

**FACTORS INFLUENCING SELF- DISCLOSURE OF ABUSE
AMONG BOYS AND GIRLS IN LUSAKA: A STUDY OF VICTIMS
ASSOCIATED WITH YOUNG WOMEN CHRISTIAN
ASSOCIATION**

BY

MARGARET MPEMBA MALAMBO

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THE UNIVERSITY OF ZAMBIA

LUSAKA

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DECLARATION

I, Margaret Mpemba Malambo, declare that this dissertation:

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CERTIFICATE OF APPROVAL

This dissertation of Margaret Mpemba Malambo has been approved as fulfilling the requirements for the award of the Degree of Master of Arts in Gender Studies by the University of Zambia.

Name:.....

Signature:.....Internal/ External Examiner

Date:.....

Name:.....

Signature.....Internal/ External examiner

Date

Name.....

Signature..... Internal/External examiner

Date.....

ABSTRACT

The prevalence of child sexual abuse continues to be a major public health problem worldwide. Recent international studies shows that between 8 – 31% of girls and 3-17% of boys experience childhood sexual abuse. While most of the research has concentrated on determining the magnitude of child sexual abuse in Zambia, very few studies have been done on factors that influence self-disclosure of abuse among young people. The aim of this study was to assess factors which influence self-disclosure of abuse among boys and girls in Lusaka. The objectives of the study were: to explore the nature and experiences of abuse suffered by boys and girls; to identify factors which influence self-disclosure of abuse among boys and girls and to assess the strategies used by boys and girls to cope with abuse.

These objectives were met by a descriptive study design with both quantitative and qualitative approach. The target population was 150 which consisted of victims of sexual abuse associated with YWCA. Simple random sampling and purposive sampling was used to select the sample of participants aged between 8-18 years from this population. Questionnaires (60) were administered through personal interviews which consisted of mainly closed-ended questions. In-depth interviews (13) were conducted to answer open-ended questions. The quantitative data was analysed using statistical package for social sciences (SPSS) and qualitative were grouped in trends and analysed thematically.

The results revealed that majority of the participants did not disclose sexual abuse to anyone and that most of them had experienced various forms of sexual abuse with the highest prevalence being vaginal sex. Lack of discussion of sexual issues between children and parents/guardians and the good relationship which the victim enjoyed with perpetrator before abuse were among the factors that influenced self-disclosure of abuse. Results on coping strategies showed positive attitude in using social withdrawal coping strategies and negative attitude in using social support coping strategies. The study concluded that the rate of self-disclosure is low and there are numerous factors that influence it.

It is recommended that parents discuss sexual issues with their children. The Government should also release the list of sexual offenders to the public so that community members are aware of sexual offenders living within their community.

DEDICATION

This dissertation is dedicated to my husband, Kennedy Malambo, one can't wish for a better partner than you. You have been a pillar, source of strength and a breath of fresh air in my life. To my children; Situ and Wina, you gave me the reason to move on. To my dear mother who is not even educated, you had dreams for me before I could even dream for myself and to my father; what more can any child ask for in life? You guys gave me the inspiration to finish my work. May Jehovah bless all of you.

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TABLE OF CONTENTS

Declaration.....	ii
Copyright.....	iii
Approval	iv
Abstract.....	v
Dedication.....	vi
Acknowledgement.....	vii
Table of Contents.....	viii
List of Figures.....	xiv
List of Tables.....	xv
Appendices.....	xvi
Acronyms	xvii
CHAPTER ONE.....	1
BACKGROUND INFORMATION.....	1
1.1. Introduction.....	1
1.2. Statement of the problem.....	4
1.3. Research objectives.....	4
1.4. Research questions.....	4
1.5. Significance of the study.....	5

1.6. Definition of terms	5
CHAPTER TWO.....	7
LITERATURE REVIEW.....	7
2.1. Introduction	7
2.2. Global perspective	7
2.3. Regional perspective	9
2.4. National perspective	11
2.5. Effects of child sexual abuse.....	14
2.6. Factors influencing self-disclosure of child sexual abuse.....	16
2.6.1. Severity of abuse.....	16
2.6.2. Age related factors.....	17
2.6.3. Victim- perpetrator relationship.....	18
2.6.4. Interview - related factors.....	20
2.6.5. Parental support.....	20
2.6.6. Relationship with non- offending relatives.....	21
2.6.7. Fear of not being believed.....	22
2.6.8. Victim’s culture.....	23
2.6.8. Tactics of the offender.....	24
2.7. Coping strategies.....	25
2.8. Theoretical framework.....	27
2.8.1. Child Sexual Abuse Accommodation Syndrome (CSAAS).....	27
2.8.2. Social exchange theory.....	28

CHAPTER THREE.....	30
METHODOLOGY.....	30
3.1. Introduction.....	30
3.2. Research design.....	30
3.3. Methods of research.....	30
3.3.1. Quantitative method.....	31
3.3.2. Qualitative method.....	31
3.4. Study area and population.....	31
3.5. Sampling technique.....	31
3.6. Data collection tools.....	32
3.7. Data analysis.....	33
3.8. Ethical Considerations	33
3.8.1. Informed consent.....	33
3.8.2. Deception of the participants.....	34
3.8.3. Violation of privacy.....	34
3.9. Limitations of the study.....	35
CHAPTER FOUR.....	36
PRESENTATION OF FINDINGS.....	36
4.1. Introduction.....	36
4.2. Background Information of the Respondents.....	36

4.2.1. Sex of respondents.....	36
4.2.2. Age group of respondents.....	37
4.2.3. School attendance and literacy.....	38
4.2.4. Parents’ employment status.....	38
4.2.5. Residential area.....	39
4.3. Nature and experiences of boys and girls.....	39
4.3.1. Nature of sexual abuse.....	39
4.3.2. Age when first abused.....	42
4.3.3. Identity of the perpetrator.....	43
4.3.4 Number of sexual perpetrators.....	43
4.3.5. Duration of abuse.....	44
4.4. Factors influencing self-disclosure of abuse among boys and girls	45
4.4.1: Rate of self-disclosure of abuse.....	45
4.4.2. First Person informed of the abuse.....	46
4.4.3. Action taken by person informed of the abuse.....	47
4.4.4: Duration to disclosure.....	49
4.4.5. Participants reasons for non- disclosure of sexual abuse.....	50
4.4.6. How parents/guardian discover the abuse of their child.....	52
4.4.7. Number of boys and girls threatened by perpetrator not to tell anyone of the abuse.....	54
4.4.8: Tactics used by perpetrator to prevent disclosure.....	54
4.4.9. Relationship with perpetrator.....	56

4.4.10. Type of relationship with perpetrator before abuse.....	57
4.4.11. Discussion of general sexual matters with parents/guardians.....	59
4.4.12. Comfort of discussing sexual issues with parents/guardians.....	60
4.4.13. Boys and girls preferred choice of confidant.....	60
4.4.14. Participants feelings towards the abuser.....	61
4.4.15. Person blamed for the abuse.....	62
4.5. Strategies used by boys and girls to cope with abuse.....	63
4.5.1. Number of boys and girls who received counselling when abused.....	63
4.5.3. Satisfaction with help received since disclosure.....	64
4.5.4. Feelings of self-worth.....	65
4.5.5. Person talks with to live past the abuse.....	67
4.5.6. Coping strategies used by boys and girls.....	67
4.5.7. Moving past the abuse.....	69
CHAPTER FIVE.....	72
DISCUSSION OF FINDINGS.....	72
5.1. Introduction.....	72
5.2. Background information.....	72
5.3. Nature and experiences.....	73
5.4. Factors influencing self-disclosure.....	74
5.5. Coping strategies.....	79

CHAPTER SIX.....81

SUMMARY, CONCLUSION AND RECOMMENDATIONS.....81

6.1. Summary.....81

6.2. Conclusion.....83

6.3. Recommendations85

6.4. Future research.....87

REFERENCES.....87

LIST OF FIGURES

Figure 1: Percentage of sex of respondents.....	37
Figure 2: Percentage of parents employment status.....	39
Figure 3: Percentage of residential area of the respondents.....	40
Figure 4: Percentage of rate of self –disclosure.....	46
Figure 5: Percentage of participants’ comfort of discussing sexual issues with parents/guardians.....	60
Figure 6: Percentage of number of children who received counselling when abused.....	64

LIST OF TABLES

Table 1: Respondents age group by sex.....	37
Table 2: School attendance and literacy levels of the participants by sex.....	38
Table 3: Percentage of sexual abuse suffered by boys and girls.....	41
Table 4: Percentage of participants age when first abused.....	42
Table 5: Percentage of identity of the perpetrator.....	43
Table 6: Percentage of sexual perpetrators.....	44
Table 7: Participants' duration of abuse by sex.....	44
Table 8: First person informed of the abuse by participant.....	47
Table 9: Percentage of action taken by person informed.....	48
Table 10: Percentage of duration to self-disclosure.....	50
Table 11: Percentage of participants reasons for non-disclosure of sexual abuse.....	51
Table 12: Ways in which parents discover their children's abuse.....	53
Table 13: Participants threatened by perpetrator not to tell anyone of the abuse.....	54
Table 14: Tactics used by perpetrator to prevent disclosure.....	55
Table 15: Relationship with perpetrator by sex.....	57
Table 16: Relationship shared with the perpetrator before the abuse.....	58
Table 17: Boys' and girls' discussion of general sexual matters with parents/guardians...	59
Table 18: Percentage of boys and girls preferred choice of confidant.....	61
Table 19: Percentage of participants' feelings towards the perpetrator.....	62
Table 20: Percentage of person blamed for the abuse.....	63
Table 21: Participants' satisfaction with help received since disclosure by sex.....	65
Table 22: Percentage of feelings of self-worth.....	66
Table 23: Person talks to in order to live past the abuse	67
Table 24: Coping strategies used by boys and girls.....	68
Table 25: Percentage of boys and girls who have moved past the abuse.....	70

LIST OF APPENDICES

Appendix 1: Interview Guide Children.....	96
Appendix 2: Interview Guide Key Informant.....	98
Appendix 3: Interview Guide Parents/Guardian.....	100
Appendix 4: Questionnaire.....	102

ACRONYMS

CSAC	Child Sexual Abuse Clinic
CSAAS	Child Sexual Abuse Accommodation Syndrome
CSA	Child Sexual Abuse
ILO	International Labour Organisation
LAZ	Law Association of Zambia
SECASA	South Eastern Centre against Sexual Assault
UTH	University Teaching Hospital
UNICEF	United Nations International Children's Emergency Fund
VSU	Victim Support Unit
YWCA	Young Women Christian Association
ZCEA	Zambia Civic Education Association

CHAPTER ONE

BACKGROUND INFORMATION

1.1. Introduction

The prevalence of Child abuse continues to be a major public health problem both in developed and developing countries. Worldwide child abuse, specifically child sexual abuse (CSA) has become the object of significant public attention in recent times. Recent international studies done in twenty four countries for example, shows that between 8 - 31 percent of girls and 3-17 percent of boys experience childhood sexual abuse (Barth, et al, 2013). In Africa, the magnitude of CSA is not known but the cases are on the rise. It is estimated that the cases are in the range of 28 to 33 percent for girls and boys 9 to 18 percent (Pinheiro, 2006).

In Zambia, the Zambia Police Victim Support Unit (VSU) reported 366 cases of child defilement in the year 2000, while in 2001 the number doubled to 715. Between January and June 2003, a total of 470 cases of child defilement were reported to the police through the VSU (Mulenga and Tembo, 2003). Over 6000 girls are said to have been defiled from 2010 to 2013 and in 2015 alone University Teaching Hospital (UTH) recorded 1182 cases (Adamu, 2015). According to Kachemba (2008), 90 percent of the sexual offences recorded at Zambia's UTH were between a girl and an adult male, showing that there are more girls than boys who suffer sexual abuse.

Alarming as the above figures may seem to be, many incidents go unreported, which means current statistics, shocking as they are, are still underestimated. Child sexual abuse is largely an unwitnessed and often undetected crime; hence children play a crucial role in disclosing the abuse. Paine and Hansen (2002), points out that, due to the covert nature of CSA and the frequent absence of physical evidence, the onus of initiating intervention to end the abuse through self-disclosure often falls upon the child. A child's self-disclosure of abuse may lead to identification of an offender who poses a threat to other children, resulting in therapeutic and legal interventions to prevent and /or halt the sexual

victimisation of other children (Paine and Hansen, 2002). Hence the importance of a child disclosing the abuse extends beyond individual benefits.

The impact of disclosure on physical and psychological wellbeing is mixed; many practitioners support the notion that disclosing, reviewing and transforming trauma memories are an essential part of treatment and healing (Esposito, 2013). Disclosure-through-rethinking or disclosure-through-description lead to improvements in depressed thought, low self-esteem and in people's ability to trust others (Esposito, 2013). In addition to self-esteem and positive cognitions about oneself, disclosure during childhood is of particular importance for stopping and preventing further abuse (Paine and Hansen, 2002).

The concern however is that, despite the positive effects that comes as a result of disclosure, most research shows that children do not disclose sexual abuse. Kilpatrick found that up to 90% of victims had never told anyone about their CSA experience, and child victims frequently do not disclose until adulthood (Cromer 2006). This means that majority of the perpetrators of child sexual abuses are still walking the streets Laumann and colleagues (1994), surveyed over 3,400 adults in the United States, and found that of those who reported contact sexual abuse before puberty, 74% of women and 78% of men did not tell anyone during their childhood. In addition, Smith et al (2000), reported that, even in cases where there is disclosure, there is often a delay of anywhere from one month to decades.

Attesting to the extreme difficulty of revealing the secret, studies continues to show the fact that many children who are suspected victims of child maltreatment are reluctant to allege abuse when formally interviewed even when there is clear evidence that they were in fact abused (Hershkowitz, 2014). These children suffer the negative effects of childhood sexual abuse which continue even in their adult lives. For instance, a retrospective cohort study about abuse during childhood, household dysfunction and multiple other health related issues was conducted from 1995 to 1997 among 17,337 adults in San Diego, California. Contact CSA was reported by 16% of males and 25% of females.

Compared to reporting no sexual abuse, a history of suicide attempt was more than twice as likely among both men and women who experienced childhood sexual abuse. Compared with those who did not report CSA, men and women exposed to child sexual abuse were at a 40% increased risk of marrying an alcoholic, and a 40% to 50% increased risk of reporting current problems within their marriage (Dube, et al, 2005).

Child sexual abuse is outlawed nearly everywhere in the world, generally with severe criminal penalties, including in some jurisdictions, life imprisonment or capital punishment. In Zambia, an adult's sexual intercourse with a child below the legal age of consent (which is below 16 years) is defined as statutory rape, based on the principle that a child is not capable of consent and that any apparent consent by a child is not considered to be legal consent (Daka, 2003).

In response to the public outcry over the increase in the sexual abuse of children especially defilement, the penal code was amended in July 2005 to provide for stiffer punishment (ZCEA, 2009). Section 138 of the Penal Code of Zambia states that any person who unlawfully and carnally knows any girl under the age of sixteen years is guilty of a felony and is liable to imprisonment for life (Daka, 2003). It further states that any person who prescribes the defilement of a child as a cure for an ailment commits a felony and is liable, upon conviction, to imprisonment for a term not less than fifteen years or to imprisonment for life (Daka, 2003). Defilement is now a strict offence with no defense to it. A person cannot, for example, claim that he or she thought the child in question was older than 16 years nor can they claim that the child consented to the act willingly (LAZ, 2009).

Yet even with such strict laws, sexual abuse cannot be stopped if there are factors that are inhibiting children from self-disclosing CSA happening in their lives. This is important because disclosure is the single most significant means by which sexual abuse is discovered (Lippert, et al, 2009).

1.2. Statement of the Problem

A lot of studies done in Zambia have focused on documenting the magnitude of child abuse but very few have been done to assess factors influencing self-disclosure of CSA. Many studies that have been done on factors influencing self-disclosure of abuse among children, have been done in western countries. But each victim of child abuse faces different challenges when it comes to disclosing the abuse, hence it cannot be assumed that children in Zambia experience the same obstacles to disclosure as those in western countries whose culture is very different from many developing countries. For this reason, it was therefore important to learn about factors which influence self - disclosure of abuse among boys and girls in Lusaka.

1.3. Research Objectives

1.3.1. General Objective:

To assess factors which influence self-disclosure of abuse among boys and girls in Lusaka.

1.3.2. Specific Objectives:

1. To explore the nature and experiences of abuse suffered by boys and girls.
2. To identify factors that influence boys and girls to self-disclose sexual abuse.
3. To assess the strategies used by boys and girls to cope with sexual abuse.

1.4. Research Questions

1.4.1. Specific research questions

1. What is the nature and experience of abuse suffered by girls and boys?
2. What factors influence boys and girls to self-disclose sexual abuse?
3. What strategies do boys and girls use to cope with sexual abuse?

1.5. Significance of the Study

Sexual abuse is a global human right issue which has raised concerns internationally. It is a problem which has been recognized worldwide and many studies have been done which shows the magnitude of this problem. In Zambia, there are very few studies that have been done to show factors which influence self-disclosure of sexual abuse among boys and girls. This study gave an opportunity to boys and girls who have been abused to be heard by giving their experiences and hence provide the means on how to improve self-disclosure of CSA. Self – disclosure plays a critical role in halting the abuse, addressing its immediate effects, and decrease the likelihood of negative long-term outcome (Paine and Hansen, 2002). Intervention, whether it is social support, social services, therapy, or providing material needs can have lasting positive outcomes for victims' well-being; however, access to these resources usually requires disclosure (Cromer, 2006). It was therefore, the major drive of this research to provide a clear picture on factors that influence self-disclosure of abuse among boys and girls in Lusaka, Zambia.

A good understanding of the factors influencing self-disclosure can improve disclosure rates and help interviewers do a better job when questioning children about alleged sexual abuse. It can also help people working with abused children to improve their services and provide conducive environment for interviewing children which will encourage self-disclosure of abuse. This, in turn, will help policy makers in finding effective measures to prevent further CSA. The study will also add to the body of knowledge on child sexual abuse in Zambia.

1.6. Definition of Terms

Self-disclosure- Disclosure involves two main actors – the discloser who has been exposed to the sexual abuse and who tells about this intentionally or by accident and the receiver of the disclosure who may be a representative of the authorities (formal receiver) or a layman, usually someone close to the child (informal receiver) (Lindblad, 2007). In this study self-disclosure is defined as the way in which the child or discloser who has been exposed to sexual abuse tells others about this abuse intentionally.

Child sexual abuse- This is the engagement of a child in sexual activities for which the child is developmentally unprepared and cannot give informed consent. An individual who was introduced to sexual activity before the age of 16 was considered to have suffered child sexual abuse. In this study, child sexual abuse is defined as an act or situation with sexual meaning where an adult is using a child in purpose to satisfy his or her own sexual needs (Svedin, 1999).

Coping Strategy -Refers to a range of diverse cognitions and behaviors used to manage the internal and external demands of a stressful or threatening situation. Coping strategies can be globally characterized as either emotion-focused coping, by which individuals attempt to regulate their emotions in dealing with the stressor, or problem-focused active coping, by which individuals engage in behaviors in an attempt to manage the problem situation. Emotion-focused coping strategies can be further refined into avoidance, distancing, self-blame, and controlling one's feelings and problem-focused coping can be further divided into confrontation, seeking social support, and planning how to actively respond (Lazarus and Folkman, 1985). In this study, it is defined in the same way as the behaviours chosen by the CSA victim to safeguard herself against the insecurity created by the abuse.

Perpetrator- in this study, this is the person causing the abuse

Child- In this study this refers to a boy or girl who experienced sexual contact with an adult before the age of 16 years old. Section 138 of the Penal Code of Zambia states that any person who unlawfully and carnally knows any girl under the age of sixteen years is guilty of a felony and is liable to imprisonment for life (Daka, 2003).

CHAPTER TWO

LITERATURE REVIEW

2.1. Introduction

The literature which was reviewed in this section contains information on studies done concerning CSA and it is divided in three parts-global perspective, regional perspective and national perspective.

2.2. Global Perspective

The prevalence of CSA is difficult to determine because it is often not reported; experts agree that the incidence is far greater than what is reported to authorities. CSA is also not uniformly defined, so statistics may vary between different countries and reports but one notable thing is that these statistics are consistently alarming regardless of the different ways in which child abuse is defined. Recent international studies done in twenty four countries shows that between 8 - 31 percent of girls and 3-17 percent of boys experience childhood sexual abuse (Barth, et al, 2013). The 2006 World Report on Violence against Children estimates that in 2002 approximately 150 million girls and 73 million boys were subjected to contact CSA worldwide, including 1.2 million trafficked children and 1.8 million exploited through prostitution or pornography (Pinheiro, 2006; ILO, 2002). Other research indicates that up to 36% of girls and 29% of boys have suffered CSA; up to 46% girls and 20% boys have experienced sexual coercion (<https://www.ammado.com/community/110475> accessed 20/10/2015).

Two recent meta-analyses of global prevalence studies produced strikingly similar estimates. The first analysis involved 37 male and 63 female samples across 22 countries, totaling more than 10,000 individuals. Definitions of CSA in the studies varied, with an upper age limit ranging from 12 to 17 years and approximately two-thirds of the studies including non-contact CSA. The investigators reported a combined mean prevalence of CSA in 7.9% of males and 19.7% of females, with the highest rates occurring in Africa and the lowest in Europe (Pereda, et al, 2009).

The second analysis included data from 331 studies representing nearly 10 million individuals. In this analysis, the total combined prevalence was 11.8%, with 7.6% of males and 18% of females reporting experiences of CSA. In this analysis, Asia reported the lowest combined prevalence for both boys and girls, while Africa had the highest prevalence for boys and Australia the highest prevalence for girls. This analysis also compared informant with self-report studies, and found that informant studies produced a much more conservative estimate of 0.4%, compared with 12.7% when assessed through self-report (Stoltenborgh, et al, 2011).

Some of the countries around the world have statistics that are more alarming compared to others. For instance a report by the ASHR (2016), indicated that, sexual offences against children in India have reached epidemic proportion. The report stated that more than 48,000 child rape cases were recorded from 2001 to 2011 and that India saw an increase of 336% of child rape cases from 2001 (2,113 cases) to 2011 (7,112 cases) (Ludovica, 2014) .

The situation in the United States is not anywhere better. The US Department of Health and Human Services' Children's Bureau report Child Maltreatment 2010, found that 16% of young people aged 14 to 17 years had been sexually victimized in that year, and over the course of their lifetime 28% of young people in the US, aged 14 to 17, had been sexually victimized. Adult retrospective studies show that 1 in 4 women and 1 in 6 men were sexually abused before the age of 18 which means there are more than 42 million adult survivors of CSA in the United States (Ludovica, 2014).

Ark of Hope (2016), reports a summary of the statistics of CSA in United States of America as of 2014. Their report indicates that child rape occurs every two minutes; 1 in 3 girls will be sexually molested before the age 17; 1 in 6 boys will be sexually molested before the age 17; a sex offender will molest an average of 120 victims, most of whom do not report it; 90% of molesters abuse children they know; often times, a sexually abused child is abused in other ways; every 10 seconds a child is abused or raped; 3.3 million child abuse were recorded in 2010; for every report, 2 more go unreported; there are 61,000 reports to Child Protective services per week which is equal to 6 per minute; of 1.5

million runaways, 85% are fleeing some form of abuse and only 10% of abusers do not know their abuser well. Every race and religion sees child abuse.

<http://arkofhopeforchildren.org/child-abuse/child-abuse-statistics-info> accessed 16/04/2016.

2.3. Regional Perspective

The magnitude of the problem in Africa is not accurately known but the limited data available shows that the prevalence of CSA in the region is not anywhere better than those from outside the continent. For instance, it is estimated that CSA cases are in the range of 28 to 33 percent of girls and boys 9 to 18 percent (UNICEF, 2015). A review article of CSA in Sub-Saharan Africa, puts the range between 3.2% and 7.1% of all respondents who reported unwanted or forced sexual intercourse before the age of 18 years (Lalor, et al, 2004).

In Zimbabwe 2011, there were 3,172 rape cases of juveniles recorded countrywide, an increase from 2010, when 2,883 were reported. A clinic in Harare, capital of Zimbabwe, said it had treated nearly 30,000 girls and boys who'd been abused in the previous four years <http://www.ibtimes.co.uk/child-sexual-abuse-top-5-countries-highest-rates-1436162> accessed 18/04/2016.

Another study conducted in South Africa surveyed 11,735 South African women between the ages of 15 and 49 years, about their history of rape during childhood. Overall, 1.6% reported unwanted sexual intercourse before the age of 15 years of age. Eighty-five percent (85%) of child rape occurred between the age of 10 and 14 years and 15% between the ages of 5 and 9 years (Jewkes, 2002). Another survey conducted on a sample of 640 University students in South Africa and found that 34.8% had experienced contact sexual abuse before the age of 18 years. Another study among high-school students in South Africa which tested for the relationship of the victim to the perpetrator found that almost 20% were victims of parental or guardian sexual abuse (Madu, 2002).

Certain widely held beliefs have been blamed to lead to the increase in the number of sexual offences. For instance, in South Africa, Suzanne Leclerc, an anthropologist at the University of Natal in South Africa, notes that, according to the virgin cleansing myth, a man can cleanse his blood of HIV/AIDS through intercourse with a virgin... sexual intercourse with a virgin is also thought to provide inoculation against future HIV infection (Rakoczy,2000). A survey done in 2002 among Daimler Benz automobile workers in Pretoria, by the University of South Africa, found that 18 percent believed the virgin myth (Smith, 2003).

In Botswana, when a girl child is raised, she is told it is okay to have sex with her uncle. Traditionally sex with young girls was sanctioned through arranged marriages, this tradition has changed but the perception that it is nice for an older man to have sex with a young girl is yet to change. This has led to increasing numbers of young girls being sexually abused. Certain cultural beliefs in Africa also contribute to the problem of abuse especially in Africa. In some cultures in African societies, it is believed that if bad luck befalls a person or a family, this can be removed by the man of the house having sex with a very young girl, a virgin, because it is believed that virginity destroys evil (Smith, 2003).

There are also some societal biases of female victims of sexual abuse which have been identified in Africa and they include: if a female is attracted to the male who sexually assaults her, she may be blamed for seducing him, rather than the blame being placed where it belongs: on the offender; if the girl does not fight her abuser, she may be viewed as 'liking it' and therefore blame is put on her as a willing participant. But the fact is that female victims of sexual abuse often don't give a struggle. Girls are still taught to be 'nice' and many will not fight off the offender because of this perception; if the girl is promiscuous, she is often blamed for her sexualized behaviour, rather than being seen as a legitimate victim of sexual abuse. But the fact is that, promiscuity in young girls is one of the signs of sexual abuse, as well as one of the effects of sexual abuse; if a girl dresses in a provocative way, she may be seen as 'asking for it'. That is she may be seen as inviting men to abuse her; if a girl receives money for sex, she is less likely to be perceived as a victim; if a girl is well endowed, if her body looks more mature than her years or if she acts more mature than her years, society may see her as looking older than she is or acting

older than she is and excuse the offender's behaviour, rather than recognize that the girl has been sexually abused (Barriere, 2015).

2.4. National Perspective

According to the Law Association of Zambia (2009), CSA takes various forms and is not restricted to sexual intercourse with a child. It includes acts such as deliberate improper touching of a child and fondling or touching in a way that the child senses to be offensive and does not like. Section 138 of the Penal Code of Zambia states that 'any person who unlawfully and carnally knows any girl under the age of sixteen years is guilty of a felony and is liable to imprisonment for life' (Daka, 2003). Defilement is now a strict offence with no defense to it. A person cannot, for example, claim that he or she thought the child in question was older than 16 years nor can they claim that the child consented to the act willingly (LAZ, 2009).

Statistics on the magnitude of CSA in Zambia are very limited and only the VSU and UTH have CSA databases. In 1999, the VCU reported 84 cases of CSA (VSU, 2010). In the following years, VCU reported 366 cases of child defilement in the year 2000 while in 2001 the number doubled to 715 and between January and June 2003, a total of 470 cases of child defilement were reported to the police through the VCU (Mulenga, Tembo, 2003). In 2008, UTH reported having had 1079 defilement cases, 1049 victims were females and 30 were males. In addition 233 victims were aged between 0-5 years, 218 victims were aged between 6-10 years, and 628 were aged 11- 15 years (CSAC, 2009). Over 6000 girls are said to have been defiled from 2010 to 2013, and in 2015 alone, UTH recorded 1182 cases (Adamu, 2015). According to Kachemba (2008), 90% of the sexual offences recorded at UTH were between a girl and an adult male, showing that there are more girls than boys who suffer sexual abuse. Zambia is said to have experienced a sharper increase of 248% in reported cases of defilement between 2007 and 2010 (VCU, 2010). Experts still believe that for every case reported, ten are unreported (Agency France Press, 2003).

Akani (2015), conducted a study on characteristics of sexually abused children in Zambia with 192 participants consisting of 3 boys and 189 girls, aged between 4 to 15 years. 99%

of the participants were referrals from the police. This study revealed that all the abusers were males with neighbours, boyfriends and non-relative adults constituting over 50% of the abusers in the study. Cases of incest (14%) were also reported with Uncles being the main perpetrators. Penile penetration was the main feature of the abuse which was 69.8%. Other forms of abuse consisted of oral intercourse 3.6%, abuser seen naked 58.3%, touching (clothed) 44.8%, touching (naked) 37.5%, kissing 22.9% stimulated intercourse 49%.

Chinunda (2013), conducted a study on the analysis of the prevalence of defilement cases in Zambia. The study revealed that sexual offences have remained very controversial in all societies. Despite amendments of the Penal code (2005) of the laws of Zambia, reports of defilement cases continue to rank highly in relation to other sexual offences. In 2011, there were 1,339 defilement cases reported with a total of 511 convictions representing less than half of the number of the reported cases. However, in 2012 the number of reported cases of defilement increased to 2,791 with a total of 192 convictions

A survey of 3,360 adolescents (defined as age 10 to 19 years) and found that 9% of adolescents reported a family member touching their breasts or genitals, 3% reported sexual intercourse, 2% reported oral sex, and 1% reported anal sex by a family member. Females were more likely to have been touched sexually than their male counterparts, but males were more likely than females to have had sexual intercourse or oral sex with a family member. In a pilot study conducted at the UTH in Lusaka in 2003, 99% of sexually abused children reporting to the gynecology ward were females (Chomba et al, 2010).

UNICEF (2003), conducted a study in Zambia to assess and determine the extent of child sexual abuse, its related factors and the extent to which it is underreported. The study used both quantitative and qualitative methods. The results of the study showed that female children are more at risk of sexual abuse, with 72% of female children experiencing this form of abuse compared to 28% of males (UNICEF, 2003). More than one quarter of the children who had been abused reported that most of their time was spent around the home (UNICEF, 2003). The implication is that a considerable amount of sexual abuse takes place in the vicinity of the home, and sometimes within the home itself. These findings

suggested that about one in every five cases of sexual abuse is likely to occur around the market and trading areas and another fifth in or near to the home and traditional ceremonies were also seen as facilitating the occurrence of sexual child abuse. Of the girls who acknowledged that they had been sexually abused, 82 percent also said that they had undergone initiation. (UNICEF, 2003).

In a study conducted by Kachemba (2008), in Zambia, 30 percent of child sexual offences were usually committed by relatives, 60 percent by teachers and stepfathers and 10 percent by strangers. In most cases, the families opt to settle offences within the family or at community level instead of taking the offenders to the courts of laws. For example, one housewife in Lusaka's Chawama township said that she would personally not be happy to see her defiler husband jailed for 25 years when there would be no one to provide for her and the children (Mulenga and Tembo, 2003).

Other research findings show that, one of the reasons given for not reporting is that, most parents of the abused girl first resort to demanding payment from the perpetrator. In the case where the perpetrator fails to pay, then the case is reported but in cases where monetary compensation is obtained, such cases are never reported to the police (ZCEA, 2009). Also some parents or guardians think that by not reporting the matter to the police, they are protecting the innocent children and their family reputation especially when the offender is a close relation like an uncle, brother or father while others claim fear of shame and stigmatisation of the victims and their families. This leads to reluctance on the part of the family to report especially where the perpetrator is dominant, richer and /or more powerful in the community (UNICEF, 2003).

Poor reporting by victims themselves to adult caretakers or family members occurs due to a lack of awareness by young children, fear that the child himself or herself may be considered to have consented and be held responsible, or even where the perpetrator is an authority figure such as teacher, extended family head or members on whom the child is dependent (UNICEF, 2003). Some people's lack of faith in the official law enforcement mechanisms (police, courts of law) coupled with weak capacities of these agencies also leads to underreporting of cases. Results of this study also revealed that, enforcement of

the law related to sexual abuse of children is also very weak. In some instances those meant to enforce the law end up conspiring with the exploiters or being exploiters themselves. (UNICEF, 2003).

However these statistics are only limited to cases that have been reported. As a result, the figures above are but a small percentage of the actual number of CSA cases occurring around Lusaka district. The bigger number of those abused is still not known because in Zambia, most reported CSA cases come to the attention of medical personnel because of symptomatic sexually transmitted diseases (STDs) (Chomba, 2010). This means that the numbers of those that don't show any symptoms of being sexually abused is still hidden.

2.5. Effects of Child Sexual Abuse

Studies show that some of the characteristics of the abuse experience and the aftermath have been found to affect the degree to which symptoms appear in the survivors (Cosentino and Collins, 1996, Willingham, 2007). It is pointed out for example that abuse perpetrated by someone who was close to the child (such as father or step fathers), over a long duration, with a high frequency of sexual contact is associated with more severe symptoms. In addition, abuse that includes sexual acts such as oral, anal and vaginal penetration and abuse that is violent or involves physical force were associated with increased trauma (Collins and Cosentino, 1996).

Al-Mahroos et al (2011), explained that professional and public concerns about CSA are justified by the serious short and long term consequences. James and Gilliland (2001), asserted that the devastating impacts of CSA on physical, mental and psychological well-being of children and future adults spurn the individual, the family and society. It was found that, this problem holds profound implications for mental health and wellbeing of a very large proportion of people. More worrisome was said to be the phenomenon of survivors in future turning into offenders, thereby perpetuating the vicious cycle of CSA which continues from generation to generation (Cosentino and Collins, 1996). Cosentino

and Collins also contends that a broad range of behavioral difficulties had been identified in sexually abused children. Notable ones being sexualized behavior patterns such as open and compulsive masturbation, sexualised play with dolls, seductive behavior, age-inappropriate sexual knowledge and sexual aggression (that is, coercing others to repeat and re-enact the sexual victimisation); this is often considered to be among the most salient effects of CSA in children (Cosentino and Collins, 1996). On a similar note, a study conducted on violence and post-traumatic stress disorder in five countries found that 83% of the respondents in the study who were in prostitution including Zambia had indicated a history of child sexual abuse (Farley et al, 1998).

In a South African study, Phasha (2007), investigated school functioning of individuals with childhood sexual experiences. The study investigated 24 survivors (23 female and 1 male) of child sexual abuse. Their ages ranged from 15 to 23 years. The findings revealed that survivors' school functioning had been negatively affected. Their emotional reactions to the abuse were found to have interfered with their ability to concentrate in class, as their minds were preoccupied with the thought about the experience. He also found that the effects of CSA on school attendance were found to lineally vary with the nature and identity of the CSA and perpetrators respectively. Skipping class was found to be common negative effect of CSA on school attendance but mostly if their disclosure was not believed by their non-abusive parents. Staying away from school for many days in succession was found to be common only among survivors of once – off rape perpetrated by nonrelatives (Phasha, 2007).

On the other hand, survivors of long term intra-familial sexual abuse attended school regularly and children whose disclosure was not believed by their own parents withdrew from social contact in apparent avoidance of people capable of causing harm. Unfortunately, this avoidance of other people included their own peers, meaning that they were incapable of cultivating meaningful social relationships with their peers (Phasha, 2007).

A report by the YWCA (2010), indicated that when girls are admitted to the Children in Crisis Centre (CICC), the following has been observed; most of them blame themselves for what happened especially relating to sexual abuse, while others feel that they are not loved by God hence the abuse; others begin to accept what happened in a negative way and look at it as something normal and can happen again to them; others feel insecure and others lose their self-esteem and feel like they will never look beautiful again.

2.6. Factors Influencing Self-Disclosure of Child Sexual Abuse

There is still very little known on how to elicit information from children who don't disclose sexual abuse, the optimum strategy which has been employed by many investigators of child sexual abuse is to utilize the available sources as much as possible: that is elicit information from children who allege abuse and are brought to the attention of the authorities. Careful and thorough questioning of these children utilizing the most up-to-date interviewing approaches is the best possible way of determining what factors influence children to self-disclose sexual abuse. Purposeful and accidental disclosure are two main types of disclosure that are common. Mian, et al. (1986), define purposeful disclosure as an intentional and deliberate revelation of the abuse with clear intent of revealing its existence and accidental disclosure as a statement made without forethought or intent to reveal the abusive relationship. Accidental disclosure may also occur when a physical symptom is detected or when a child displays some behavioural or emotional symptom (Shackel, 2009). Sorenson and snow (1991), studied 116 children who were sexually abused and found that accidental (74%) was the most common type of disclosure.

2.6.1. Severity of Abuse

Leander argues that recent research on actual cases of child sexual abuse reveals children's reluctance to discuss sexual events, even when they likely remember what occurred (Leander, 2007). Results of a large study revealed that children at the extremes of the spectrum of severity were least likely to disclose their sexual victimization (Goodman, 2014). Gomes-Schwartz et al., (1990) found that 54% of children subjected to intercourse did not disclose their abuse. At the opposite end of the spectrum of severity, 50% of those

who experienced attempted sexual activity or noncontact forms of sexual abuse also did not disclose.

A recent report by Allnock and Miller (2013), on the experiences of disclosure among young men and women in the United Kingdom finds that the time lag between the onset of sexual abuse and the point at which young people tried to tell someone ranged from one week to 18 years with the average lag being 7.8 years and threats made by the perpetrator prevented many from disclosing sexual abuse.

Smith (2000), also observed that there is a link between severity of abuse and disclosure. He concluded that, a series rather than a single episode of rape related to delayed disclosure and this delay was from months to decades.

2.6.2. Age Related Factors

Some researchers such as Bussy and Grimbeek (1993), who propose a dynamic and interactive model have found that age related factors sometimes can be the reason behind lack of disclosure of abuse. The authors noted that disclosure varied according to a child's cognitive capacity and their experience of the world (Leander, 2007). But the relationship between age and disclosure has provided mixed results among different researchers. Several researchers like Arata (1998), and (Kellogg and Hoffman, 1995), fail to find any relationship between age and delay of disclosure.

London et al. (2008), propose two explanations for the difference in disclosure patterns related to age. One reason for the difference of results is that there may be a higher rate of non-abused children in samples of young children. Another reason is that, young children may not be mature enough or have the linguistic or cognitive ability to recognize, name and describe abuse. This is similar to the findings of (Goldman and Goldman, 1982), who conducted a study of children aged 5 to 15 years in Australia, North America, Britain, and Sweden and discovered that, young children lack of knowledge may hinder their disclosures of sexual abuse. Because young children may have limited knowledge about societal sexual abuse, they may not fully understand that the abuse is wrong and inappropriate. Consequently they are unlikely to disclose the abuse to adults (Bancroft, 2009). This may help explain why a number of studies on sexual abuse of children tend

to show that preschool age children appear more likely to disclose accidentally and in response to a precipitating event (Paine and Hansen, 2002).

2.6.3. Victim- Perpetrator Relationship

The American Psychology Association (2003), conducted a study to find out what kind of people committed sexual abuse. The study revealed that majority of the offenders were family members or were otherwise known to the child. Sexual abuse by strangers was not as common as sexual abuse by family members. Research revealed that, men perpetuate most instances of sexual abuse, but there are cases in which women were the offenders.

Other studies have tested the disclosure pattern of children in association with the relationship which they have with the offender. Four of the five representative surveys (conducted in the United states of America) that tested for the effects of relationships on disclosure found that the relationship mattered, with closer relationships leading to lower rates of reported disclosure (Lyon and Ahern, 2010).

The victim–perpetrator relationship is not only most often a familiar one, but is also often an emotionally close and significant one. The individual perpetrating the abuse is often a parent or parent-figure (Lyon and Ahern, 2010). When asked about their relationship with the perpetrator, most of the children described their relationship with the perpetrator as positive. Many expressed ambivalent feelings toward the individual perpetrating the abuse. Over half said that they loved him, liked him, needed or depended on him. Nearly half also reported they hated him. (Berliner and Conte, 1990).

Arata (1998), also found that if the perpetrator is a relative or acquaintance, victims of child sexual abuse are less likely to report the offense, or they are likely to disclose the abuse after a delay. In his study 73% of the victim’s did not disclose the abuse when the perpetrator was a relative or stepparent.

Sauzier found that children were least likely to disclose when the perpetrator was a parent, with 53% never disclosing (the incest was discovered by accidental means, in extra familial children are more likely to disclose immediately although only 39% did so even

then (Goodman-Brown et al, 2003). This means that the problem of disclosure is big putting into consideration the fact that most research confirm the fact that only a minority of sex offenses against children are perpetrated by strangers. For instance, in Smallborne and Worley's (2001), survey of 182 child sex offenders, only 6.5 percent of offenders had their first sexual contact with a stranger. Rather, child sex offenders either seek out or take advantage of opportunities to molest children with whom they are familiar. Similarly, A GBV survey conducted in 2006 in Zambia reported that the most common place of first sexual abuse was, the abuser's home 27%, school 15% and 11% in the respondents home (CSO, 2006).

Allnock (2010), points out that an explanation for lack of disclosure may be that children who experience abuse within the family have greater fears about betraying a parent, or fear punishment and/or other negative consequences as a result of their disclosure. When the abuse occurs in the family, children may be afraid of punishment by the offending parent, feel personally responsible, or be concerned about harm to the familial unit that results from the disclosure (Hershkowitz et al, 2007). In the same line, Sanderson (2006), argues that sexual abusers are invested with a considerable amount of trust and status with which it is hard to reconcile allegations of child abuse. Bowlby (1998), also argues that it is through their relationship with others that children gain a sense of security and a belief that the world is a safe place and when abuse comes from this relationship a child may resort to non-disclosure for fear of losing this relationship.

In a related study, a survey of 203 students in Florida, Hardy (2001), found that only one of the fifteen students who had been sexually abused by their sibling disclosed to an authority figure. In another study, 13% of the sample of 796 college students who were sexually abused by their siblings, only 12% ever disclosed (Carlson, et al., 2006), thus suggesting an elevated rate of non-disclosure and secrecy in such cases. Situational factors such as the abused or offending sibling leaving the home were more likely to end the abuse than a disclosure.

On the other hand, in a study conducted in Sweden involving sexual assaults of six girls and two boys from three- to ten-years of age, Leander et al. compared victims' reports to

the perpetrator's photographs of the sex crimes. The children had been abducted, each on a different day and one at a time, by a single man who was a stranger to the children. The children's accounts to the police, provided one day to five-and-a-half years after the assaults, were compared to the photographs and other evidence present in the case. Although the perpetrator neither threatened nor told the children to keep the incidents secret, six of the eight children either failed to provide any information about the sexual assault itself or provided very little sexual information. Only two of the eight children gave detailed reports of the sexual acts (Goodman, 2014). These results suggest that children may be reluctant to report sexual abuse not only in cases of intra-familial abuse, as one might expect, but also in cases of extra-familial abuses.

2.6.4. Interview - Related Factors

Leander studied other cases involving sexually abused children and adolescents (twenty-two girls, five- to seventeen-year-olds) in which there was again documentation (e.g., film, photographs) of the sexual abuse. The abusive experiences included genital touch, masturbation, and sexual intercourse. In the first interview with the police, many of the children denied the abusive acts. However, with repeated interviews, the children disclosed sexual information, providing twice as much new sexually related information at the second and third interviews relative to the first interview. These results suggest that being interviewed more than once may help reluctant children disclose more information about their sexual experiences (Goodman, 2014). In this case it is not just the relationship with the abuser that determines how children disclose sexual abuse but also the way in which they are questioned about the actual events.

2.6.5. Parental Support

In a study of over 4,000 Swedish high school students, both girls and boys who reported that they had not previously disclosed sexual abuse also reported that they perceived their parents as less caring than the adolescents who had disclosed sexual abuse. Parental support thus plays a large role in whether children choose to disclose ongoing abuse generally (Goodman, 2014).

Kogan (2004), conducted a study on adolescent girls and found that young women between the ages of 7 and 13 years were most likely to tell an adult while those aged 14 to 17 were more likely to tell peers. He also found that the older teenagers were more likely to disclose experiences of unwanted sexual experiences with peers to other peers than childhood abuse experiences with adults. Thus in addition to there being developmental differences in choice of confidante with younger children tending to tell parents and older teenagers tending to tell their peers, the nature of the abuse experience may influence the choice of confidante at different stages of development.

A survey conducted in the United States asked respondents reporting abuse what factors deterred disclosure. The most common reasons were embarrassment and shame 25%, expectations that the disclosure recipients would blame them 29%, and that they would not be believed or not helped 23% (Anderson et al, 1993). Respondents in Anderson and colleagues' survey (1993), also mentioned concern for others: 24% stated that they didn't want to upset anyone, and 14% wanted to protect the abuser. In contrast in another survey by Anderson and colleagues (1993), only 11% mentioned their fear of the abuser while 18% stated that they were not bothered by the abuse.

2.6.6. Relationship with Non- Offending Relatives

Children's relationships with non-offending caregivers may also work against children's disclosure of sexual abuse, as children may feel the need to protect those who they love. Children may delay disclosure out of fear of the negative consequences for others, including non-offending parent (Goodman et al, 2014). In a qualitative study of children's disclosures of sexual abuse, researchers found that one factor in children's hesitation to disclose was their fear of the negative implications for their mothers. The children were concerned that disclosure might lead to divorce or be too much for their mothers to handle emotionally (Goodman et al, 2014). In a review of children's interviews regarding the alleged sexual abuse, approximately a third of the children stated that they expected consequences to individuals other than the perpetrator or themselves, usually mothers or siblings. Children who expected negative consequences for others were also more likely to delay disclosure (Goodman et al, 2014).

2.6.7. Fear of not being believed

Many CSA victims have reported they delayed or refrained from disclosing their abuse because they feared they would not be believed (Furniss, 1991). This fear is not only one instilled by perpetrators to maintain the child's silence, it is one that is borne out in reality for too many children. Results of two studies found nearly one child in ten who disclosed their sexual victimization reported their disclosure was received with disbelief (Berliner and Conte, 1995; Gomes-Schwartz et al, 1990). The study by Gomes-Schwartz et al. (1990) revealed that children's initial disclosures failed to lead to any intervention in 17% of the cases and lack of intervention was attributed to the disbelief of the confidant in approximately half of these cases with the remainder attributed to the failure of the confidant to take any effective action to halt the abuse. Nearly 52% of adult incest survivors responding to a questionnaire reported their abuse continued for a year or more following their disclosure (Gomes – Schwartz et al, 1990).

Sanderson (2006), reported experiences of one survivor who was sexually abused by her father who focused all her energies on gaining acknowledgement from her non-abusing mother. Despite her court case, her mother was unwilling to acknowledge the impact of her child abuse. She felt unable to deal with her experiences until she had full acknowledgement from her mother. This demonstrated her need for external validation rather than trusting her own internal self of child sexual abuse experience.

Alaggia (2005), analysed the disclosure of child sexual abuse male and female survivors which he highlighted in themes. For men, the themes that inhibited or precipitated disclosure were sex or gender related—fear of being seen as homosexual, feelings of isolation due to the belief that boys are rarely victims, and fear of becoming an abuser whereas for women they appeared to have more difficulties disclosing because of internal confusion about who was responsible for the abuse and fears of being blamed or not believed.

2.6.8. Victim's Culture

The influence of a victim's culture on disclosure is rarely examined. In one exception, Washington Post (2001), studied the disclosure patterns of female African-American victims of sexual assault and found that their experience and identity as African-Americans influenced a number of important factors such as whether they disclosed, to whom, their knowledge and socialization around sexuality, and other cultural rules regarding revealing personal problems and information to others, and the amount of support (if any) they expected to receive from institutions such as criminal justice.

The victims' culture and upbringing is a potentially powerful predictor of whether a woman discloses and the manner in which she does. There are a number of important factors that may influence disclosure. Mbungua (2007), argues that in most African tradition, the family and immediate community other than parents, provided adolescents with information and guidance about sexuality but these traditional channels of communication are almost non-existent today. In fact, studies of adolescents show strong cultural influences on help-seeking often in the direction of not seeking help from others (Washington, 2001). Compared to males, females are typically more comfortable with help-seeking, but cultural and ethnic norms may carry more weight in influencing disclosure (Washington, 2001). For instance, parents' comfort around discussing and educating their daughters about healthy sexual behavior could impact how comfortable young women feel in approaching them with questions or confusing situations they encounter. Jaccard and Dittus (1991) found that approximately 15-25% of parents had not discussed sexual topics (e.g., birth control) with their adolescent children. Thus, if parents do not initiate it, many young women may not have the opportunity to openly discuss important sexual topics during the very time when they are likely to encounter sexual situations.

Similarly, Holmes et al (1997), observed that male victims are relatively unlikely to disclose their experience of childhood abuse, and (as a coping strategy) they deny the impact of sexual abuse on their lives because males victims are socialized to be dominant, to be in control, and to enjoy sexual experiences, being placed in the role of victim and

accepting and disclosing abuse are often extremely problematic for men, as the rape experience undermines their concept of masculinity, which may be further threatened by the prospect of disclosure. Findings in Sudderth (1998), suggested that without an appropriate setting for young women to discuss their sexuality, any dialogue about sexual coercion is silenced as well. Thus, due to lack of communication and education from their parents, many young girls including boys may be reluctant to allege sexual abuse and this may perpetuate the problem. A related issue is the way in which sex is viewed within her culture and religion, (e.g., shameful, natural, for procreation only). In a society in which abstinence is highly promoted for prevention and religious purposes, women may feel uncomfortable and/or ashamed about discussing sexual experiences, even unwanted ones (Sudderth,1998).

2.6.8. Tactics of the Offender

In trying to understand the dynamics of child sexual abuse researchers have studied child abuse from the sex offender's perspective. Thomas and Ahern (2010), suggests that studying the modus operandi provides the means of understanding the reasons why victims delay disclosure, fail to disclose abuse, or appear inconsistent in their disclosures. The research provides insight into the means by which sex offenders choose their prospective victims, obtain access to children, befriend children, desensitize children to sexual touch, progress to more serious sexual activities with children, and convince children to keep the abuse a secret. The results of the studies consistently showed that, most child molestation cases typically includes attempts by the offender to obtain the assent and cooperation of victims. With this level of planning and preparation, offenders are unlikely to abuse any victim on only one occasion; at least two-thirds maintain the same victim over time (Elliott et al 1995; Smallborne and Wortley, 2001).The first step for the sex offender is to befriend the child, typically before any kind of physical contact is attempted. Leclerc and colleagues' review (2009) noted that child sex offenders adopt strategies "that are similar to prosocial behaviors which consist of demonstrating love, attention and appreciation". This approach may well explain why abuse is never disclosed and can go on for month's even years without coming to the attention of relevant authorities.

2.7. Coping Strategies

Coping has been suggested as an important element in understanding the long-term functioning of individuals with a history of child sexual abuse (CSA). The outcome of abuse-focused treatment was examined in a sample of 105 sexually abused children, 71 of whom completed 3 months of treatment or longer, at 9 months Anxiety and Post-traumatic Stress continued to decrease, and at 1 year those still in treatment showed decrements in Anxiety, Depression, and Post-traumatic Stress. As a result, the relevance of children who go through traumatic experiences to receive therapy cannot be overemphasized (Sanderson, 2006). (SECASA, 2015), mentions the advantages as of a counsellor as: helping victims to build a support network and consider the ways in which the people in their life can be helpful; providing victims with useful techniques and skills that they can use now which might help thinking about current behaviour and feelings in a different way; stop stress and triggers before they affect the victim's whole life; encourage a victim to talk about the assault and develop a network of support which can be very important part of the healing process; help a victim come up with a safety plan on what to do when they experience various situations relating to the impact of sexual abuse; equip the victim with tools to remind them that the abuse is not happening now. They are remembering the abuse and that can be very painful. But, no matter how painful, it is still just a memory and tell the victim that the feeling will pass and that you will be alright.

According to Lazarus (1993), coping can be analyzed in terms of its function, which can be problem-focused or emotion-focused. Problem-focused coping changes the stressful situation by acting on the environment or on oneself; emotion-focused coping attempts to change either how the situation is dealt with, or the meaning of what is happening. Active problem solving also tends to be an effective strategy across a wide range of stressful situations, while emotion-focused coping is typically less effective. In other words, coping methods often are categorized as effective (e.g., directly addressing a problem) or ineffective (e.g., avoidance),

Futa et al (2003), for example, assessed the effects of problem-focused coping (problem-focused scale), emotion-focused coping (wishful thinking, distancing, emphasizing the

positive, self-blame, tension reduction, and self-isolation scales), and a mixed problem- and emotion-focused coping strategy (seeking social support scale) in a sample of female undergraduate students who had suffered some form of sexual or physical abuse during childhood. In the abused group, results showed lower scores on social support seeking and self-isolating and higher scores on self-blaming and wishful thinking when dealing with childhood memories which predicted poorer adjustment.

Brand and Alexander (2003), have also carried out research on this model. In a sample of adult women victims of incest during childhood, they used the distinction between problem-focused and emotion-focused coping to study their influence on psychological adjustment. Emotion-focused coping subscales were disengagement, self-control, avoidance, and acceptance of responsibility. Problem-focused coping comprised planning the solution of the problem, seeking social support, and confrontation. Results showed that CSA victims who used avoidance strategies to a greater extent had higher scores on depression and psychological distress. However, seeking social support, a problem-focused strategy, was related to higher scores on depression and distress, whereas disengagement, an emotion-focused strategy, was related to lower scores on social disadjustment. A similar study conducted by Frazier and Burnett (1994), of 67 rape victims and found that coping strategies such as staying at home and withdrawing from others were associated with higher levels of psychological distress. Seeking social support and counseling, talking about the rape and keeping busy were found to be the most helpful coping strategies. Results from this study indicate that approach strategies may be more helpful to sexually abused individuals following an assault than avoidance-focused strategies.

Most of the literature reviewed have focused on adult recollections of childhood sexual abuse, few studies have sampled children themselves in conducting studies dealing with factors influencing self-disclosure. Studies that have been done in Zambia have mainly focused on determining the magnitude of the problem and revealing the characteristics of CSA in Zambia. This study intends to fill this gap in knowledge by identifying factors influencing disclosure among boys and girls in Lusaka.

2.8. THEORETICAL FRAMEWORK

2.8.1. Child Sexual Abuse Accommodation Syndrome (CSAAS)

In 1983, Roland Summit proposed a theory he called the Child Sexual Abuse Accommodation Syndrome. He posited that, due to the trauma of experiencing child sexual abuse, children will be reluctant to tell others about abuse. In addition, he conjectured they often will fail to come forward to make reports. He further claimed that when directly asked, many will deny the abuse or make tentative statements that they later recant. The theory has had a tremendous influence on the field of child abuse investigations and is often cited in court (London et al, 2005). The five stages of this “syndrome” include secrecy, helplessness, entrapment and accommodation, delayed, conflicted, and unconvincing disclosure, and finally retraction of disclosure.

During the first stage, Summit (1983), describes “*secrecy*” in which the child fails to disclose the abuse because they fear the perpetrator. Next, the child enters the stage of *helplessness*, where the perpetrator is in a trusted position of authority which leads to imbalance of power, where the imbalance of power from an adult perpetrator and a child victim leads to the child’s victimization, often with no contest from the child. Due to the feeling of helplessness, *accommodation* follows. According to Summit, the child accommodates the perpetrator’s sexual demands and requests for secrecy in order to cope with the abuse that often comes from a trusted adult. The reasons for accommodation include the child’s sense of need to keep the family together and to avoid betraying the perpetrator. The results of accommodation, Summit theorized, include delinquency, self-mutilation, altered reality and consciousness, rage, and sociopathy. The behavioral characteristics associated with accommodation are then presumed to lead to the fourth stage, which is an unconvincing disclosure as the child’s character comes into question. Finally, Summit proposed the final stage of *recantation* that results from negative reactions to disclosure by individuals who comprise the child’s support system. Although Summit (1983), originally presented CSAAS as a phenomenon that applied in familial

abuse cases, he wrote a later paper extending the syndrome to non-familial CSA cases as well (Summit, 1992).

In the time since this “syndrome” was proposed it has been used as evidence in the courtroom that children’s denials and recantations of abuse should not be overlooked as they are often symptoms of CSAAS (London et al., 2005). Another implication of CSAAS is that forensic interviewers are led to believe that, if disclosure rates are low, then the denial/recantation aspect of CSAAS can be inferred as the cause. These beliefs, then, are sometimes used as a justification for high-pressured leading, repeated interviews.

2.8.2. Social Exchange Theory

Leonard has offered an interesting analysis of the CSAAS (Summit, 1983), from the perspective of social exchange theory. Exchange theories are based on the guiding premise that “individuals pursue those social relationships and interactions in which, based on perceptions of rewards and costs, they get the best payoffs, or the greatest reward for the least cost conversely, individuals avoid exchange relations that are high in cost to them. (Leonard, 1996). The potential for the use or abuse of power is intrinsic to the exchange perspective. In this vein, Leonard notes that Blau (1964), proposed the definition of power be expanded to read that “it is the ability of persons or groups to impose their will on others despite resistance through deterrence either in the forms of withholding regularly supplied rewards or in the form of punishment, both being negative sanctions”.

Applying principles of cost and rewards to each of the five components of the CSA Accommodation Syndrome, Leonard attempts to demonstrate that each component reflects the least unprofitable of the limited options child victims perceive are available. He extends this theory to perpetrators and members of the victim’s family. His application of exchange theory to one component of the CSA Accommodation Syndrome (*i.e.*, entrapment and accommodation) is offered to illustrate. Subjected to repeated sexual abuse without intervention, the child victim holds little hope for rescue or a timely end to the abuse (entrapment). From the perspective of exchange-equity theory, an individual in an inequitable relationship with another grows increasingly distressed as the inequity

mounts. “In order to reduce the distress, an individual can restore actual equity (rarely an option for a child in an abusive dyad) or psychological equity” (Leonard, 1996). Psychological equity is achieved by distorting reality in order to convince themselves that the treatment they are receiving is deserved (accommodation) (Leonard, 1996).

Research has demonstrated that under the right conditions, both “exploiters” and their victims are capable of convincing themselves that even the most inequitable exchanges are fair (Leonard, 1996; Walster, 1978; Walster, Walster, and Berscheid, 1978). The perpetrator conveys the notion to the child that being good means being available and compliant. “Frequently, there is an implicit or explicit promise of reward to the child for being ‘good,’ such as the preservation of the home, and/or the protection of siblings from sexual abuse” (Leonard, 1996).

CHAPTER THREE

METHODOLOGY

3.1. Introduction

This chapter presents a discussion on the way in which the research was carried out; the design, sample area, procedure and size; research instruments used and the means used in the collection and analysis of data.

3.2. Research Design

This study used a descriptive study design to enable the researcher give a clear picture on factors influencing self-disclosure of abuse among boys and girls in Lusaka. This study design was chosen because descriptive research provides an accurate portrayal or account of the characteristics of an individual, event or group in real-life situations for the purpose of discovering new meaning, describing what exists, determining the frequency with which something occurs and categorizing information (Burns and Grove, 2009).

3.3. Methods of Research

Both quantitative and qualitative information was collected in this study in order to have a holistic approach and to compensate for the inadequacies and maximize the benefits from the advantages of both of them.

3.3.1. Quantitative Method

Aliaga and Gunderson (2000), defines quantitative research as explaining phenomena by collecting numerical data that are analyzed using mathematically based methods (in particular statistics). In this study quantitative methods were used to answer questions dealing with the nature and experiences of sexual abuse, to identify factors influencing self-disclosure and also helped to identify coping strategies used by children who are

abused. The use of quantitative method in this case made it easy to have a numeric picture of the situation.

3.3.2. Qualitative Method

In-depth interviews were used to collect information from open ended questions. Research indicates that children's accounts of their own experiences of sexual abuse are more detailed and more accurate if they are given in response to open-ended questions (Sternberg et al, 1997). In addition, Hogan (2005), argues that the recognition of children as active agents in their own development, as meaning-makers of their own unique experiences cannot be acknowledged by children's interviews through adults or through structured questions only. A qualitative research approach was important therefore as it "aims to capture children's lived experiences of the world and the meanings they attach to those experiences from their own perspectives" (Hogan, 1998). The use of in-depth interviews in this case helped to bring out children's experiences together with feelings and emotions that are attached to child sexual abuse disclosures.

3.4. Study Area and Population

The study was conducted at Young Women Christian Association (YWCA) in Lusaka. It is one of the centers where children who allege sexual abuse are referred for counselling or shelter protection. It is located 4Km east of the city center just opposite of the UTH. This center receives children who come from diverse cultural background, norms, beliefs, and tribes of Zambia. The UTH which is the biggest hospital in Zambia usually refers sexually abused children to this centre for counselling. Other children associated with this centre are recruited through YWCA's own outreach programme.

The study targeted 150 participants who had experienced their first sexual abuse before the age of 16 years. This group which consisted boys and girls between the ages of 8 to 18 years. Key informants consisting of 2 parents (male and female) whose child had gone through sexual abuse and 1 child counselor also participated in this study. The minimum age for recruitment in the core group was 8 years and it was chosen because children at this age were able to understand the questions and are also able to express themselves

clearly. This age group (8 -18 years) had been targeted because research shows that this is the age group where the country has witnessed a number of defilement cases.

3.5. Sampling Technique:

The target population was 150 victims of sexual abuse who were actively associating with YWCA. Sixty participants were drawn from this population to participate in the quantitative research and simple random sampling was used to select the participants from the list of clients at YWCA. Telephone and house calls were made to invite those who were selected to participate in this study from list of clients at YWCA. If the participant refused to participate another name was drawn at random to participate in the study so as to meet the sample size. According to Cohen (2007), this method involves selecting at random from a list of the population (a sampling frame) the required number of subjects for the sample. By using this method in this study, each member of the population under study was given equal chance of being selected and the probability of a member of the population being selected is unaffected by the selection of other members of the population, meaning each selection is entirely independent of the next. Purposive sampling was used for participants in the in-depth interview. The main concern for using this sampling method was to acquire in-depth information from those who are in a position to give it (Cohen, et al, 2007). For this purpose 10 participants (3 boys and 7 girls) and 3 key informants were chosen for this study.

3.6. Data Collection Tools

Both qualitative and quantitative primary data were collected using the questionnaire and interview guide respectively. Sixty questionnaires were administered through personal interviews while 13 respondents consisting of 10 children and 3 key informants participated in in-depth interviews. The researcher engaged the help of two trained research assistants from YWCA with experience in working with abused children to help with conducting interviews with the participants.

3.7. Data Analysis

Data analysis involved summarising large amounts of data collected to make sense out of it. Patton (1987), suggests that three things occur during data analysis; data are organized, reduced through summarization and categorization and patterns and themes in the data are identified and linked. The purpose of analysis is to interpret and hence convert the data into a story that describes the phenomenon or participants' view. The process involves collecting data that will inform the study, breaking down the data into various categories and making connections between these categories in terms of relationships among them and interpreting them (Kawulich). In this case, quantitative data obtained through questionnaires under closed ended questions were first organized by checking for completeness and accuracy then analyzed using Statistical Package for Social Science (SPSS). This generated frequency tables and cross tabulations. Qualitative data was analysed using thematic analysis. Interviews were first recorded and then transcribed when the interview was completed. Emerging themes that were important to the description of a phenomenon and were associated with a specific research objective were then identified across the data set and were categorized accordingly.

3.8. Ethical Consideration:

Permission was sought from the University of Zambia Research Ethics Committee, parents of the participants, boys and girls who participated in the study and YWCA.

3.8.1. Informed Consent

For each of the participants recruited in the study, permission was sought from the parent for children under 16 years before commencement of the study. Each individual was told that participation in this study was voluntary and should they decide to discontinue the study at any point, they were free to do so. The researcher avoided causing undue stress to the respondents as much as possible and if the respondent appeared to be too uncomfortable, the interview was discontinued. The researcher explained in simple terms so that the participants were fully able to understand the voluntary decisions about their participation. For this reason, the researcher intended to use both verbal and written

documents to convey this message. The researcher also used the languages which the children were able to understand.

3.8.2. Deception of the Participants

Much as participation of the respondents was critical to the study, the researcher did not intend to withhold any information nor give incorrect information just to ensure participation of the children in this study.

3.8.3. Violation of Privacy

All the interviews were done in privacy and anonymity was guaranteed. No names have been published or quoted in any of the materials published or unpublished. Anonymity was maintained by providing each participant with a code name. The list of the participant's names were kept on a separate sheet and were destroyed by burning upon completion of the study. The researcher informed the participants that she wished to publish the findings of the study.

3.9. Limitations of the Study

This study had several limitations. Translation of some questions from English to a local language understood by the participant may have affected the meaning of the questions. With limited time available to conduct the research, there were difficulties which were experienced in the recruitment of the participants in the study due to the sensitive nature of the topic under investigation. For some children (especially boys), even the approval of their parents could not guarantee their participation due to concerns over confidentiality. For instance, two boys who had initially agreed for an in-depth interview withdrew during the process of the interview, they felt uncomfortable and the researcher respected their wishes. One effect of this could be that participants who were less likely to volunteer could have had even more challenges with or concerns about disclosing their experience of abuse than those who agreed to participate in this study and this may have affected the findings had they participated. In addition, since the study targeted only children

associated with YWCA, this study has limitations on how much this information can be generalized to the wider population.

CHAPTER FOUR

PRESENTATION OF FINDINGS

4.1. Introduction

This chapter presents the findings of the study. The findings are presented in line with the objectives with both quantitative and qualitative findings being presented side by side. The first part gives the background characteristics of the sample; the second shows the nature and experiences of abuse suffered by boys and girls; the third part identifies factors which influence self-disclosure of abuse suffered among boys and girls and the last part deals with strategies used by boys and girls to cope with sexual abuse.

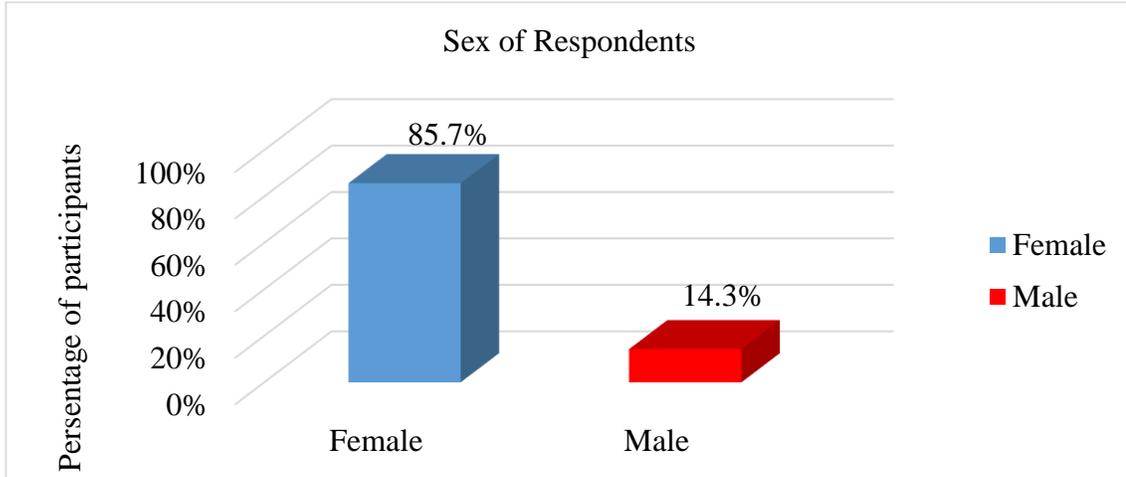
4.2. Background Information of the Respondents

All the boys and girls who participated in the quantitative and qualitative study were asked for personal information concerning their sex, age, school attendance, literacy, employment status of their parents and residential area.

4.2.1. Sex of Respondents

Figure 1 shows that out of 70 participants sampled for the study, n=60 (85.7%) of those who participated in the research were females while n=10 (14.3%) were males. The majority of the victims of sexual abuse were females thus there was a disproportionate number of females compared to that of males.

Figure 1: Percentage of Sex of Respondents.



4.2.2. Age Group of Respondents

Table 1 shows that among the respondents 40% girls and 10% boys were in the range of 8-12 years, 26.7% girls and 50% boys were in the range of 13-15 and 33.3% girls and 40% boys were between 16-18 years old.

Table 1: Respondents' Age Group by sex.

	Sex of Respondents		Total Frequencies
	Female	Male	
Less than 12	40% (24)	10% (1)	35.7% (25)
Between 13-15	26.7% (16)	50% (5)	30% (21)
16- 18 years	33.3% (20)	40% (4)	34.3% (24)
Total	100% (60)	100% (10)	100% (70)

4.2.3. School Attendance and Literacy

Table 2 shows that 84.3% consisting of 83.3% girls and 90% boys of the participants had been to school. But although many children said they had been to school 38.3% girls and 30% boys mentioned that they could not read. Only 61.7% of the girls and 70% boys said they were able to read.

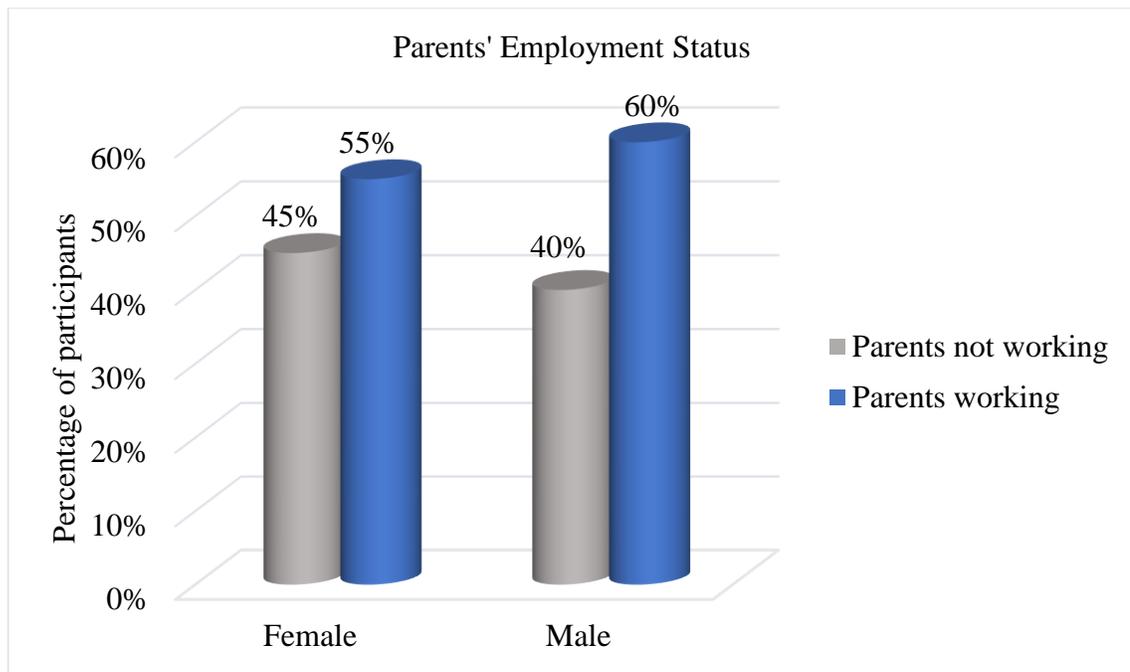
Table 2: School Attendance and Literacy Levels of the participants by sex.

	Sex of Respondents		Total Frequencies
	Female	Male	
Has been to school	83.3% (50)	90% (9)	84.3% (59)
Never been to school	16.7% (10)	10% (1)	15.7% (11)
Total	100% (60)	100% (10)	100 (70)
Able to read	61.7% (37)	70% (7)	62.9% (44)
Unable to read	38.3% (23)	30.0% (3)	37.1% (26)
Total	100% (60)	100% (10)	100% (70)

4.2.4. Participants Parents' Employment Status

Figure 2 shows the percentage of the employment status of the parents/guardians of the respondents. Most of the participants who were abused, n=33 (55%) girls and n=6 (60%) boys came from parents/guardians who were employed and n=27 (45%) girls and n=4 (40%) boys came from parents/ guardians who were not employed. The results showed that there are more children who are abused coming from parents/guardians who were employed than from those who were not employed.

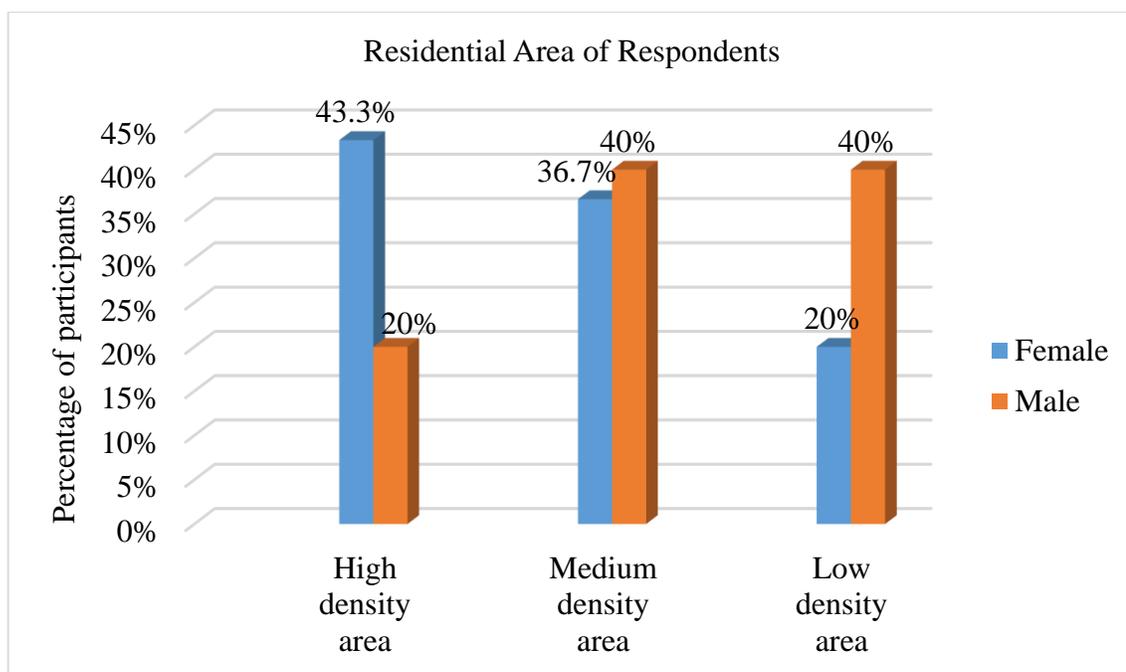
Figure 2: Percentage of participant Parent's Employment Status.



4.2.5. Residential Area

Figure 3 below shows that out of the 70 participants sampled in this study n=26 (43.3%) girls and n=2 (20%) boys came from high density areas, n=22 (36.7%) females and n=4 (40%) males came from medium density areas and n=12 (20%) females and n=4 (40%) males came from low density areas.

Figure 3: Percentage of Residential Area of the Respondents.



4.3. Nature and Experiences of Sexual Abuse among Boys and Girls

To answer this objective, participants were asked questions concerning nature of sexual abuse they suffered, age when first abused, sex of the person perpetrating the abuse, number of sexual perpetrators and duration of the abuse.

4.3.1. Nature of Sexual Abuse

Respondents were asked a number of questions on the type of sexual abuse they had experienced. Table 3 shows that 92.5% girls and 57.1% boys said they have had someone touch their breasts, vagina or bottom over their clothes, 88.7% girls and 85.7% boys said they had someone expose sexual parts to them, 83% girls and 85.7% boys said someone attempted to kiss on their mouth, 100% girls and 42.9% boys and experienced vaginal abuse, 22.6% girls and 57.1% boys had experienced anal sex and 28.3% girls and 85.7% boys had experienced oral sex. The study revealed that, more girls had experienced penetrative sex than boys and more boys had experienced oral sex than girls.

Table 3: Nature of Sexual Abuse suffered by Girls and Boys in percentages.

	Sex of Respondents		Total Frequencies
	Female	Male	
Boys and girls who experienced unwanted touching of their breasts, vagina or bottom over their clothes	92.5% (49)	57.1% (4)	88.3% (53)
Boys and girls who experienced kissing on their mouth	83% (44)	85.7% (6)	83.3% (50)
Boys and girls who had someone exposure their sexual parts to them	88.7% (47)	85.7% (6)	88.3% (53)
Boys and girls who experienced vaginal sex	100% (53)	42.5% (3)	93.3% (36)
Boys and girls who had experienced anal sex	22.6% (12)	57.1% (4)	26.7% (16)
Boys and girls who had experienced oral sex	28.3% (15)	85.7% (6)	35% (21)
Total count	88.7% (53)	11.3% (7)	100% (60)

In an in-depth interview one victim of child sexual abuse narrated the beginning of his experience of sexual encounters he suffered:

“It started with watching movies with my friends which a certain man brought. We would watch men and women putting penis in the mouth. A man suggested that, “you have seen what they are doing, even you, you can make a film and make money from doing this”. So me, I said, but I cannot put a penis in the mouth. Then he said, “But this will be able to take you to school and you can start going to school again. You are the one who has been complaining that my guardians don’t have money to send me to school”. So, I asked how much money he was talking about. He said, “enough money for you to go back to school

and finish”. So, that is how I got interested and we started having both oral and anal sex with my older friend who was 25 years old then. Then the same man made the tape and took it to the boss who looked at what we were doing and was very pleased. Then he said, “Okay, this is good, we are going to see which school we can take you to”. That is how I continued to have oral and anal just in order for me to go back to school. It was very painful on my anus even now, it over 3 months since I last did it, but I still feel the pain”(a 17 years boy).

4.3.2. Age when First Abused

Table 4 shows that 47.2% girls and 28.6% boys said that the abuse occurred when they were less than 12 years old, 47% girls and 71.5% boys said when they were between the ages of 13- 15 years.

Table 4: Percentage of Participant Age when First Abused.

	Sex of Respondents		Total Frequencies
	Female	Male	
Less than 12 years	47.2% (25)	28.6% (2)	45% (27)
Between 13-15 years	52.8% (28)	71.5% (5)	55% (33)
Total	100% (53)	100% (7)	100% (60)

In one interview an 18 years old girl narrated her first experience of abuse:

“It started when I was thirteen years when I just reached puberty. My mother went for a funeral for two days and I remained with my father and my young brother. That is when my father called me and said that, “you, you know that I am your father? Do you know that in our tradition if a child reaches puberty she should have sex with the father?” Then

I said, “No, Dad but you can’t do that to me”. That is when he said, “You, I am the one who is supposed to be the first one. That is how it has always been done”. That is when he grabbed me and took me to the bedroom and started touching my breasts and vagina and got his penis and forced it in my vagina.

4.3.3. Identity of the Perpetrator

The study revealed that 1.9% girls and 42.9 % boys were abused by a woman; 73.4% girls and 42.9% boys were abused by a man, while 24.5% girls and 14.3% boys said they were abused by a boy. The results showed that most of the abusers are men. This information is illustrated by the table 5 below.

Table 5: Percentage of Identity of Perpetrator.

	Sex of Respondents		Total Frequencies
	female	male	
Woman	1.9% (1)	42.9% (5)	6.7% (6)
Man	73.6% (45)	42.9% (4)	70% (49)
Boy	24.5% (13)	14.3% (1)	23.3% (15)
Total	100% (53)	100% (7)	100% (60)

4.3.4 Number of Sexual Perpetrators

Table 6 shows that 96.2% girls and 85.7% boys revealed that they were abused by one person, while 3.8% girls and 14.3% boys said they were abused by more than one person. The study revealed that most of the respondents were abused by the single person.

Table 6: Percentage of Sexual Perpetrators.

	Sex of Respondents		Total Frequencies
	Female	Male	
One person	96.2% (51)	85.7% (6)	95% (57)
More than one person	3.8% (2)	14.3% (1)	5% (3)
Total	100% (53)	100% (7)	100% (60)

4.3.5. Duration of Abuse

The study (table 7) revealed that 39.5% girls experienced abuse which lasted for day/s, 13.2% girls and 42.9% boys said it lasted for weeks, 34% girls and 42.9% boys said it lasted for months and 13.2% girls and 14.3% boys said it lasted for years. The study revealed that no boy experience abuse which lasted for days, all of them (12%) said the abuse lasted from weeks to years.

Table 7: Participants Duration of Abuse by sex.

	Sex of Respondents		Total Frequencies
	Female	Male	
Day/s	39.5% (21)	0% (0)	35% (21)
Week/s	13.2% (7)	42.9% (3)	16.7% (10)
Month/s	34% (18)	42.9% (3)	35% (21)
Year/s	13.2% (7)	14.3% (1)	13.3% (8)
Total	100% (53)	100% (7)	100% (60)

During an in-depth interview, one victim who suffered multiple sexual abuse encounters which lasted for over 5 years from her 35 year old Aunt narrated his story:

“We had sex so many times since I was eleven, I can’t even remember how many times this was. I didn’t want to tell my other Aunt, I was scared that she would be upset with me. I became so used to it such that whenever she called, I would willingly go. Sometimes we would first have breakfast, finish all the work at home, then go to her bedroom and have sex. This continued until I was 16 when she got married” (18 years old male).

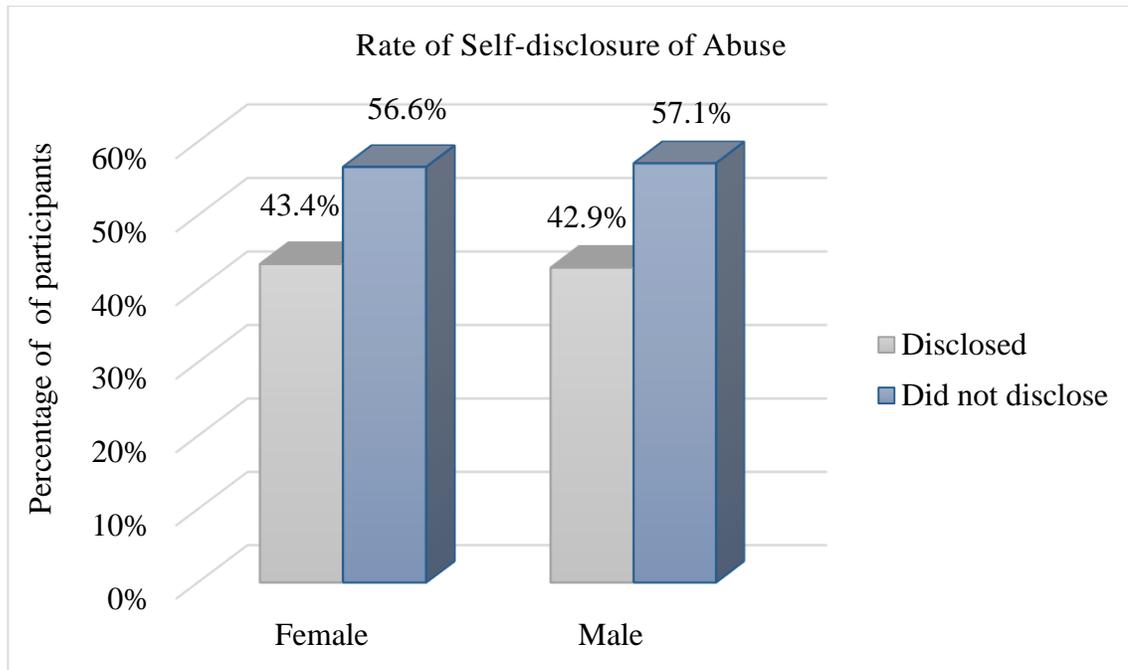
4.4. Factors Influencing Self-Disclosure

To find out the identity of factors that influenced the participants in this study to self-disclose sexual abuse, participants were asked whether they disclosed sexual abuse to anyone; when they disclosed; to whom they disclosed and the action taken by person told. Those who did not disclose were asked why they did not disclose and if the perpetrator did anything to stop them from disclosing. Participants were also asked on the relationship they shared with the perpetrator; whether they discussed sexual matters with their parents/guardians; how they feel about perpetrator and who they blame for the abuse.

4.4.1: Rate of Self-Disclosure of Abuse

Respondents were asked if they had told someone of the abuse when it happened and the results revealed that out of 60 respondents n=23 (43.4%) girls and n=3 (42.9%) boys of the respondents informed someone of the abuse while 30 (56.6%) girls and n=4 (57.1%) boys did not disclose the abuse to anyone when they were abused. Figure 4 below depicts this information.

Figure 4: Percentage of Rate of Self-Disclosure.



4.4.2. First Person Informed of the Abuse

Table 8 shows that among those who disclosed their abuse to someone, 69.6% girls informed family members about the abuse, 8.9% girls and 33.3% boys said they informed a friend, 8.9% girls and 66.7% boys said they informed a neighbour, 4.3% girl informed a counsellor, 4.3% girl informed mother, 4.3% girl informed their teacher. The results revealed that most of the children informed a family member but this family member was not their father or mother.

Table 8: First Person Informed of the Abuse by the participant.

	Sex of Respondents		Total Frequencies
	Female	Male	
Other family member	69.6% (16)	0% (0)	65.5% (16)
Friend	8.9% (2)	33.3% (1)	11.5% (3)
Neighbour	8.9% (2)	66.7% (2)	15.4% (4)
Counselor	4.3% (1)	0% (0)	3.4% (1)
Mother	4.3% (1)	0% (0)	3.4% (1)
Teacher	4.3% (1)	0% (0)	3.4% (1)
Father	0% (0)	0% (0)	0% (0)
Total	100% (23)	100% (3)	100% (26)

4.4.3. Action Taken by Person Informed of the Abuse

Table 9 shows that 30.4% girls and 66.7% boys said they were taken to the police station, 52.2% girls said they were taken to the hospital, 13% girls said the person they told informed their mother, 4.3% girl and 33.3% boy said they were taken to YWCA and 13% girls said person informed took no action when they were told.

Table 9: Percentage of Action Taken by Person Informed.

	Sex of Respondents		Total Frequencies
	Female	Male	
Took you to the police station	30.4% (7)	66.7% (2)	34.6% (9)
Took you to the hospital	52.2% (12)	0% (0)	46.2% (12)
Told mother	13.0% (3)	0% (0)	11.5% (3)
Took you to YWCA	4.3% (1)	33.3% (1)	7.7% (2)
Took no action	13.0% (3)	0% (0)	11.5% (3)
Total count	88.5% (23)	11.5% (3)	100% (26)

During an in-depth interview participants revealed the action taken by the people they informed:

“My grandmother did not take any action when I told her. She just said I was lying, her son (who is my uncle) could not do this and she told me not to tell anyone and keep it in the family. She continued to say you are lying, I know my son better. After my grandmother died, I went to live with my other uncle (also my late mum’s brother), he also raped me but this time I didn’t even tell anyone immediately because at first when my other uncle raped me, my grandmother didn’t believe me. I knew if I tell anyone even this time no one will believe me” (17 years old girl).

“When my father raped me I was 13, I told my best friend at school and she was shocked, but she told me that I should not tell my mother of what has happened because if I do, the marriage between my father and my mother will end and my mother will start blaming me for that. Then again, she said my mother doesn’t work, my father is the one who works, if

I tell my mother, it is us the children who will suffer. And if my father is jailed maybe even school I may stop” (18 years old female).

Another parent explained her inaction when her daughter revealed sexual abuse:

“I didn’t take any action because according to what he said, he said he loved her and it’s like, he liked the girl. So when she later said she was abused, I (as a parent) might think that she is innocent and yet when she is out of your sight, she is something else and yet she looks innocent when around you. Even when I was told that they were not in a relationship, I couldn’t believe it, because it is difficult to get involved with someone that you do not know. I suspected somewhere, somehow things are not right. I think after looking at how angry I was, she was scared to talk to me, in that she did not disclose everything that happened to her. I think I was somehow wrong because I over reacted instead of supporting her and comforting her, so that she completely opens up” (female parent).

4.4.4: Duration to Self-Disclosure

Participants who said they informed someone were asked how long it took for them to tell someone about the abuse results indicated that 60.9% girls said they told someone immediately, 21.7% girls and 100% boys said they told after weeks, 8.9% girls said they told someone after months and 8.9% girls said they only told someone after some years. The study revealed that although 43.4% children said they disclose the abuse, a significant number did not reveal immediately. This information is shown in table 10 below.

Table 10: Percentage of Duration to Self-Disclosure.

	Sex of Respondents		Total Frequencies
	Female	Male	
Immediately	60.9% (14)	0.0% (0)	53.8% (14)
Weeks	21.7% (5)	100% (3)	30.8% (8)
Months	8.9% (2)	0.0% (0)	7.7% (2)
Years	8.9% (2)	0.0% (0)	7.7% (2)
Total	100% (23)	100% (3)	100% (26)

One victim who was first raped when she was 8 years old narrated how she immediately disclosed the abuse:

“I just waited for my mom and Dad to come back from work and I told them that the gardener punished me for the lies that I tell you every day. He had put the thing he uses for urinating in my Didi (meaning vagina)” (14 years old girl).

4.4.5. Participants Reasons for Non- Disclosure of Sexual Abuse

Table 11 shows the reasons given by participants regarding why they did not disclose the abuse to anyone. Sixty percent of the girls said they were afraid, 33.3% girls and 75% boys said they were embarrassed, 10% girls and 25% boys mentioned other reasons.

Table 11: Percentage of Participants Reasons for Non-Disclosure of Sexual Abuse.

	Sex of Respondents		Total Frequencies
	Female	Male	
I was afraid	60% (18)	0% (0)	52.9% (18)
I was embarrassed	33.3% (10)	75% (3)	38.2% (13)
Other	10% (3)	25% (1)	11.7% (4)
Total	100% (30)	100% (4)	100% (34)

Several participants in the in-depth interview revealed the challenges they experienced when disclosing sexual abuse.

“At first my neighbour threatened me that “you will see what will happen to you if you tell anyone about this. I will tell every boy to be beating you and raping you all the time”. This made me very scared especially when I remembered the pain I felt the first time. I was also scared that if I tell anyone they (my neighbour who used to take me to that man, her children and the person raping me) would be jailed. After a number of times, I stopped feeling the pain and started feeling good what he was doing, so I thought there was no reason to tell, since I was enjoying what he was doing” (13 years old girl).

“I was never given a chance to explain what had happened to me. Since I didn’t go home, my parents just concluded that it was my choice to be with that man. I went to visit my friend in the evening who lived at the same place with the man who raped me. When I got there, he was around and he offered me a drink, that’s all I can remember. After that, I just found myself in his bedroom (naked), the following morning, then I came to realize that something was wrong with me. So early in the morning, the man went and told my parents that if they are missing any chicken (meaning me) that chicken was with him. He even told them that he would come later so that they can make arrangements on how he

was going to be charged for damages. He later promised them that he would marry me. My parents did not even ask me what had happened for me to sleep out, because I had never done that before” (14 years old girl).

“As days went by, later on years, I stopped being bothered by the abuse. I started enjoying it so I saw no need of me telling anyone. Up to now it doesn’t really bother me” (18 years old male).

“Me, I knew that even if I tell anyone nothing can be done, these people who make these films are powerful, and they can even kill someone. I am told even if you report to the police nothing can be done. The police can just be bribed” (17 years old boy).

4.4.6. How Parents/Guardian Discover the Abuse of their Child:

Respondents who said they did not tell anyone about the abuse were asked how their parents/guardians discovered their abuse and 16.7% girls and 25% boys said their parents found them being abused, 16.7% girls and 25% boys said their parents/guardians noticed the bruises on the body, 40% of the girls said their parents/guardian only found out when they noticed abnormal walking, 10% girls and 25% boys said they do not know how their parents knew they were abused while 16.7% girls and 25% boys mentioned other reasons. Table 12 below shows this information.

Table 12: Ways in which Parents Discover their Child’s Abuse.

	Sex of Respondents		Total Frequencies
	Female	Male	
Found you being abuse	16.7% (5)	25% (1)	17.6% (6)
Noticed bruises on the body	16.7% (5)	25% (1)	17.6% (6)
Noticed abnormal walking	40% (12)	0.0% (0)	35.3% (12)
Do not know	10% (3)	25% (1)	11.8% (4)
Other	16.7% (5)	25% (1)	17.6% (6)
Total	100% (34)	100% (4)	100% (34)

During the in-depth interview victims explained how their guardians found out:

“I was not just comfortable taking about such a matter with my Aunt, I just didn’t want to hurt anyone. Besides my uncle threatened to withdrawal financial support for me and my sibilings. So I didn’t tell anyone. My relatives only found out when I became pregnant that’s when I told them that I was raped and they didn’t believe me” (14 years old girl).

“He threatened to kill me, but I had developed sores on my vagina. So I just used to cry until after two months when I saw that the pain was unbearable, it wasn’t getting any better. I wanted to go to the hospital that is when I told my mum. In the meantime, the person who had raped me had even gone” (14 years old girl).

One parent also explained how he found out the abuse of her child:

“It’s just that, I started suspecting because her performance at school had gone low and her teachers were complaining, at the same time she could not come home early. This is someone who was very intelligent but suddenly became dull, so I was shocked. Despite talking to her about her performance at school she never improved. Then her personality

changed completely. She started dressing in a bad way and some of the clothes it's not me who was buying. So being a medical personnel who has worked at a One-Stop-Centre where we deal with cases of abuse, I recognized the signs of abuse. I persuaded her to tell me what was going on. That is when she told me that my friend (our neighbour) who was just like my relative was sleeping with her. She is just 14 years, I was so broken and disappointed. But then, I started thinking that maybe because she looks older than her age, my friend may have thought she is old enough, I just didn't know what to think I was so confused then (male Parent).

4.4.7. Number of Boys and Girls Threatened by Perpetrator not to tell anyone

Table 13 shows that 88.7% girls and 100% boys were threatened by the perpetrator not to tell anyone only 11.3% girls said their abuser did not stop them from telling anyone.

Table 13: Percentage of Participants Threatened not to tell anyone of Abuse

	Sex of Respondents		Total Frequencies
	Female	Male	
Threatened	88.7% (47)	100% (7)	90% (54)
Not threatened	11.3% (6)	0% (0)	10% (6)
Total	100% (53)	100% (7)	100% (60)

4.4.8: Tactics used by Perpetrator to Prevent Disclosure

Respondents were asked how the what the perpetrator did to prevent them from disclosing the abuse and 17% girls and 28.6% boys said the perpetrator used force by beating them; 38.3% girls and 57.1% boys said he threatened to harm them; 31.9% girls and 14.3% boys said he threatened to kill them and 19.1% girls and 28.6% boys said he threatened to withdraw financial support. Table 14 depicts this information.

Table 14: Tactics used by Perpetrator to Prevent Disclosure.

	Sex of Respondents		Total Frequencies
	Female	Male	
Used force by beating you	17% (8)	28.6% (2)	18.5% (10)
Threatened to harm you	38.1% (18)	57.1% (4)	40.7% (22)
Threatened to kill you	31.9% (15)	14.3% (1)	29.6% (16)
Threatened to withdraw financial support	19.1% (11)	28.6% (2)	20.4% (13)
Total	87% (47)	13% (7)	100% (54)

In-depth interviews revealed how perpetrators used different strategies to prevent disclosure:

“She threatened to stop paying for my school. Even now as I am speaking, she is the one who pays for my school. My parents are not in a position to pay for my school fees. But since I have got goals that I want to achieve and I cannot achieve them without her assistance, I am just worried about my school for now and I cannot tell anyone from my family but immediately my school is done, something will be done because this is really hurtful what she has been doing to me” (18 years old male).

“He told me that if you tell anyone you will die, I will look for traditional medicine and kill you” (18 years old female).

A child counsellor from YWCA with a lot of experience interviewing children who are abused narrated:

“Children find it very difficult to disclose abuse, unless when there is just something wrong that requires attention from other people, most children just never self-disclose sexual abuse. Offenders use different tactics to make children keep quiet and they seem to

succeed. Most of the times children would reveal after some time, when it is too late to even get evidence of the abuse”.

4.4.9. Relationship with Perpetrator

Table 15 shows that 5.7% girls said they were abused by their father, 9.4% girls by their step father, 28.6% boys by their step mother, 20.8% girls and 28.6% boys said by their uncle, 20.8% girls by their male relative, 13.2% girls and 14.3% boys by their neighbour, 9.4% girls by a male family friend, 5.7% girls by a stranger, 15.2% girls and 28.6% boys girls were abused by others.

Table 15: Relationship with Perpetrator by sex.

	Sex of Respondents		Total Frequencies
	Female	Male	
Father	5.7% (3)	0% (0)	5% (3)
Step mother	0% (0)	28.6% (2)	3.3% (2)
Step father	9.4% (5)	0% (0)	8.3% (5)
Uncle	20.8% (11)	28.6% (2)	21.6% (13)
Male relative	20.8% (11)	0% (0)	18.3% (11)
Neighbour	13.2% (7)	14.3% (1)	13.4% (8)
Male family friend	9.4% (5)	0% (0)	8.3% (5)
Stranger	5.7% (3)	0% (0)	5% (3)
Other	15.2% (8)	28.6% (2)	16.8% (12)
Total	100% (53)	100% (7)	100% (60)

4.4.10. Relationship shared with Perpetrator before Abuse

Table 16 depicts that 41.5% girls and 42.9% boys said they enjoyed a very good relationship with the perpetrator, 45.3% girls and 42.9% boys said they enjoyed a good relationship, 5.7% girls females and 14.3% boys had a bad relationship, 1.9% girls said they had a very bad relationship and only 5.7% girls said they had no relationship with the

person who abused them. The results revealed that most of victims were abused by people they enjoyed a good relationship with before the abuse.

Table16: Relationship shared with the Abuser before the Abuse.

	Sex Respondents		Total Frequencies
	Female	Male	
Very good	41.5% (22)	42.9 % (3)	41.7% (25)
Good	45.3% (24)	42.9% (3)	45% (27)
Bad	5.7% (3)	14.3% (1)	6.7% (4)
Very bad	1.9% (1)	0% (0)	1.7% (1)
No relationship	5% (3)	0% (0)	5.0% (3)
Total	100% (53)	100% (7)	100% (60)

In an in-depth interview one victim narrated how this good relationship impacted on her disclosure:

“I was so scared, he said he will kill me. So I kept on crying even when my mother came back. She asked why I was crying and I didn’t say anything. But because of the good relationship which we had with our neighbour, she went and called the same uncle who had defiled me to come and ask me why I was crying and could not stop. And he came to ask me. I felt so confused that he was even asking me to just say why I was crying, but I still did not say anything” (14 years old girl).

On a similar topic, a parent narrated how the relationship impacted on his child’s disclosure:

“The gentleman is a well-known person, he is like a relative, he stays in our neighborhood and we go to the same church. He could visit us often, we never knew that all the visits were just a way to get to my child. Maybe he got used to coming home, so he knew that it won’t be easy for me to know that he is after my girl. Because I was so close to this man, it was difficult for her to tell me” (male parent).

4.4.11. Discussion of General Sexual Matters with Parents/Guardians

Table 17 shows that 15.1% girls and 28.6% boys said they discussed sexual matters with their parents/ guardians while 84.9% girls and 71.4% boys said they had never discussed sexual matters with their parents/guardians before the abuse. The study revealed that most of the abused girls and boys had never discussed general sexual matters with their parents.

Table 17: Participants’ discussion of general sexual matters with Parents/guardians.

	Sex of Respondents		Total Frequencies
	Female	Male	
Discuss	15.1% (8)	28.6% (2)	16.7% (10)
Do Not Discuss	84.9% (45)	71.4% (5)	83.3% (50)
Total	100% (53)	100% (7)	100% (60)

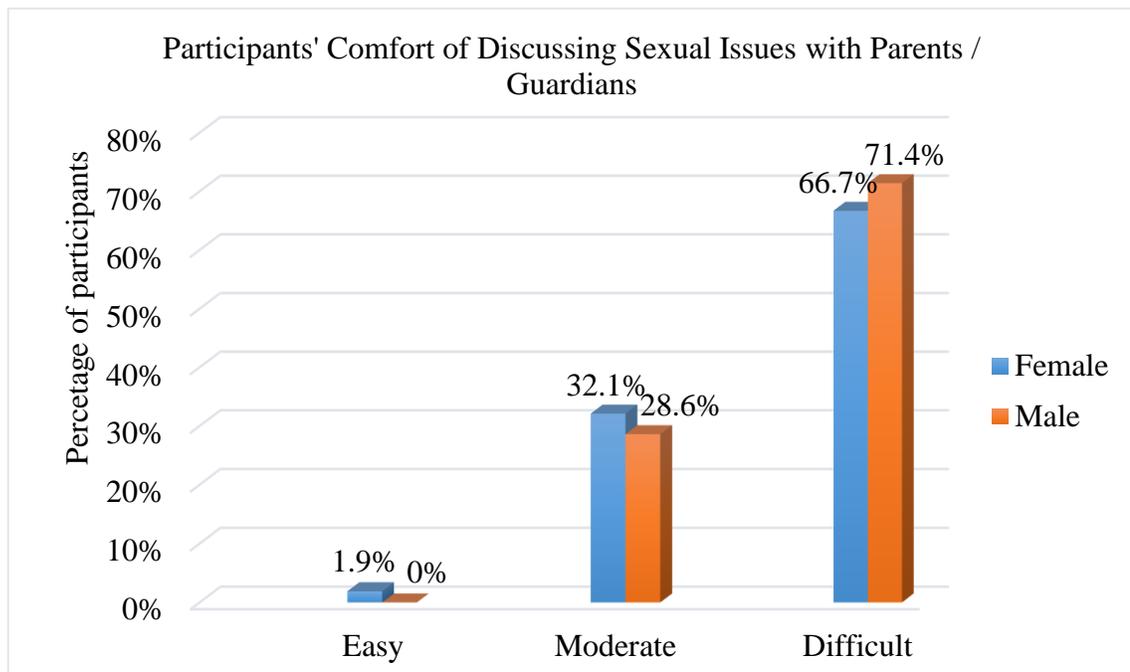
A key informant during an in-depth interview explained;

“Most of the children who are abused that I have interviewed never discuss any sexual matters with their parents ever. The only time that their parents ever comes to talk about sexual matters with them is when they are abused. This is also one of the reasons why children, I strongly believe, do not disclose sexual abuse to them” (child counselor).

4.4.12. Comfort of Discussing Sexual Issues with Parents/Guardians

Figure 5 shows that n=1 (1.9%) girls found it easy to discuss sexual issues with the parents/guardians, n=17 (32.1%) girls and n=2 (28.6%) boys said there comfort was moderate and n=35 (66.7%) girls and n=5 (71.4%) boys said they found it difficult to discuss sexual issues with their parents/guardians. In this study it was found that most children are not comfortable talking about sexual issues with their parents.

Figure 5: Percentage of Participants' Comfort in Discussing Sexual Issues with Parents/Guardians



4.4.13. Boys and Girls Preferred Choice of Confidant

Table 18 shows that 28.3% girls said they would rather talk to their mother, 5.7% girls and 28.6% boys said their aunt, 13.2% girls said their grandparent, 43.4% girls and 42.9% boys said their friend and 1.9% girls and 28.6% boys said they would rather talk to no one. The study revealed that most of the children would rather speak with their friend about what happened to them.

Table 18: Percentage of Boys and Girls Preferred Choice of Confidant.

	Sex of Respondents		Total Frequencies
	Female	Male	
Mother	28.4% (15)	0% (0)	25.0% (15)
Aunt	5.7% (3)	28.6% (2)	8.5% (5)
Grandparent	13.2% (7)	0% (0)	11.7% (7)
Friend	43.4% (23)	42.9% (3)	43.3% (26)
No one	1.9% (1)	28.6% (2)	5.0% (3)
Other	7.6% (4)	0% (0)	6.6% (4)
Total	100% (53)	100% (7)	100% (60)

4.4.14. Participants feelings towards the perpetrator

Table 19 depicts that 66% girls and 71.4% boys said they hate the person who abused them, 1.9% girls said they love the person, 22.6% girls and 14.3% boys said they are confused about how they feel and 9.4% girls and 14.3% boys said they have no feeling towards the person who abused them.

Table 19: Percentage of Participants' Feelings towards the Perpetrator.

	Sex of Respondents		Total Frequencies
	Female	Male	
Hate them	66% (35)	71.4% (5)	66.7% (40)
Love them	1.9% (1)	0% (0)	1.7% (1)
Confused	22.6% (12)	14.3% (1)	21.7% (13)
Nothing	9.4% (5)	14.3% (1)	10% (6)
Total	100% (53)	100% (7)	100% (60)

4.4.15. Person Blamed for the Abuse

Table 20 shows that 58.5% girls and 42.9% boys said they blame the offender, 18.9% girls and 28.6% boys said they blame themselves, 15.1% girls and 14.3% boys said they blame nobody, 5.7% girls and 14.3% boy blamed their mother, and 1.9% girls blamed Satan.

Table 20: Percentage of Person Blamed for the Abuse.

	Sex of Respondents		Total Frequencies
	Female	Male	
The offender	58.5% (31)	42.9% (3)	56.7% (34)
Myself	18.9% (10)	28.6% (2)	20% (12)
Nobody	15.1% (8)	14.3% (1)	15% (9)
My mother	5.7% (3)	14.3% (1)	6.7% (4)
Satan	1.9% (1)	0% (0)	1.7% (1)
Total	100% (53)	100% (7)	100% (60)

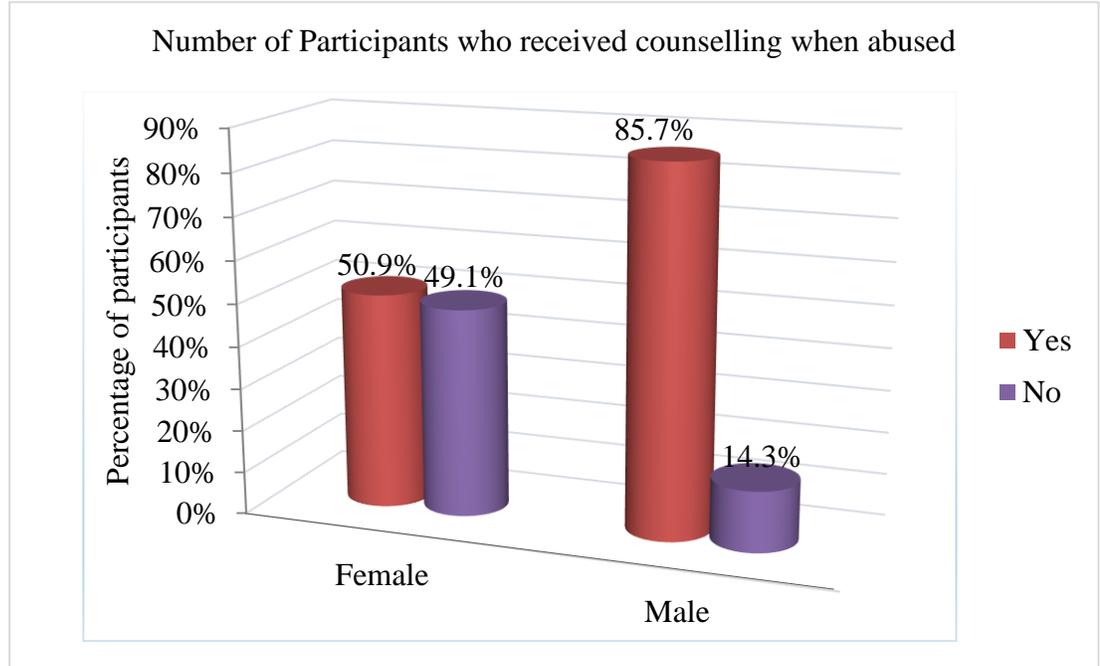
4.5. Strategies used by Boys and Girls to Cope with Abuse.

To address this objective participants were asked whether they received counselling; how satisfied they were with the counseling received; who they talk to live past the abuse; extent to which they use social support and social withdrawal strategies in coping with abuse and whether they have moved past the abuse.

4.5.1. Number of Boys and Girls who received counselling when abused

Figure 6 shows that n=27 (50.9%) girls and 6 (85.9%) boys received counselling when they were abused while n=26 (49.1%) girls and n=1 (14.3%) boys said they did not receive counselling when they were abused. The results revealed that more males receive counselling when they are abused than females.

Figure 6: Percentage of participants who received counselling when Abused.



One participant when asked about whether she received counselling explained:

“I didn’t receive counselling when I was abused, I have a friend who is 15 years old, her she says she saw a counsellor when she was abused. Maybe if I saw a counsellor, it would help me forget about what happened in my life and I wouldn’t be so upset.” (14 years old girl).

4.5.2. Satisfaction with Help Received Since Disclosure

Table 21 shows that 35.8% girls and 57.1% boys said they were very satisfied with the help they received when they were abused, 30.2% girls and 28.6% boys said they were quite a bit satisfied, 13.2% girls said they were very little satisfied, 20.8 girls and 14.3% boys said they were not at all satisfied.

Table 21: Participants Satisfaction with Help Received Since Disclosure by Sex.

	Sex of Respondents		Total Frequencies
	Female	Male	
Very much	35.8% (19)	57.1% (4)	38.3% (23)
Quite a bit	30.2% (16)	28.6% (2)	30.0% (18)
Very little	13.2% (7)	0% (0)	11.7% (7)
Not at all	20.8% (11)	14.3% (1)	20% (12)
Total	100% (53)	100% (7)	100% (60)

During an interview a participant explained the impact of counseling:

“I think my uncles should be arrested because this case has never gone to court. I will only be relieved if my uncles are arrested. Though my other uncle connected me to a therapist were I received counselling, it didn’t work because I don’t receive support from my family. But they don’t really know who I am maybe it’s because my parents are late, but I just have to accept that I was raped and move on with life” (17 years old girl).

4.5.3. Feelings of Self-Worth

Respondents were asked how they feel about themselves after the abuse and 34% girls and 14.3% boys said they feel no change, 37.7% girls and 42.9% boys said they feel better and 28.3% girls and 42.9% boys said they feel worse about themselves. Table 22 depicts this information.

Table 22: Percentage of Feelings of Self-Worth.

	Sex of Respondents		Total Frequencies
	Female	Male	
No change	34% (18)	14.3% (1)	31.7% (19)
Better	37.7% (20)	42.9% (3)	38.3% (23)
Worse	28.3% (15)	42.9% (3)	30.0% (18)
Total	100% (53)	100% (7)	100% (60)

In an interview participants revealed how they feel about themselves:

“Well, I feel disgusted about myself with what I was doing. I don’t even what to think about it but all I wanted was to go back to school. So I just try by all means not to think about it” (17 years old boy).

“I sometimes blame myself for what happened and I feel bad about it. At school, I don’t really mingle much with my friends. I feel not part of that group anymore because I am different from them. Some times when I see them talking and laughing, I feel as though they are talking about me hence I refrain from being with them and yet maybe they are talking about their own issues”(18 years old female).

4.5.4. Person Talks with to Live Past the Abuse

Table 23 shows that 17% of the girls said they talk to their mother in order to live past the abuse, 5.7% girls said they talk to their pastor; 11.3% girls and 14.3% boys talk to their friend, 30.2% girls and 85.7% boys said they talk to the counsellor, 5.7% girls said they talk to god, 9.5% girls mentioned others and 28.3% girls and 14.3% boys said they talk to no one.

Table 23: Person Talks with in order to Live Past the Abuse.

	Sex of Respondents		Total Frequencies
	Female	Male	
Mother	17% (9)	0% (0)	15% (9)
Pastor	5.7% (3)	0% (0)	5% (3)
Friend	11.3% (6)	14.3% (1)	11% (7)
Counselor	30.2% (16)	85.7% (6)	36.7% (22)
God	5.7% (3)	0% (0)	5% (3)
Nobody	28.3% (15)	14.3% (1)	26.7% (16)
Other	9.4% (5)	0 (0)	8.3% (5)
Total count	88.3% (53)	11.7% (7)	100% (60)

4.5.5. Strategies used by Boys and Girls to cope with abuse

Participants were asked the extent to which they used a number of coping strategies dealing with social support. . In seeking sympathy and understanding the highest frequency recorded was 50.7% for the girls who said they only used it a little, while 42.9% of the boys said they used it very much. In finding a good listener 34% of the girls and 57.1% of the boys said they used it a little. On social withdrawal strategies dealing with social isolation participants were asked how much they tried to keep feelings to themselves and 54.7% of the girls and 51% of the boys said very much. Participants were

also asked on how much they spent time alone and 30.2% girls and 57.1% of the boys said very much.

Table 24: Coping Strategies used by Boys and Girls.

Coping strategy	Sex of Respondents	Not at all	A little	Some what	Much	Very much
I accepted sympathy and understanding from someone	Female	11.3% (6)	50.7% (27)	11.3% (6)	7.5% (4)	18.9% (10)
	Male	14.3% (1)	14.3% (1)	0% (0)	28.6% (2)	42.9% (3)
I found somebody who was a good listener.	Female	22.6% (12)	34.0% (18)	7.5% (4)	22.6% (12)	13.2% (7)
	Male	14.3% (1)	57.1% (4)	0% (0)	14.3% (1)	14.3% (1)
I tried to keep my feelings to myself	Female	5.7% (3)	11.3% (6)	9.4% (5)	18.9% (10)	54.7% (29)
	Male	0% (0)	0% (0)	0% (0)	42.9% (3)	57.1% (4)
I spent more time alone	Female	17% (9)	17% (9)	18.9% (10)	17% (9)	30.2% (16)
	Male	14.3% (1)	14.3% (1)	0% (0)	14.3% (1)	57.1% (4)

In-depth interviews also revealed some of the strategies which the participants use to cope with the abuse:

“I keep myself busy, I study a lot and just do a lot of chores. I also try by all means not to be near my father. I spend most of my time with my friends” (18 years old female).

“I used to be very active moving around and playing with my friends but after all this I stopped everything. I just prefer to be in bed sleeping than being with my friends” (13 years old girl).

When asked about some of the complaints people have made concerning their change in behaviour several responses came out which revealed the strategies they have been using to cope with abuse:

“My friends say I don’t like playing with them anymore. I just want to be alone. My teacher also complain that she doesn’t know why I became so dull” (14 years old girl).

“My friends have been complaining that, I have become so withdrawn and cold. Sometimes they would be talking and I behave as though I am not even listening at all” (18 years old boy).

“My relatives complain that I have become hardhearted, selfish and stubborn but I just look at them” (17 years old boy).

4.5.6. Moving Past the Abuse

Table 25 shows that 67.9% girls and 71.4% boys said they have been able to move forward and live past what happened, while 32.1% girls and 28.6% boys said they have not moved forward. The result revealed that a significant number of girls have not moved forward from what happened to them.

Table 25: Percentage of Boys and Girls who have moved past the abuse.

	Sex of Respondents		Total Frequencies
	Female	Male	
Moved on	67.9% (36)	71.4% (5)	68.3% (41)
Have not moved on	32.1% (17)	28.6% (2)	31.3% (19)
Total	100% (53)	100% (10)	100% (60)

Several participants from the in-depth interviews expressed their needs on what is require in order for them to move on.

“In order for me to move on, I think my mother should move me out of that neighbourhood were this happened. I feel like whenever I am walking, everyone is talking about what happened to me, that it is my fought and she should also move me from that school so that I can go to another school where no one knows what happened to me. That is the only way, I will be able to cope with what happened” (14 years old girl).

“I think the only help I can receive is to have myself checked, that is the only way to cope with this”. Otherwise the fact that I slept with my Aunt doesn’t bother me but I constantly worry on whether I am fine or not. All I think about is that, if my Aunt is sick with HIV then I am also sick. If I am sick, I would rather just kill myself other than to wait until I start getting sick of something which I did not bring to myself. I would rather just follow my mother who died a long time ago” (18 years old male)

“From the time this happened everybody has blamed me and said it’s my fault that my two uncles raped me. They all say it’s my dressing which is bad that made them do this to me. Everyone just say it’s not their fault, that it is what I was asking for with that kind of dressing. I hope that one day my relatives will blame my uncles for doing this to me. It’s only them that I will move on” (17 years old girl)

“If I can find an alternative, someone who can help with my school, I would love this person to be brought to book. That is the only way someone can get over this” (18 years old male).

“From the time it happened people have blamed me, others have suggested that I should get married. No one has taken time to ask me how I am feeling, what my thoughts are or hear what happened to me. It is like, it has disturbed everyone in such a way that no one has time for me. And others are just interested in marrying me off. Most of the people that are in the forefront of wanting me to get married have never been to school, they do not know the importance of school, all they think of is that, since he works for the bank, they will benefit from the money that the man has when I get married to him. I just want someone to talk to, someone who can hear me out, I think that will really help” (17 years old girl).

This chapter has highlighted that there are a number of factors that influence disclosure of abuse. These factors are many and they all contribute to the reasons why boys and girls find it difficult to self-disclose sexual abuse when it happens to them.

CHAPTER FIVE

DISCUSSION OF FINDINGS

5.1. Introduction

The main purpose of the study was to assess factors influencing self- disclosure of abuse among boys and girls in Lusaka. Findings of the study suggest that factors influencing disclosure of abuse are multifaceted and are not limited to one.

5.2. Background Information

There was a disproportionate number of females (85.7%) compared to males (14.3%) in this study. This however does not mean the researcher was biased in the selection of the sample, but confirms other studies like Akani, et al. (2015), who conducted a study among a similar population in Zambia which shows higher prevalence of sexual abuse among females than males.

The results shown in Figure 2, revealed that more than half of the children who were abused came from families where their parents or guardians were working. One of the reasons which the researcher could come up with to explain why there are more children from working families who are abused is that, these children are vulnerable to sexual violence because their perpetrators may be taking advantage of their primary caregivers' absence during working days. This absence makes it easier for these predators to find time to molest their children. Another reason for this could be that, children who come from working families are the ones whose families frequently see the need to use facilities at YWCA when they are sexually abused. Previous research (reviewed in this study), had not looked at parent's employment status and its connection with CSA. Further research may look at type of employment these parents are engaged in and whether it has any bearing on CSA.

The background information in Figure 3 revealed that, there were more boys who are abused coming from medium density areas and low density areas than from high density areas. One possible explanation for this could be that the stigma attached to self-disclosure of abuse among boys in such areas (high density areas) is higher than in medium and low density areas. Overall these results indicate that CSA is not a problem that is limited to one residential area but it is a problem that affects all sections of the population, those from well to do areas (low density areas) and those from poorer societies (high density areas). Hence, this means that all members of society should participate in preventing this problem.

5.3. Objective one (1): Nature and Experiences of Abuse Suffered by Boys and Girls

The study on objective one as shown in Table 3 revealed the different forms of abuse which the victims experienced in the hands of their perpetrators. These results were different from Akani et al. (2015), who found penile penetration to be 69%, kissing 37%, oral sex 3.6% and touching 44.8%. This difference is mainly attributed to the sample selection employed in this study. While their age group ranged from 4 to 15 years, this study included boys and girls from the age of 8 to 18 years. Since children who are older tend to experience more penile penetration than those who are younger, the fact that participants who were older were included in this study, could explain the discrepancy in the findings.

The study also revealed that 6.7% (1.9% girls and 42.9% boys) of the participants were abused by a woman, 70% (73.4% girls and 42.9% boys) by a man, and 24 % (24.5% girls and 14.3%) by a boy as shown by Figure 5. During the interview two boys reported having being abused by their Aunties who were women. This is different from the findings of Akani, et al. (2015), who found all the abusers in his study to be males. This difference may be attributed to the low number of boys who were recruited in their study. Out of 192 participants in their study, only 3 were boys compared to 10 boys who participated in this study. This may have impacted on the results in the sense that, boys are more likely to be

abused by a female than a female being abused by a fellow female. This study like Akani's also revealed that most of the perpetrators of sexual abuse are males.

Regarding duration of abuse, as shown in Table 7, the study revealed that majority of the participants experienced abuse which lasted from weeks to years. Another noteworthy thing was that no boy in this study, reported having experienced abuse lasting for a day. The implication being that, abuse in boys generally tends to last longer than abuse in girls. The Washington Post (2001), revealed that compared to males, females are typically more comfortable with help-seeking. This information relates well with Holmes et al (1997), who argued that being placed in the role of victim and accepting and disclosing abuse are often extremely problematic for men, as the rape experience undermines their concept of masculinity. Awareness of societal norms therefore, of what is appropriate behaviour for boys makes it difficult for boys to disclose sexual abuse and this may help explain why abuse for boys generally last longer than that of girls. In addition this study, confirms other studies that show a link between disclosure of abuse and duration of abuse following the fact that majority (both boys and girls) were abused for a period which lasted from weeks to years. Smith (2000), for instance found that there is a link between severity of abuse, which in this case relates to duration of abuse, and disclosure of abuse. He observed that a series rather than a single episode of rape was associated with delayed disclosure. The duration of abuse in this case had an impact on self-disclosure of abuse among boys and girls in the study.

5.4. Objective Two (2): Factors Influencing Self-Disclosure of Abuse among Boys and Girls

The study showed that 56.6% girls and 57.1% of the boys did not self-disclose their sexual abuse to anyone when they were abused. The results of this study agree with the theory (CSAAS) proposed by Summit (1983), who argued that due to the trauma of experiencing CSA, children will be reluctant to tell others about abuse. The individuals in this study resorted to keeping abuse as a secret in order to keep themselves safe from the threats of

the perpetrator. The rate of disclosure was important to the study because disclosure is the single most significant means by which sexual abuse is discovered (Lippert, et al, 2009). Paine and Hansen (2002), also points out that due to the covert nature of CSA and the frequent absence of physical evidence, the onus of initiating intervention to end the abuse through self-disclosure often falls upon the child. In this case, if children do not disclose sexual abuse, then there will be no intervention to stop the abuse, not only on the victim but also on potential victims. In this regard, it is important to realize that although stiffer penalties have been put in place for defilement cases in Zambia, if children themselves do not self-disclose sexual abuse, then perpetrators of sexual abuse will not suffer the consequences of their actions. This therefore suggests the need for children to be sensitised on the importance of revealing sexual abuse as it is the only way in which sexual abuse can be halted.

The study also revealed that 69.6% girls informed family members followed by 8.9% girls and 66.7% boys who informed their neighbour about the abuse. Furthermore, when these children who disclosed abuse were asked how long it took for them to disclose sexual abuse, only 60.9% girls told someone immediately, the others said they delayed their disclosure from weeks to years. Akani, et al. (2015), suggests that post exposure prophylaxis and evidence collection can only occur within 72 hours of incidence occurring. Hence the fact that a significant number of boys and girls do not report the cases within the said period of time, has a big impact on prosecution of these cases in court which values evidence collection in order to find a guilty verdict.

The findings of this study are inconsistent with Kogan (2004), who found that younger children tend to confide in parents while adolescents rely more on peers. On the contrary, this study showed that majority of the girls (60.9%), relied more on family members as confidants but this family member was not a parent as shown by Table 8 while on the other hand, 66.7% of the boys relied more on neighbours. Since the participants of this study seemed to confide more in family members and neighbours than their parents, it is not known whether the boys and girls in this study were revealing sexual abuse so that action should be taken or as a way of containing the secret. It is important therefore, to

educate people who may not be parents or guardians to the victim, on how to respond to someone who is experiencing abuse within or outside the family in order to stop sexual abuse. The way a person reacts to disclosure of sexual abuse as an impact on whether the victim will disclose again should the abuse happen again in their lives. This was evident in the in-depth interview where the girl received a negative reaction from the grandmother when she disclosed that the uncle was abusing her. When the abuse happened again the girl did not see the need to reveal sexual abuse again. On the other hand, the fact that most victims don't disclose immediately and majority don't disclose at all, means that most offenders are still roaming the streets of Lusaka and will continue committing sexual offences until physical evidence is collected which will finally put them behind bars. These findings suggest the need for children to be sensitised on the need for reporting such cases immediately to the right people when the abuse happens, to prevent further abuse and protect other children from falling victims to the same perpetrator.

During the in-depth interview, one boy mentioned that he did not report the abuse because he was not bothered by it, another boy said it was because nothing could be done, one girl mentioned fear of not being believed and the other said she did not want to end her parents' marriage. In addition, most of the participants as shown by Table 14 indicated that, being afraid and embarrassment were the main reasons why they did not disclose the abuse. These findings are similar to the ones found by Anderson (1993), who found embarrassment and shame to be one of the most common reasons for non-disclosure. When the participants were asked how their parents found out about the abuse, 16.7% girls and 25% boys said their parents/guardians noticed the bruises on the body, 40% of the girls said their parents/guardians only found out when they noticed abnormal walking. One girl from the interview revealed that her parents only found out when she became pregnant. These findings agree with Sorenson and snow (1991), who studied 116 children who were sexually abused and found that accidental disclosure was clearly the most common type of disclosure. These results may help parents/ guardians whose children may be reluctant to allege sexual abuse of the physical signs on which to identify sexual abuse in children.

Perpetrators used different tactics such as beating, threatening to cause harm, threatening to kill victim and withdraw financial support to prevent disclosure of abuse among boys and girls as shown by Table 14. These findings are in line with an observation made by Allnock and Miller (2013), who contends that threats made by the perpetrator prevented many from disclosing sexual abuse. According to Social Exchange Theory by Leonard (1996), the perpetrator conveys the notion to the child that being good means being available and compliant and frequently, there is an implicit or explicit promise of reward to the child for being good. In this study, the perpetrator promised to offer either reward in form of financial sponsorship or punishment by beating, threatening to kill or cause harm. In addition, most of the perpetrators in this study were relatives with uncles and male relatives scoring the highest scores with 21.7% and 18.3% respectively. This information seems to relate well with four of the five representative surveys (conducted in the United States of America) that tested for the effects of relationships on disclosure which found that the relationship mattered, with closer relationships leading to lower rates of reported disclosure (Lyon and Ahern 2010). Arata (1998), also found 73% of the victims did not disclose the abuse when the perpetrator was a relative or stepparent. This is also supported by (Hershkowitz, et al., 2007) who found that when the abuse occurs in the family, victims are concerned about harm to the familial unit that results from the disclosure. Since most of the victims in this study were abused by relatives, this may have impacted on the low levels of disclosure found among the participants of this study.

The study also showed that most of the participants in the study enjoyed a good relationship with the offender before the abuse, which means that besides the relationship being intra-familial, it was quite a significant one to the victim. Table 16, revealed that majority of participants' relationship with the perpetrator was either good or very good. These findings are very important because Bowlby (1998), argues that it is through their relationship with others that children gain a sense of security and a belief that the world is a safe place. This, therefore, presents a challenge to victims when it comes to disclosing sexual abuse considering the fact that the abuse is coming from a person through whom a child views the world as a safe place. This also relates very well with the findings of Leclerc and colleagues' review (2009), who concluded that the first step for the sex

offender is to befriend the child, typically before any kind of physical contact is attempted; child sex offenders adopt strategies that are similar to prosocial behaviors which consist of demonstrating love, attention and appreciation. In the same line, Sanderson (2006), argues that sexual abusers are invested with a considerable amount of trust and status with which it is considerably hard to reconcile allegations of child sexual abuse. Hence by making allegations of CSA against someone who plays a significant role in his or her life such as a parent, uncle, relative or friend, who may have spent months or years grooming the child in order to develop a special relationship, the child's fear of disclosure centers on the consequences of losing this significant person which in her own mind outweighs the benefits of disclosing the abuse. This is similar to a stage which Summit (1983), in his five stages of CSAAS called helplessness, where the perpetrator is in a trusted position of authority with the child, which leads to an imbalance of power. As a result, because of this position which the perpetrator occupies in the victim's life, the victim ends up in the third state of CSAAS of entrapment and accommodation, where the child feels there is no way out of the situation but accommodate the demands of the perpetrator and maintaining the secrecy of the abuse by not disclosing. This close relationship therefore, has a very big impact on the self-disclosure of abuse by the participants in this study.

Findings of the study also revealed that most children 83.3% (84.9% girls and 71.4% boys) had never discussed sexual issues with their parents. When asked about their comfort in discussing sexual issues with their parents, the study revealed majority found it difficult to discuss sexual matters with parents or guardians as shown by Figure 5. These findings relates well with findings of the Washington Post (2001), which revealed that parents' comfort around discussing and educating their daughters about healthy sexual behavior could impact how comfortable young women feel in approaching them with questions or confusing situations they encounter (2001). For this reason, therefore, since parents do not initiate discussion of sexual abuse with their children, this explains the reason why their children are not willing to disclose even the bad sexual experiences they encounter. This situation is further impacted by the fact that in most African cultures parents don't discuss sexual matters with their children due to cultural taboos and beliefs. In support of this,

Mbungua (2007), argues that in most African tradition, the family and immediate community other than parents, provided adolescents with information and guidance about sexuality but these traditional channels of communication are almost non-existent today. The prevailing situation therefore, demands that Zambian parents move away from cultural beliefs in order to protect their children from sexual abuse. Discussion of sexual issues has a very big impact on disclosure of sexual abuse.

When asked about their feelings towards the perpetrator, participants gave mixed answers concerning how they feel about the perpetrator as indicated by Table 19. When the participants were asked who they blame for the abuse, the findings of the study revealed that majority blamed the offender as shown by Table 20, while others said they blamed either themselves, nobody or their mother. It has been shown that survivors frequently take personal responsibility for the abuse, for instance, UNICEF (2003), found that one of the reasons why the victims did not disclose sexual abuse was fear that the child himself or herself will be considered and be held responsible for the abuse. Hence, the fact that most of the participants in this study blame the offender, is a positive sign, but it is worrying that quite a significant number blame nobody (15%) and others blame themselves (20%) while on the other hand 21.7% are confused about how they feel towards the perpetrator. This supports the view that when the sexual abuse is done by an esteemed trusted adult, it is hard for the victims to view the perpetrator in a negative light, thus leaving them incapable of seeing what happened as not their fault. Regarding self-blame, Leonard (1996), in his Social Exchange theory argued that, in order to reduce the distress, an individual can restore psychological equity and this psychological equity is achieved by distorting reality in order to convince themselves that the treatment they are receiving is deserved. This inability to see the offender as the one who is entirely at fault of abuse, which is evidenced by self-blame, blaming nobody and blaming other people as found in this study, has an impact on disclosure.

5.5. Objective three (3): Strategies used by Boys and Girls to Cope with Sexual Abuse

The results revealed that 50.9% girls and 85.9% boys received counselling when they were abused. The levels of satisfaction with help received since abuse were at 35.8% girls and

57.1% boys very satisfied, 30.2% girls and 28.6% boys quite a bit satisfied, 13.2% girls said they were very little satisfied and 20.8% girls and 14.3% boys were not at all satisfied. This information was important to the study because studies overall document improvements in sexually abused children consistent with the belief that therapy facilitates recovery. This information is supported by the outcome of abuse-focused treatment which examined 105 sexually abused children, 71 of whom completed 3 months of treatment or longer. At 9 months anxiety and post-traumatic stress continued to decrease, and at 1 year those still in treatment showed decrements in anxiety, depression, and post-traumatic stress (Sanderson, 2006). As a result, the relevance of children who go through traumatic experiences to receive therapy cannot be overemphasized. The participants of this study were also asked about the person they talk to in order to live past the abusive event and most of them indicated they talk to someone apart from 14.3% of the boys who said they talk to no one. It has been found that naming and talking about the experience allows the child to process what has happened and integrate the experience (Sanderson, 2006). In the same line, SECASA (2015), mentions one of the advantages of a counsellor as encouraging a victim to talk about the assault and develop a network of support which is a very important part of the healing process. In order for the children not to be compounded by the impact of sexual abuse, talking about the experience is one way of living past the traumatic event. The fact that most of the children in the study talked to someone about their experiences is a positive step towards recovery.

Despite the participants saying that they talked to someone in order to live past the abuse, to gain a deeper understanding on what strategies they used most to cope with abuse, they were asked about the extent to which they sought social support (this included seeking understanding and sympathy) the highest response rates recorded for the girls was 50.7% which had a score of a little, revealing a negative attitude in using such a strategy while for the boys the highest score was very much which was 42.9%. This showed that boys were better adapted in using such a strategy than the girls. Participants were also asked on how much they found someone who was a good listener and 34% of the girls and 57.1% of the boys indicated they used this strategy only a little. On the other hand, majority of

the participants had a positive attitude in using social withdrawal strategies such as keeping feelings to oneself and spending more time alone to which both boys and girls responded very much, as shown by Table 24, indicating that they were not coping well with the traumatic experience. These results were partially consistent with Futa et al. (2003), whose findings in the abused group, showed lower scores on social support seeking and self-isolating and higher scores on self-blaming and wishful thinking when dealing with childhood memories which predicted poorer adjustment. These findings were important because many studies have found that use of social withdrawal coping strategies by CSA victims is associated with poor psychological outcomes. Wright, et al. (2007), for example, analyzed the present adjustment of 60 adult female CSA survivors through qualitative and quantitative analyses of their coping strategies. Avoidance coping which included social withdrawal strategies was strongly associated with more depressive symptoms and poorer resolution of abuse issues. The results of this study shows that the experience of CSA can affect the coping strategy used by a child in dealing with a traumatic experience.

The above findings therefore, are of vital importance in determining how sexually abused children in Zambia will cope with sexual abuse in the long run. It is imperative therefore, that counselors are aware of the coping strategies which their clients are using so that they can gain a deeper understanding of what is needed in counseling. This therefore, brings to the attention the need for counselors to encourage children to use coping strategies which have positive psychological outcomes. Further research may try to look at comparing coping strategies that are used by those who suffer physical abuse and those who have had contact sexual abuse and determine relationship with post- traumatic stress disorder in Zambia.

CHAPTER SIX

SUMMARY, CONCLUSION AND RECOMMENDATIONS

6.1. Summary

The main purpose of the study was to assess factors which influence self-disclosure of abuse among boys and girls in Lusaka. Three specific objectives were formulated to accomplish the main purpose which were: to explore the nature and experiences of abuse suffered by boys and girls; to identify factors influencing self-disclosure of abuse among boys and girls and to assess the strategies used by boys and girls to cope with sexual abuse. A literature review to help focus the study was conducted on child sexual abuse studies that have been done with a global, regional and national perspective. This review also focused on studies that have been done on factors influencing disclosure of abuse.

To address the research objectives raised in the first chapter of this dissertation, both quantitative and qualitative data were collected. A sample size of 73 was drawn in which 60 participants (53 girls and 7 boys) participated in the quantitative part of the study. Thirteen participants which included 10 (7 girls and 3 boys) and 3 key informants (2 parents and 1 child counsellor) participated in in-depth interviews. Questionnaires (60) were used to collect data on quantitative questions and were administered through personal interviews which consisted of mainly closed-ended questions while in-depth interviews (13) were conducted to answer open-ended questions.

On the nature and experiences of abuse, the finding of the study revealed that the participants had suffered several forms of sexual abuse with the majority 93.3% (100% girls and 42.9% boys) had experienced vaginal abuse. The study also revealed that most of the abuse is perpetrated by men. Regarding duration of abuse, majority said their abuse lasted from weeks to years and only 35% (all girls) experienced abuse which lasted for day/s.

Regarding the factors that influenced self-disclosure on the second objective, results indicated that 56.6% of the girls and 57.1% boys did not disclose the abuse to anyone

when it happened. Most of the respondents who did not disclose to anyone said they were afraid (60% girls), and 33.3% girls and 75% boys said they were embarrassed. When the participants were asked what tactics the perpetrator used to ensure their non-disclosure 17% girls and 28.6% boys said the perpetrator used force by beating them; 38.3% girls and 57.1% boys said he threatened to harm them; 31.9% girls and 14.3% boys said he threatened to kill them and 19.1% girls and 28.6% boys said he threatened to withdraw financial support. Besides most of the participants revealing that they experienced intra-familial abuse, majority of the participants also indicated that they enjoyed a good relationship with perpetrator before the abuse. Forty-one point five percent (41.5%) of the girls and 42.9% boys said they enjoyed a very good relationship with the perpetrator and 45.3% girls and 42.9% boys said they enjoyed a good relationship before they were abused. Results also showed that 84.9% of the girls and 71.4% boys had never discussed sexual matters with their parents/guardians. In addition, the results revealed an inability by some participants to see the offender as the one who is entirely at fault by blaming themselves, blaming nobody and not knowing how they feel about the perpetrator after the abuse.

On the coping strategies, majority of the participants said they talk to someone to live past the abuse while 28.3% girls and 14.3% boys said they talk to no one. Despite most of the participants saying they talk to someone to live past the abuse, majority of the participants showed a negative attitude in using strategies dealing with social support such as finding a good listener. The highest response rates recorded in finding a good listener was 34% for the girls and 57.1% for the boys to which the respondents indicated that they only used this strategy a little. On the other hand, participants indicated they used social withdrawal strategies (keeping feelings to oneself) very much with the highest response rate recorded at 54.7% for girls and 51% for the boys.

The results of this study showed that there are a number of factors which needs to be addressed in order to improve self-disclosure and also make sure that those whose abuse is disclosed copes successfully. Much as a lot is being done to ensure that the prevalence of abuse goes down, it is also important to ensure that factors which hinders self-disclosure of abuse among boys and girls are considered and addressed.

6.2. Conclusion

Child sexual abuse is still a public health problem not only in Zambia but also around the world. Given the magnitude of the problem, it is important that a comprehensive approach to tackle this problem is adopted. While determining the magnitude of the prevalence of child sexual abuse (which has been the focus of a number of studies conducted in Zambia) is important in addressing the problem, understanding which factors influences self-disclosure of abuse among young people, is critical in improving disclosure rates and halting the abuse not only on the victim but also on potential victims.

The study established that self-disclosure of sexual abuse among boys and girls are low and that, there are numerous factors which influences it. Results on the nature and experiences of abuse suffered by boys and girls showed that, participants experienced a wide range of sexual abuse which ranges from touching of body parts, seeing sexual body parts of their perpetrator and unwanted kissing to severe forms of abuse such as oral, anal and vaginal sex. Most of the participants also revealed that their sexual abuse was perpetuated by one person with a majority indicating that the abuse lasted from weeks to years. The identities of factors which influence boys and girls to self-disclose these unwanted sexual experiences include length of abuse; tactics of the offender; embarrassment and being afraid; type of relationship with abuser, lack of communicating sexual issues with parents or guardians among others. The results on objective 3 on coping strategies revealed a positive attitude by the participants in using social withdrawal strategies showing a negative adaptation to their traumatic situation while majority of the participants showed negative attitude in using strategies dealing with seeking social support which are strategies supposed to lead to positive psychological out come in the long run.

The findings of this study suggest the need for understanding (especially by the people working with abused children) of these multiple factors that influence boys and girls to self -disclose sexual abuse and also the need to help them cope successfully with child sexual abuse. The approach to prevent CSA therefore, should not only aim at preventing the already high statistics of CSA from going up, but it should include an understanding

of factors that influence self- disclosure of CSA among children who are already victims of this traumatic experience. Adequate therapeutic interventions should also be put in place in order for them to cope successfully with this event and avoid the long term effects of child sexual abuse which have already been well documented by other studies.

6.3. Recommendations

The recommendations which have been presented here are based on the findings of the study.

1. It is important that parents sensitise children both girls and boys on the importance of revealing sexual abuse as it is the only way in which sexual abuse can be halted.
2. The Ministry of Education should include sexual abuse education in their curriculum so that children are sensitised on the need for reporting such cases immediately the abuse happens to prevent further abuse and protect other children from falling victims to the same perpetrator. This should also include an education on societal biases that hinders especially boys from reporting sexual abuse.
3. Ministry of Community Development and Social Services should sensitise all community members, to whom a child may reveal sexual abuse, on how to respond to boys and girls who are experiencing abuse within the family in order to stop sexual abuse.
4. The Ministry of Community Development and Social Services in partnership with Ministry of Health and members of the community needs to educate people on the behavioral and physical signs of identifying sexual abuse in cases of boys and girls, where the victims are reluctant to allege sexual abuse in order to stop the abuse.

5. Parents need to discuss sexual issues with their children even with boys. This may make it easy for children to disclose even traumatic sexual experiences like sexual abuse.
6. Counsellors should sensitise victims on the need to see the offender as the one who is entirely at fault in order to avoid feelings of self-blame and ambivalent feelings towards the offender.
7. The government through the Ministry of Community Development should open up youth friendly centres for boys and girls separately, where young people can go for sexual education and also address gender biases towards sexual abuse which affect disclosure in boys and girls.
8. The Ministry of Justice in conjunction with Ministry of Home Affairs should release the list of sexual offenders (both males and females) to the public so that communities are aware of offenders living amongst them and take necessary precautions.

6.4. Future research

During the course of the study, it emerged that the experience of child sexual abuse can have an impact on the strategy used by the victims to cope with the traumatic experience, future research therefore, can look at comparing coping strategies used by those who experience contact sexual abuse with those who do not experienced contact sexual abuse and its relation to post-traumatic disorder. Future research can also look at the present adjustment of adult survivors of childhood sexual abuse in Zambia. The study also revealed that quite a significant number of children do not receive counselling when they are abused. In this case, research is needed to access the impact of counselling on sexually abused children in Zambia in comparison to those who do not receive counselling.

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APPENDICES

Appendix 1: In-Depth Interview Guide – Children

Dear Respondent,

My name is Margaret Mpemba Malambo, a student at the University of Zambia carrying out a study on Factors Influencing Self-disclosure of Abuse among Boys and Girls in Lusaka. You have been selected to participate in this research. I would like to remind you that the information you will provide is strictly confidential and you do not need to write your name anywhere on this paper as the information is strictly for academic purposes. You are therefore encouraged to answer these questions as honestly as you can and there are no right or wrong answers. Should you decide to discontinue the interview at any moment, you will be free to do so.

Date:

Time:

Background information

1. Age.....
2. Sex: (a) male () (b) female ()
3. Level of education: (a) primary level () (b) secondary level () (c) tertiary () (d) other specify.....
4. I would like to find out information concerning the nature of abuse you have suffered?
 - What form of abuse did you suffer?
 - How did this abuse begin?

5. Now I would like to find out information concerning your experiences of sexual abuse?
 - Think back to the first time this happened and tell me everything about the first time this happened.
 - What happened the last time?
6. What factors influence self-disclose?
 - Who did this to you? (establish if there is a relationship and find out sex of the perpetrator)
 - How did you relate with this person before the abuse happened?
 - How do you think the relationship impacted on your self-disclosure?
 - Did this person say anything to justify what he was doing?
 - What did he say?
7. I am now going to ask you the challenges you experienced when disclosing sexual abuse?
 - Did you tell someone immediately this happened to you?
 - Who did you tell (male or female) and why?
 - What was their reaction?
 - If not, why did you not tell someone?
 - How did your parents or guardian find out about your abuse and what happened?
8. These questions concerns strategies or ways people use to cope with sexual abuse.
 - What strategy do you (boy/girl) use to cope with abuse?
 - Is there anything you do in excess since the abuse, and why?
 - Is there anything that you used to do which you don't do since the abuse, what do you think is the reason for that?
 - Are there any complaints concerning your behaviour which people have made about you since the abuse, what are these complaints?
 - What do you think should be done to help you cope with the abuse?

This marks the end of our interview thank you for your time.

Appendix 2: In-Depth Interview Guide - Key Informant (Child Counselor).

Dear respondent,

My name is Margaret Mpemba Malambo, a student at the University of Zambia carrying out a study on Factors Influencing self-disclosure of Abuse among Boys and Girls in Lusaka. You have been selected to participate in this research. I would like to remind you that the information you will provide is strictly confidential and you do not need to write your name anywhere on this paper as the information is strictly for academic purposes. You are therefore encouraged to answer these questions as honestly as you can. Should you decide to discontinue the interview at any moment, you will be free to do so.

Date:

Time:

Background information

1. Age:.....
2. Sex: (a) male () (b) female ()
3. Marital Status: (a) single () (b) married () (c) divorced () (d) widowed ()
4. Level of education: (a) primary level () (b) secondary level () (c) tertiary () (d) other specify.....
5. Main occupation:
6. What is the nature of abuse suffered by boys and girls that you encounter in your line of work
 - Form of abuse
 - average age of abuse
7. What are the experiences of the children brought to your attention?
 - How is sexual abuse discovered?
 - Duration of abuse
 - Who are the perpetrators of abuse?
8. What challenges to boys and girls face in disclosing sexual abuse?

9. What do you think is the reason why some cases of child abuse are not reported?
10. How does sexual abuse affect children?
11. What strategies do children use to cope with sexual abuse?
12. How do you help a child to cope with abuse?
13. What do you think should be done to help children be comfortable to disclose sexual abuse by the government and other stakeholders involved to assist children with sexual abuse cases?

Appendix 3: In-Depth Interview Guide - Key Informants (Parent or Guardian).

Dear respondent,

My name is Margaret Mpemba Malambo, a student at the University of Zambia carrying out a study on Factors Influencing Disclosure of Abuse among Boys and Girls in Lusaka. You have been selected to participate in this research. I would like to remind you that the information you will provide is strictly confidential and you do not need to write your name anywhere on this paper as the information is strictly for academic purposes. You are therefore encouraged to answer these questions as honestly as you can. Should you decide to discontinue the interview at any moment, you will be free to do so.

Date:

Time:

Background information

9. Age:

10. Sex: (a) male () (b) female ()

11. Marital Status: (a) single () (b) married () (c) divorced () (d) widowed ()

12. Level of education: (a) primary level () (b) secondary level () (c) tertiary () (d) other specify.....

13. Main occupation:

1. I would like to find out the nature of abuse which your child suffered

- What is the form of abuse which your child suffered?
- When did the abuse begin?
- How many times was he/she abused?
- How long did this last?

2. I would like to find out your child's experiences of sexual abuse

- Who abused your child (male or Female)?
- Why do you think this person abused your child?

- Tell me everything about what happened the first time your child was abused?
3. This part deals with factors that influence disclosure
 - What is the relationship of your child with the offender?
 - How did your child relate with the offender before the incident happened?
 - How did it have a bearing on the disclosure of abuse of your child?
 - What did the perpetrator say to justify what he was doing?
 4. I would like to talk about the challenges boys and girls face when disclosing sexual abuse?
 - Did your child immediately inform you of the abuse?
 - If so what did you do?
 - If not, how did you find out your child was being abused?
 - Why did your child not inform you of the abuse?
 - Did the offender do anything to stop your child from reporting the abuse?
 5. I would like to find out what strategies your child uses to cope with sexual abuse?
 - How has this abuse affected your child?
 - What strategies do your child use to cope with abuse?
 - Is there anything your child do in excess since the abuse, and why?
 - Is there anything that your child used to do which he/she does not do since the abuse, what do you think is the reason for that?
 - Are there any complaints that people have made about the behaviour of your child since the abuse, what are these complaints?

Thank you for your time.

Appendix 4: Questionnaire

Dear Respondent,

My name is Margaret Mpemba Malambo, a student at the University of Zambia carrying out a study on Factors Influencing Disclosure of Abuse among Boys and Girls in Lusaka. You have been randomly selected to participate in this research. I would like to remind you that the information you will provide is strictly confidential and you do not need to write your name anywhere on this paper as the information is strictly for academic purposes. You are therefore encouraged to answer these questions as honestly as you can and there are no right or wrong answers. Should you decide to discontinue the interview at any moment, you will be free to do so.

	Questions, instructions and filters	Responses	Go to
Section one	Personal Background Information		
Q01	Sex of respondent	Female . 1 Male 2	
Q02	How old are you	Age	
Q03	Have you ever attended school	Yes 1 No 2	
Q04	Are you able to read eg a book, Newspaper	Yes 1 No 2	
Q05	Are your parents/guardians currently working?	No 1 Yes 2	
Q06	Place of residence (<i>High density area include places such as George compound, Misisi, Chipata</i>)	High density area 1 Medium density area 2 Low density area 3	

	<i>compound; medium include Kabwata, Libala, Chilenge and low density include Kabulonga, Rhodes Park)</i>		
Section 2	Nature and Experiences		
Q07	Has anyone ever touched your breasts, vagina or bottom over your clothes when you did not want them to?	Yes No	1 2
Q08	Has anyone ever exposed their sexual parts to you when you did not want them to (i.e. breasts, penis or vagina)?	Yes No	1 2
Q09	Has anyone ever attempted to kiss on your mouth when you did not want them to?	Yes No	1 2
Q10	Has anyone ever made you have vaginal sex?	Yes No	1 2
Q11	Has anyone ever made you have anal sex? Anal sex implies contact between the anus and the penis.	Yes No	1 2
Q12	Has anyone ever made you have oral sex? Oral sex means contact between the mouth and either the penis the female genital area	Yes No	1 2
Q13	How old were you when this first occurred?	Age	

Q14	What was the sex of this person	Boy Girl Man Woman	1 2 3 4	
Q15	Was this event done by	One person More than one person	1 2	
Q16	How long did the abuse last	Days Weeks Months Years	1 2 3 4	
	Factors influencing self-disclosure	Responses		Go to
Q17	Did you tell anyone when you were abused?	Yes No	1 2	If no go to Q 23
Q18	Who did you tell when you were abused?	Family member Friend Neighbour Police officer Counsellor Other specify.....	0 1 0 1 0 1 0 1 0 1	
Q19	What did he or she do when you told him or her?	Took no action Took you to the hospital Took you to the police station Other please specify.....	0 1 0 1 0 1	

Q20	How long did it take for you to tell someone?	Immediately Week/s Month/s Year/s Other	1 2 3 4	Go to Q 25
Q21	Why did you not tell anyone?	I was afraid I was embarrassed I did not expect any action to be taken I did not know where to take the complaint Any other please specify	0 0 0 0	1 1 1 1
Q22	How did your parents or anyone found out that you were abused?	Found you being abused They noticed the bruises on your body The offender disclosed the abuse Noticed abnormal walking Other please specify	0 0 0 0	1 1 1 1
Q23	Did the person abusing you stop you from telling anyone?	Yes No	1 2	If no go to Q25
Q24	If so how?, did him or her	Used force by beating you Warned you that they will harm you	0 0	1 1

		Threatened to kill you	0	1	
		Threatened to withdraw financial support	0	1	
		Other specify			
Q25	Who touched you? Was it your (Read out)	Mother	0	1	Go to Q27 if your answer is stranger
		father	0	1	
		Step-mother	0	1	
		Step - father	0	1	
		Other relatives	0	1	
		Neighbour	0	1	
		School figure	0	1	
		Friend	0	1	
		Stranger	0	1	
		Other specify.....			
Q26	How would you describe your relationship with this person before this happened?	Very Good		1	
		Good		2	
		Bad		3	
		Very bad		4	
Q27	Did you ever discuss general sexual matters with your parents before abuse?	Yes		1	
		No		2	
Q28	How comfortable are you to discuss sexual issues with your parents?	Easy		1	
		Moderate		2	
		Difficult		3	

Q29	Who would you rather talk to about what happened to you? (Read out)	Father Mother Sibling Uncle Aunt Grandparent Friend Other specify.....	0 0 0 0 0 0 0	1 1 1 1 1 1 1	
	Coping Strategies				
Q30	Did you receive any counselling the time you were abused?	Yes No		1 2	
Q31	How satisfied are you with the help you received since you told someone?	Very much Quite a bit Very little Not at all		1 2 3 4	
Q32	Who do you blame for what happened to you?	Myself The offender My mother Nobody Other please specify.....		1 2 3 4	
Q33	How do you feel about yourself regarding what happened to you?	No change Better Worse		1 2 3	
Q34	How do you feel about the people who touched now?	Hate them Love them Nothing Confused		1 2 3 4	

	Please listen to each item and determine the extent to which you used it in handling your sexual abuse		
Q35	I accepted sympathy and understanding from someone.	Not at all A Little Somewhat Much Very much	1 2 3 4 5
Q36	I found somebody who was a good listener.	Not at all A Little Somewhat Much Very much	1 2 3 4 5
Q37	I tried to keep my feelings to myself.	Not at all A Little Somewhat Much Very much	1 2 3 4 5
Q38	I spent more time alone	Not at all A Little Somewhat Much Very	1 2 3 4 5
Q39	Do you think you have been able to move forward and live past what happened?	Yes No	1 2

End of questionnaire. Thank you very much for your time.