The following statistics however provide the public with some sense of the magnitude of the problem.

At least one in eight Canadian women is assaulted by her husband or live-in male partner, while one in four women would be sexually assaulted by a man at some point of her life, and that only one in 10 cases of sexual assault is reported to the police.

A recent Gallup Poll indicates that 50 per cent of Canadian women are afraid to go out after dark in their own neighbourhoods.

A study by the Ontario Native Women's Association reported that 80 per cent of aboriginal women surveyed had been abused or assaulted.

It is also estimated that 25 per cent of girls and 10 per cent of boys are sexually abused before the age of 16; at least four per cent of elderly persons are victims of physical or psychological abuse, neglect or financial exploitation; and people with disabilities especially women and girls are frequently victims of abuse.

Another study indicates that over 50 per cent of

young offenders charged with crimes against people had been exposed to domestic violence as children.

"All over the world the problem of family violence is a cyclical one where it perpetuates itself through generations. No matter where it happens, the fundamentals are the same — the lives of individuals could be damaged forever. Family violence is totally unnecessary," says Ponee.

The policy analyst was in Kuala Lumpur recently to speak at the Asean workshop on family violence where she also met Malaysian women leaders to exchange ideas and experiences in handling women's issues.

She says in Canada, the issue of family violence has taken many interesting turns. "In the 1970s, the focus was on physical child abuse and neglect which gave rise to the shelter movement. But in the 1980s, we began to see the differences in the manifestations, and sex abuse of children became an issue.

"In the 1990s, family violence has become more genderised where women are the majority of victims and men the offenders, bringing to fore the concept of violence against women.

"The dating violence especially on the campuses is another important issue where female undergraduates are physically and sexually abused by boyfriends or dates."

She says the event that led to the nation-wide movement against violence against women in Canada was the 1989 Montreal massacre where a man who failed to get into university, gunned down 14 female undergraduates of an engineering polytechnic. The assailant blamed the feminist movement for his action.

"The incident shocked Canadians, and women's groups formed a coalition to study and address the issue of violence against women. Initially, it was a feminist approach and the women activists had difficulty in selling their ideas.

"Nevertheless, they flew miles and miles across the country to interview women and made a video of the interviews."

Ponee particularly remembers one woman who said that if her husband had committed a theft of a pizza, he would probably be fined C\$50 but nothing was done when he assaulted her. "Hence, the women said, her life was worth less than a pizza!"

Ponee says elimination of family violence and violence against women requires a co-ordinated, multi-faceted approach to deal with the attitudes towards violence, and the causes and consequences.

Research has demonstrated that the majority of women who have gone to court report a reduction or termination of violence, and when the police rather than the victim lay charges, the probability of new incidents of violence is reduced by half.

However, says Ponee, while criminalisation of these acts deters offenders and sends the message to society that such violence will not be sanctioned, a single focus on enforcement ignores the fact that such acts remain largely unreported and this offers little support to the victims in their attempts to deal with the immediate and long-term effects on their lives.

Thus, an approach based on criminalisation needs to be buttressed with the provision of support services to assist the victims, and a broad public education thrust to effect the changes in public attitudes is needed to sustain longer term benefits.

Effective and appropriate programmes for offenders are also an important component in the effort to end such violence, says Ponee.

In Canada, the provision of effective support to victims include emergency and crisis services, for example, the sexual assault care centres and rape crisis centres;

support and training of staff and volunteers; community counselling services; and housing initiatives.

One of the agencies set up to address this problem is the National Clearinghouse on Family Violence which is a resource centre for Canadians seeking information and solutions to violence within the family.

The Clearinghouse offers a listing of over 100 relevant articles, fact sheets, project reports, and information kits on family violence issues, available for distribution.

It also has a listing of over 90 films and videos on family violence prevention available from the National Film Board regional offices, a referral and directory service of resource people and organisations working in the area of family violence, and a reference collection of about 6,000 books, periodicals and articles on the subject, including on-line bibliographic searching.

Ponee is one of 15 policy analysts at the Status of Women, one of 40 departments of the Canadian federal government.

The function of this de-

partment, she says, is to monitor the status of women in the economy, labour market, family, health, education, politics and so on, and make objections or recommendations.

"Policy planners and implementors are usually not particularly gender-sensitive. Sometimes they don't even want us to find out what they're going to do because when we intervene, it becomes a problem to them. Hence, sometimes we only get involved at the later stage.

"We also have to be aware all the time what women's groups are saying on the various issues affecting them."

Some of the issues which the department is currently looking into are breast cancer, silicone breast implant, "overnight" abortion pill, new reproduction technology, the taxation system which gives preference to men over women, and discrimination in the employment sector.

On the last, Ponee says, "there are more and more women with university degrees but they are not found in positions where they should be."

MUHARYANI OTHMAN

talks to

Dianne Ponee

of the

Office of Status Of Women Canada,

who was in Kuala Lumpur recently,

on the

situation in
Canada.

Violence against women ranges from sexist jokes, pornography and sexual harassment to murder.

THURSDAY, JUNE 17, 1993

NEW STRAITS TIMES

Myths about rape

By CHAN YUEN-LI

Don't walk alone home late at night, don't talk to strangers and don't wear short skirts and tight clothes — these are strategies for survival that all women learn from a very early age.

Fear of rape is an intimidation that no woman is allowed to ignore.

She learns to be ever watchful for signs of possible attack and to be cautious that her actions are not interpreted as an 'invitation' to be violated. She learns to censor herself and her scope of activities.

Yet even if she follows all this advice perfectly, there is no guarantee that she will be safe. Indeed, this series of "don'ts" often serve to perpetuate certain myths about rape.

"Don't talk to strangers" is redundant in the light of the fact that most women are raped by men they know. The rapist is rarely a psychopathic stranger lurking in the shadows.

Of the reported rape cases in Malaysia, 47 per cent of rapists were acquaintances, nine per cent were known on the first day of the rape, eight per cent were their own fathers, seven per cent were lovers and five per cent were neighbours.

Only 17 per cent of rapes were between strangers.

Most rapists are ordinary men; someone's father, husband, brother or neighbour.

Very few are psychiatrically ill and they are certainly not recognisable in a crowd.

"Don't walk alone late at night" ignores the fact that half of all rapes occur in the home.

They do, however, very often, occur in secluded spots when the victim is alone or was driven there by the rapist.

But rarely are the rapes spontaneous acts. Almost all of them have been pre-planned.

"Don't wear provocative clothing" is misleading as it implies that only "certain types" of women get raped.

This is not true as toddlers and aged women have also been raped.

Women of all races, cultures and backgrounds are raped.

The way a woman dresses does not mean she is "asking for it". No woman asks to be invaded and degraded.

It is wrong to assume that she gives her consent to have sexual intercourse with all and sundry, for the entire duration

The commotion about the woman's clothes is also misleading as it implies that rape is all about sexual desire.

It insinuates that men rape because they are sexually frustrated or they can't stop themselves past a certain point of arousal.

This belief was certainly in the minds of three Appeal Judges in a British rape case in 1977.

Guardsmen Tim Holdsworth was convicted of causing grievous bodily harm to a 17 year-old girl by ramming his ring-studded fist into her vagina when she refused to have sex with him.

She was left partially paralysed and lost her job as a result of the attack.

However, he only received a six month suspended sentence because the learned judges did not want to see "his promising army career in ruins".

He was reprimanded for allowing his "enthusiasm for sex" to overcome his good behaviour.

Anti-rape campaigners have asserted the fact that rape is not caused by an over-enthusiasm for sex.

Rape is a crime of violence with violence being an integral part of the act.

Body contact and physical intrusion are the purpose of the crime.

Sex is the weapon that rapists use, because it is a way to humiliate and degrade women.

Sex is the means and not the cause of the assault. It is an act of violence to which women cannot retaliate in kind.

The commonly heard rules for women's safety only serve to shift the blame of rape from the men onto the women.

In no other crime is the onus of responsibility on the victim as much.

She has to prove beyond reasonable doubt that she did not willingly comply; that it was her life or surrender.

Our society still finds it difficult to absolve the victim fully from the crime.

Studies have shown that many marriages break down as

a result of the wife being raped. She is never really forgiven.

Amidst the list of ineffective "don'ts," it would seem that the only foolproof advice to offer women is "Don't exist".

Women are constantly reminded of the intimidation of rape in the way they are expected to limit their activities and their lives.

The dynamics of rape reflect the position of women in society as a whole.

Irene Fernandez, Chairperson of the Joint Action Group against violence against women,



CRIME OF VIOLENCE... short skirts and tight clothes cannot be used to defend rape which is simply an act of violence.

"Rape has a cultural, psychological, material and sociological base.

"It is a reflection of women's submission to men, a reflection of the social inequalities that exist, of gender roles, of women's subordination, the portrayal of women as sex objects and stereotypes as servants of men over the mass media.

"It is a reflection and consequence of contradictions in our

society; women have to be attractive but they are also blamed for being provocative."

The psychology of rape does not lie in the rapist's mind. Rather it is part of a prevalent chauvinism that women are objects for male pleasure.

Attitudes and statistics about rape paint a gloomy picture yet women are fighting back in all sorts of ways.

In Thailand, in Fiji, in Tokyo and in Malaysia, women have been organising anti-rape campaigns, and rape crisis shelters.

Take Back The Night is the theme for many awareness-raising campaigns from Britain to South Africa.

On a personal level, women have proven that they can resist attack. Here is the testimony of a woman who did.

"My child was sick and so was I, and I had to go to the store to get some medicine. I suppose people would say that it was my fault for doing such a dumb thing, but I took a shortcut through the alley in the back of my house. It was around dinner time, and there he was waiting for me.

"Initially, I think, he was after my purse. He knocked me down and we struggled.

"He was about my size, tall and lean. He tore down my jeans and tried to have intercourse. He kept trying but I figured as long as I'm fighting him standing up, he couldn't do it.

"I warned him the police will be going by. But he kept tight hold, all the time telling me to lay down. I then decided to act crazy and started yelling that my baby was inside and what he was doing was making me crazier and he'd better watch out.

"That did it, he just took my money and left — I'd beaten off a would-be rapist."

Sunday Star
March 7, 1993

Women

Useful tips for rape survivors

WHAT MUST YOU DO IF YOU ARE THE RAPE SURVIVOR?

- Try to get to a safe place.
- Contact a family member or friend to give you the support when you go to the hospital or the police.
- Medical help should be immediate to prevent pregnancy and Venereal disease.
- Collect evidence for prosecution.
- Do not clean yourself or change clothing before going to hospital as this will destroy valuable evidence which you may need if you wish to prosecute.
- Report to the police if you want action taken.

HOW DO WE HELP A RAPE SURVIVOR?

- We should be patient, understanding, and supportive as this is what the victim needs at this point.
- The victim should be the priority, therefore show warmth and love and respect her feelings irrespective of what our opinions are towards her or the crime.
- Help her to talk about rape to other friends or other rape victims if possible and share her feelings.
- Reassure her and make her believe she is strong and on the road to recovery.
- Most women do not like specific questions. Allow her to talk about her most immediate needs.
- Seek professional help if needed.
- Give her the right to make her own decisions and don't be over-protective.

WHAT PREVENTIVE MEASURES CAN BE TAKEN?

- Be aware of the possibility of attack in your own home, on the street, at work or in public transport. Sexual assault can happen anywhere.
- Pursue anything which opens up a way for you to be healthy, fit and confident of your worth like physical exercise or self-defence classes.
- Say 'no' to minor forms of harassment or abuse.
- Respect our own body and life and be aware of our bodies, ourselves and environment.
- Say 'No' to the media and advertisements where women are used as sexual objects and abused. Share these ideas with others.
- Develop strength and confidence in yourself.

COMMUNITY SERVICES FOR RAPE SURVIVORS

- Services of the police at all Police Stations, Tel: 999.
- Social Welfare Department Tel: 03-5591957 Shab Alam.
- Legal Aid Bureau Tel: 2935733, K.L.
- Befrienders Tel: 7568144
- Women's Aid Organisation Tel: 7563488
- Malayan Bar Council Legal Aid Centre 2911366/7
- Medical Social Work Units at General Hospital K.L. Tel: 2921044 University Hospital Tel: 7564422 or Tel: 7502772 and other hospitals.
- Counsellors in Religious Institutions, in Private Practice and Counselling Centres.
- Psychiatric units in hospitals
- National Council of Women's Organisation 03-2989251.
- Women's Crisis Centre 04-365151

REHABILITATION OF RAPE SURVIVORS

- Medical services must be given to the rape victims. Special care must be provided to the women if they become pregnant.
- Rape crisis units or agencies should be set up to cope with the trauma of the victims. They also need medical and legal advice.
- They must be helped to talk about their experiences. Otherwise, they may sustain lasting mental damage. They need their families and friends.
- Counselling must be given to them by trained social workers.
- Women who have sexual problems as a result of being raped should be referred to a psychiatrist.
- Rape crisis centres should provide confidential and caring support for women and should be managed entirely by women.

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