



# SEXUAL HARASSMENT

A Step-by-Step Guide to  
Awareness & Prevention



Strategic Initiative  
for Women in the  
Horn of Africa



SIHA Network





# SEXUAL ASSAULT

is any unwanted or forced sexual contact or behaviour, including rape, attempted rape, and unwanted touching or fondling.





# GLOBAL PREVALENCE



**1 in 3 women**  
worldwide have been  
**sexually assaulted** at  
some point in their  
lives.





# PREVALENCE IN AFRICA

**In Africa, the prevalence of sexual assault is alarmingly high. For example, in sub-Saharan Africa, 45% of women report being physically or sexually assaulted by an intimate partner. Sexual assault and rape are also prevalent in conflict zones.**





# TYPES OF SEXUAL ASSAULT



Sexual assault includes but is not limited to:

- ◆ **Rape:** Forced or coerced sexual intercourse.
- ◆ **Harassment:** Unwanted sexual advances or comments.
- ◆ **Molestation:** Inappropriate touching or fondling.
- ◆ **Child sexual abuse:** Any form of sexual contact with a minor.





# SETTINGS | CONTEXTS

**Sexual assault can occur in various settings, including:**



**At home**



**Public spaces**  
e.g., Streets, Parks, Markets,  
etc



**Workplaces**



**Conflict zones**



**Schools and  
Universities**



**Online platforms**

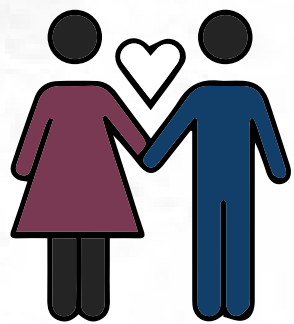






# MOST LIKELY PERPETRATORS

Sexual assault is most often perpetrated by someone known to the victim, including:



**Intimate Partners**  
(husbands, boyfriends, spouses).



**Friends or acquaintances**  
(colleagues, classmates).



**Family Members**  
(fathers, uncles, brothers).



**Strangers**  
(though less common, in public or isolated settings).





# EFFECTS ON VICTIMS & SURVIVORS



**The impact of sexual assault on victims and survivors is severe and can include:**

- **Physical health** issues such as sexually transmitted infections (STIs), unwanted pregnancy, and physical injuries.
- **Psychological trauma including PTSD**, anxiety, depression, or even suicide.
- **Social stigma and isolation**, which negatively impact one's career and social life due to the trauma experienced.
- **Chronic health problems**, both physical and emotional.
- **Difficulty trusting others** and forming healthy relationships.







# HOW IT CAN BE PREVENTED

Prevention strategies include:



**Awareness creation** on consent and respectful relationships.



Empowering survivors by providing resources, support, and **safe spaces**.



**Stronger legal frameworks** and enforcement of laws against sexual assault.



Community engagement campaigns to reduce victim-blaming and to create a supportive environment for survivors.





# EVERYONE'S ROLE IN PREVENTION



**Individuals:** Understand and respect boundaries, speak out against inappropriate behaviour, and support survivors.



**Communities:** Create a culture of respect and equality and encourage open conversations on sexual assault.



**Governments, CSOs and Development partners:** Ensure laws and policies are in place to prevent sexual harassment and support survivors.