

# Stories of Change Series: Story #7



**'We try to change the stigma around community norms – it's the young minds we need to start moulding.'**



*Masibambisane: Creating GBVF-Free Zones*



**Masibambisane**



**FOUNDATION FOR  
HUMAN RIGHTS**





# Table of Contents

## **WHERE WE COME FROM**

**About the organisation**

**1**

**This is our story**

**2**

**What we do and how we work to prevent and respond to GBVF**

**3**

**What our work looks like on the ground**

**4**

**Why we work in GBVF monitoring**

**7**

## **WHERE WE ARE NOW**

**8**

**The challenge is that GBV is normal in our communities**

**10**

**We build trust by walking the journey with survivors**

**11**

**Taking care of GBV survivors means taking care of ourselves**

**13**

**Why GBVF monitoring matters in our community**

**14**

**Our GBVF activism challenges community norms**

**15**

**Community and stakeholder collaboration ensures accountability**

**16**

**School clubs for GBVF prevention and human rights education**

**19**

## **WHERE WE ARE GOING**

**22**

**How the response to the GBVF pandemic could be improved**

**25**

**Our hopes and dreams for GBVF monitoring in our community**

**26**

**28**

SILENCE  
HIDES  
VIOLENCE  
#EndGBV

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WHERE WE

COME FROM



# About the organisation

The Callas Foundation is a community-based organisation that has been serving communities of Athlone (Bridgetown) in the Western Cape for over three decades. Formally registered with the South African Department of Social Development [DSD], in 2018, they have collaborated with various stakeholders in and outside of the province where they operate, including athletics bodies, civic organisations, health institutions and government departments such as the National Prosecuting Authority [NPA], Legal Aid South Africa, Department of Health [DoH] and Department of Social Development. Their main mission is to improve the quality of life for residents in their underserved areas by providing access to resources and opportunities.

The Callas Foundation advocates for women, children and men by providing community outreach, psychosocial support and access to justice, aiming to dismantle systems that perpetuate inequality. While their primary focus is on empowering women, they also adopt an integrated approach that addresses the needs of the entire community. Their programmes focus on creating sustainable communities, preventing and responding to gender-based violence (GBV), strengthening food security and promoting family unity as a key factor in combating gender-based violence and femicide (GBVF).



# This is our story

Meet the storytellers:



**Lynette Dixon:**  
Programmes Manager



**Letania Davids:**  
HR and Finance



**Ashika Fredericks:**  
Office Administrator and  
Programmes  
Administrator



**Zachary (Zach)  
Lawrence:**  
Youth Development and  
Communication Lead

# What we do and how we work to prevent and respond to GBVF

## 1) Rights awareness and community education

We empower communities with the knowledge and skills to recognise and respond to GBV:

- Training GBV Ambassadors and First Responders from local organisations and schools.
- Running information sessions at schools, in public spaces and with community groups.
- Supporting SAPS's [South African Police Service] Victim Empowerment Programme with capacity-building.
- Using sport, especially women's soccer, to challenge gender norms.
- Engaging youth through life skills training, Human Rights Clubs, and boys' GBV prevention programmes.

## 2) Practical support for survivors and families

We provide direct, compassionate assistance to those affected by GBV:

- Guiding survivors and their families through the criminal justice process.
- Offering court support and emotional accompaniment during hearings.
- Providing psychosocial support, including trauma counselling, referrals and support groups.
- Ensuring no client is turned away, with strong referral networks across the region.

### **3) Community outreach and food security**

Recognising the link between poverty and vulnerability to GBV, we:

- Operate a community kitchen that provides meals to around 500 individuals, four times a week.
- Use outreach as a way to identify at-risk individuals and connect them with support.
- Engage with local stakeholders, including schools, faith leaders and neighbourhood watches – to create resilient, informed communities.

### **4) Youth engagement and values transformation**

We believe that early intervention helps shift harmful norms and attitudes:

- Running Human Rights Clubs in schools that encourage open dialogue among learners.
- Training mentors and engaging young men in conversations about identity, consent and patriarchy.
- Helping children affected by trauma recognise that GBV is not normal or acceptable.
- Promoting respectful, rights-based peer interaction and emotional literacy.

### **5) Advocacy and systems change**

We advocate for a justice system that serves survivors with fairness and urgency:

- Supporting public awareness through media campaigns and court pickets.
- Lobbying for policy change, including denial of bail for sexual violence suspects and alternatives to incarceration for women.
- Engaging with judges, prosecutors and police to improve accountability and coordination.
- Documenting and exposing systemic barriers that prevent access to justice.

## 6) BBB Programme (Building, Bonding, Beyond)

We include boys in the conversation about GBV by:

- Empowering boys aged 9 to 16 from the Cape Flats by equipping them with skills to resist harmful influences like gangsterism, substance abuse, and violence.
- Promoting peaceful conflict resolution, challenging negative stereotypes about masculinity, and encouraging respect for all genders.

## 7) Men's Engagement Programme

We acknowledge the role played by men by:

- Engaging men and boys as allies in the fight against GBV.
- Fostering self-reflection, responsibility, and community leadership to shift patriarchal attitudes and model non-violent behaviours.



# What our work looks like on the ground

Callas Foundation's day-to-day work brings its mission to life, through a blend of court support, psychosocial care, outreach and ongoing programme delivery. Much of this work is in response to immediate community needs, but it is grounded in consistent routines and coordinated team effort.

**Lynette:** Our day usually starts by checking the focus for the day, sometimes it's food support, other times court support. If we're going to court, we make sure our clients are supported: we liaise with the prosecutor, ensure procedures are followed and make sure the client understands their next steps. Court mornings can be full, often running from 8:30 to 11:00 or longer.

Back at the office, we assess which clients need a follow-up. Ashika coordinates appointments for psychosocial support, and our counsellors step in for assessments. If a client needs something else, like help with the commissioning of oaths, Aunty Caroline usually takes the lead. She also helps flag focus cases and arranges legal referrals if needed. We don't turn clients away. If we can't help directly, we refer them through our strong partner network, even if their case is in Mitchell's Plain or Bellville, we'll show up.

On top of that, we're often preparing for upcoming programmes: planning awareness events, packing materials for workshops, reporting on our GBVF First Responder training. It's busy, but it's coordinated, and each day brings a new challenge.

**Zach:** OK, so I usually start the morning with some social media posts. Then I go fetch bread. After that, I'll start going out into the community. I know a few people in the area who often share their stories, so I go out and check in with them. I collect the data, write it down and later I come back and record it. It really varies, working in this organisation, you never know what might come up.

# Why we work in GBVF monitoring

**Ashika:** For me, it was about wanting to learn and experience new things, outside of the stuff we already know. Like seeing how GBV impacts different households. You see, where I come from, GBV is a day-to-day thing. It is out in the open. But when I started to do GBV monitoring in Bridgetown, it was a different environment to what I'm used to. There, people tend to hide it away. Where I'm from, I'm used to seeing it in your face. It's more violent and in your face.

**Zach:** I've always been exposed to gender-based violence, but it was actually great to go out and talk to someone about it. I was hoping to get a deeper understanding of working with survivors. My work is generally youth-focused, so working with GBV survivors was something different. It's also challenging because sometimes you don't want to say the wrong thing or offend anyone by mistake. So working with GBV survivors has been a real learning curve for me.



**Letania:** I'm hoping to create more awareness, and that more people will come forward and stand up against gender-based violence. I'd also like to see more men getting involved because that's the ultimate goal, for men to actively participate in GBV discussions and speak out about the violence they've experienced.

**Lynette:** I'm excited about the fact that it wasn't just the research data we collected through the Masibambisane surveys. We could play a more active role, to actually go and support the survivor. You know, to ask, 'What do you need?' not just to collect information.

**Letania:** But there has also been a huge improvement in our systematic data collection, especially in our reporting and follow-ups.





SILENCE  
HIDES  
VIOLENCE  
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# WHERE WE ARE NOW

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SILVIA KÜCHEN&BAR

# The challenge is that GBV is normal in our communities

**Ashika:** You see, in Manenberg, of course you know I'm from there, we deny it's abuse, whether it's physical, sexual or financial. It's normal. It's not something that anyone's ashamed of, even if it happens in front of you or in front of children. It's something we're all used to seeing. In other communities it's not as normal as it is to me, you know? So, it's more about me experiencing the violence and abuse in a different way.

**Zach:** Sometimes people in our communities don't even know what gender-based violence is. Their partner might hit them, but they don't realise what's happening. It's become so generalised that it's almost become a norm for them.

**Lynette:** GBV is the norm, but do they even know what GBV is? Do they realise they're experiencing abuse, that their human rights are being violated?

**Letania:** I agree with my colleagues. Zach, myself and Lynette are all from the same community. What they're saying is so true, people often don't realise they're being abused. They don't understand that what they're experiencing is actually gender-based violence. The awareness just isn't there.

**Letania:** One challenge that stands out for me is when people are clearly being abused, but when you point it out, they'll be like, 'No, I'm not.' That has really stayed with me throughout this whole project. The fact that people don't really know what GBV is. It wasn't until the Callas Foundation stepped up with the Foundation for Human Rights [FHR], with the Masibambisane project, that we actually had the opportunity to raise awareness in our community.

**Ashika:** I agree with Letania, denial is the biggest challenge. Peer pressure is also part of it. For example, you love this person, they're abusing you and they tell you stuff to make you feel good, like it won't happen again. But it does. Overcoming denial is the most challenging obstacle.

**Zach:** You can't help someone who doesn't even realise they're being abused. If they can't see it, how can I suggest a shelter? They'll say, 'But I'm OK.' So that's part of the challenge.

**Ashika:** We address it as best we can, but it's really up to them – whether they want to open their eyes and accept what we're saying. Because it *is* the reality. Sometimes they do believe us and go find help. But most of the time they're so used to it, or they depend on the abuser. It's like, 'As long as they take care of us, it's fine.' Especially if the abuser is the breadwinner. So it's fifty-fifty, sometimes you can convince them, sometimes you can't.

**Lynette:** I think as a team, we always try to reassure the client – no matter where they are in their journey, that the Callas Foundation will step in and support them when they need it. It's about agency, letting the client decide when they're ready. We let them know the services will still be available. Maybe this is how you feel today, but the Callas Foundation, the team, is here when you're ready. They can message us on WhatsApp or set up an appointment at the office. It's about knowing we don't stand in judgement. And when they're ready to admit it's GBV, to realise they need help, we'll be ready.

**Letania:** In my opinion, the Callas Foundation addresses these challenges very well. We foster trust by creating a safe and confidential environment for our survivors. So for me, I'd say that we are addressing these issues very well. We try to change the stigma around community norms by building trust with our clients.



# We build trust by walking the journey with survivors

**Letania:** A lot of our clients come to us, often in a two-minded state. But many victims are referred to us by the courts and other stakeholders. We're already trusted outside of the Callas Foundation, our local stakeholder committee (LSC) is so strong, so our clients trust us immediately to fight the battle with them, to combat this GBV pandemic.

We run a court support programme and walk the walk with a survivor from beginning to end. That's how we earn their trust.

**Lynette:** I think, as a team, we deal with it together. If I have difficulty with a client, I'll ask Aunty Caroline – who is more senior and has more experience, to sit with them and help reassure them. Like I said earlier, we just keep reassuring them. We tell them that when they're ready for psychosocial support or to complete the protection order, we'll be here to help.

We also refer them to one of our partner organisations for legal matters, for example, if they need help with a divorce. We want them to know we offer more than one service, and that the legal partners we refer them to are reliable. We don't just give them a number for any organisation; we make sure they'll be properly supported.

It's about constant reassurance, when you're ready, book an appointment with Ashika. When you're ready to complete the protection order, we'll be here. When you're ready to go to court, we'll be there with you.



# Taking care of GBV survivors means taking care of ourselves

**Lynette:** Another challenge is that some of the situations are very hard to deal with. It can get overwhelming. You just have to remember to do the debriefing to make sure that we, as a team, are okay. Then we can carry on and continue with the work. Come the next day, we're able to support our clients through the process.

As a team, we'll often check in with each other, and we also go for psychosocial support ourselves. It's been a challenge because as much as we've had success with convictions, we've also had heavy situations here at the Callas Foundation, including femicides. Supporting the family through that, going to court and being there at the funeral as well, it takes its toll. But this is why GBVF monitoring matters in our community.

**Zach:** I sometimes feel that people are really insensitive towards GBV survivors. One of the things I hoped for, that actually came through, was working with people we usually only read about or see on social media. Here is someone in front of me I can actually talk to. I can ask, 'How are you really doing?' You understand?

It's about that deeper connection, not just ticking a box or rushing someone through a process. There was this one heartwarming moment, this person couldn't even get the words out, man. They just couldn't say it. But I kept speaking to them over a few weeks, and eventually, they started opening up.



# Why GBVF monitoring matters in our community

**Lynette:** I believe that our support meets the hopes and dreams of our clients. When it comes to GBV, I think it's just learning to work with a survivor. It's about learning not to become desensitised, because sometimes you deal with it every day and you can forget that this is somebody's life that you're dealing with, and how you go about it matters.

Before, we could just point them in the direction of the Callas Foundation, but even then, we couldn't do any assessment and say, okay, how can we assist on that particular day? Now we can share our details, give out numbers and say, 'Come see us at the office and we'll do an assessment. Can we refer you to such and such a centre? Come in and see our counsellor here at the office for one-on-one counselling.' We can help by completing protection orders and going to court with the survivors.

What is huge for me was our court support programme, especially with the protection order process. When women or men apply for protection orders, only the applicant and respondent are allowed into court. As Callas Foundation GBVF monitors, we can write a letter, Aunty Caroline writes it, explaining to the magistrate that this particular client needs emotional support. Because we've been part of their counselling journey, we're then allowed to step into court with the client. That's major. Just our physical presence, standing on the block with them, is huge. It might seem insignificant to someone else, but for our client and us as a team, it makes a major difference. You can see it in their body language, their confidence. Even though we're not allowed to speak unless asked by the magistrate, our presence means everything.

Our successes in the past year include three successful convictions. Out of 100 cases, fewer than 50 percent, maybe even less than 70 percent, lead to successful convictions. So for the Callas Foundation, to support three clients through to a successful conviction this year was huge for us.

# Our GBVF activism challenges community norms



**Lynette:** We host GBVF First Responder training sessions, attended by people from a range of organisations – not just community members or neighbourhood watches, but also court officials, NPA staff and volunteer counsellors from rape crisis organisations. These trainings, facilitated by the Callas Foundation, go in-depth into the Domestic Violence Act and the Sexual Offences Bill. On the first day, we assess participants' expectations to understand what kind of guidance they need for advising their own clients. It's a great way for us to reach more people and equip them to support survivors effectively.

**Letania:** Stakeholders are more responsive and proactive in addressing GBVF issues. I'd say the response system to GBVF cases has multiplied through the GBVF monitoring. I can speak for our community, where people have become more involved and even want to volunteer at the Callas Foundation. A lot of them want to attend our GBVF First Responders training because they want to get involved in GBV cases as well.



They joined us for the protest paint party, where we made posters with messages of support. That happened in the morning. Then in the afternoon, we went to a very busy intersection, right outside the police station, only about five kilometres from our office. It was a Friday afternoon, peak hour traffic, from about 3:30 till 6:00. You could see the different responses from the community. Some people hooted. Some engaged with us. Others just drove by and didn't even look.

The posters were clear and bold. They said things like, 'End GBV. Enough is enough. Stop killing our sisters.' We encouraged motorists to hoot, but some of them just ignored us. I mean, GBV is a pandemic in our country, so when some people choose to ignore us, you have to wonder what they're afraid of. Is there still a stigma around GBV? Is it something they've experienced and don't want to face? Or do they just think, 'That's not our problem, it's theirs'?

But we still went out there in such a bold manner. And I could feel how necessary this type of activism is. That kind of awareness. We try and do it as often as we can, even when we go to court. We'll do our campaigns and sessions, no problem, but they don't often allow us to go into court, but we have offices right outside.

We make our voices heard. Because, as they say, 'Silence hides violence.' If we stay silent, the violence just escalates. And we've seen that escalation. Even over the festive period, the amount of cases we've had from 2024 into the first week of 2025. From the second working week of 2025, we spent every single day at court.

We need to be out there. The message has to get out. Awareness, awareness and more awareness.

**Letania:** Yes, we are creating the awareness.



# Community and stakeholder collaboration ensures accountability

**Lynette:** If a case hasn't got enough attention, we follow up. We find out who the investigating officer is and ask, 'What else do you need from us for the case to be addressed properly?' That's why it's important to have platforms for dialogue, like the one we hosted last year with the South African Chapter of the International Association of Women Judges [SAC-IAWJ].

At that dialogue, we could speak directly to officials of the court and say, 'This is our experience. These are the challenges we face.' So that was great. Because then they could meet the community members and victims themselves and hear firsthand: this is what they're experiencing in the court system.

It was a chance to ask. 'Where do they need to go for further help or support? What's missing in the statement or in the documentation that you need?' That can help speed up the process, and increase the chances of a successful conviction.

**Letania:** We had a femicide case within our community not too long ago, just last year. The community worked so closely together on the case. The body was found quickly, the Callas Foundation was notified very quickly and so were the police. The ambulance was already there. By the time Aunty Caroline got to the scene, everyone was already there. So yes, I'd say that case really stood out.

**Lynette:** When our team, along with Aunty Caroline, mobilises our networks, we make sure that cases are followed up. If there's a lack of evidence, she follows up with the investigating officer and asks whether the correct procedures have been followed. If everybody was there, then there must have been a witness. Has a witness been identified and has their statement been taken?

**Ashika:** It all depends on the circumstance and what the individual sees as justice for themselves. If someone has been sexually abused, we can help them seek justice in court, through judges and lawyers and all of that. But that's not always what they want. Often, what they really want is internal justice, something that helps them deal with it and overcome what happened.

**Lynette:** There was one particular case, one of our success stories, where a young woman was sexually assaulted here in the area. Because of our network and the collaboration between the community, stakeholders, SAPS and the neighbourhood watch, they were actually able to catch the perpetrator. They mobilised so quickly– within less than a week, they had already identified the perpetrator even before SAPS did, and could point them in the right direction.

That's the power of the community and stakeholders coming together. I mean, they were essentially doing the detective work for them. A credible witness statement was taken quickly, and the DNA evidence didn't get lost in the process. By supporting the victim, taking her to the Thuthuzela Care Centre [TCC], ensuring the J88 form was completed and submitting key evidence at the right time, it sped up the prosecution. They also supported the victim's family throughout.

***“Because of our network and the collaboration between the community, stakeholders, SAPS and the neighbourhood watch, they were actually able to catch the perpetrator. They mobilised so quickly– within less than a week, they had already identified the perpetrator”***

**Letania:** You don't only involve legal action, some GBV survivors need healing and empowerment during or after the process.

**Lynette:** And I think that we were able to provide that kind of social support, you know? It's an ongoing journey and an ongoing process. Even with our dialogues, I mean, we had one particularly successful dialogue where survivors shared their stories with other fellow survivors and community members. One of the survivors actually became part of the team after that. She now works here at the Callas Foundation. That's also a form of justice, the fact that she's able to share her story, and other survivors can gain strength from it.

**Letania:** There was a little girl who was raped. I think she was six years old. The magistrate sentenced the perpetrator to five years because she thought that the little girl would outgrow her trauma. I feel that was an injustice to that little girl.

**Ashika:** There's another case, where the perpetrator got 12 years, which I don't feel is long enough after all the trauma he caused. Not just physically, but also mentally. How the assault has changed not just her life, but the lives of everyone she loves. All these relationships went down the drain because of what he did. I don't feel that 12 years is justice enough, for what he's caused and the consequences in the long run.



# School clubs for GBVF prevention and human rights education

*“We think the Education Department should include GBV in the school curriculum because GBV is a pandemic.”*

**Letania:** We think the Education Department should include GBV in the school curriculum because GBV is a pandemic – it’s a global issue, not just a South African one. If it were part of what learners are taught, kids would grow up more aware of the implications of gender-based violence. They would be better prepared to respond in difficult situations, instead of acting out.

**Lynette:** And we’ve had such good feedback from one of the educators, saying that because learners are attending the Human Rights Clubs, they’re noticing a change in how they behave, even in the classroom. How they’re conducting themselves. That’s an area where we definitely need more support, more resources and funding, so we can do more work or even train other organisations on how to engage with the youth.

What was exciting was seeing how young people engaged with the Human Rights Clubs. I know Ashika and Zach are more involved with the programme, while I was more on the administrative side. But when I did attend and engage with the youth, it was great to see how open they were to the conversation. It’s the young minds you need to start moulding. When I was growing up, we didn’t have the opportunity to talk openly about GBVF or have access to a programme like this.

**Ashika:** Being a Human Rights Clubs mentor and a GBV monitor, honestly, it goes hand in hand. The work we do as GBV monitors was already part of what I did, even before I agreed to take on that role.

So combining that with mentoring the Human Rights Clubs, you can't really avoid the signs anymore, they're just there. Not just for me, but I think for all of us.

We've become so used to the idea that yes, I can speak to you, but I've also learned to observe, to watch your habits, your behaviour, to notice signs that point to some kind of trauma. So it's easier to see when there's a problem with a child. For example, when we teach about disabilities, many of the children who've been through trauma will act out, like it's almost funny, you know, making fun of disabled people, like it's disgusting. But a child who comes from a healthier home, they'd know that's not acceptable, you don't disrespect others like that.

So we've got used to observing and noticing which children have experienced trauma by how they react to what we teach. It's basically all linked. You can't avoid it or not see it, it's right there.



**Lynette:** Often times in the Human Rights Clubs, a facilitator would report that a learner clearly needs a little more support or counselling. So, how could we step in? We then had our counsellor attend one of the Human Rights Clubs sessions. After that, we'd have a conversation with the learner and get consent from the parents, letting them know, 'This is our number, and this is the kind of support we offer. You're more than welcome to come to our organisation for one-on-one counselling.'

We were able to get some of those learners to come to the office and make appointments with Ashika for assessments and counselling. These were learners that had been attending the Human Rights Clubs.

**Letania:** Also, engaging men and boys in GBV prevention is a big part of our work, whether it's through the Human Rights Clubs or our GBV boys programme. People ask why we don't do more work with girls, but we feel that if you look at the numbers, the majority of perpetrators in GBV cases are male.

***“So, preventative work with young boys is so important – especially around shifting their mindset when it comes to consent.”***

Where does it all stem from? You know, I try to make young men in the Human Rights Clubs understand patriarchy and where these attitudes come from. And when we focus on identity, on knowing who you are, your values and what you stand for – it becomes so much easier to take a stand for yourself.



A community meeting is taking place in a room with wood-paneled walls. A woman in a black dress stands at the front, presenting to a group of people seated at long tables. The tables are covered with blue and white cloths and have various items like water bottles and papers on them. In the background, there is a large blue banner with the South African Police Service (SAPS) logo and the text 'SAPS CRIME STOP 08600 10111'. To the right, a projection screen displays a slide. Further right, another banner features the word 'Community' and a grid of small images. The audience consists of men and women of various ages, some wearing headwraps. The room is lit with overhead lights, and the overall atmosphere appears to be a formal yet community-oriented gathering.

**WHERE WE  
ARE GOING**

# How the response to the GBVF pandemic could be improved

**Letania:** I think that the timelines of the legal proceedings could be improved. The court cases, the legal system, the legal process. I could also add that survivors need financial support during the legal process.

**Ashika:** I think we need more collaboration from detectives. From my personal experience, I've seen that some detectives who deal with GBVF, against women or men, can be resistant. They need to be educated about GBVF and how it affects survivors. I think they need to be more involved, not just looking at it as a normal case, one you deal with every day. They've gotten used to putting down their emotions because it's their job. But I feel they need to be more physically and mentally involved, because this can happen to anyone. To them, to their sister or to their brother. They need to step up and get involved.

***“We ran a women’s support group before, in 2023 and early 2024, and now we’re going to relaunch it. Our focus is, as always, on supporting women.”***

**Lynette:** So yes, we’re going to start the support group again. This time, we’re going to offer the support group here, during the week.

**Letania:** We need more mobile and digital platforms for reporting and counselling.

That would make a huge difference. A lot of people aren't comfortable coming out and speaking to someone face to face, but they would be more comfortable doing it online, or behind the scenes, instead of being physically present. And like I said, engaging men and boys in GBV prevention is a big thing that would really help.

**Letania:** We need more involvement from all our stakeholders. For me, that includes youth organisations, religious leaders, local business owners, our schools and neighbourhood watches.

**Ashika:** I think there needs to be a focus on making parents aware so they can help children to identify what's wrong and what's not acceptable behaviour.

***“Children need to know that GBV is a problem, it's not normal.”***

If someone abuses you, you should speak up and say something. The issue is that many parents have been abused themselves, so they avoid explaining it to their children or they don't explain clearly that abuse can come not only from strangers, but also from people in your home, even a brother or sister.



# Our hopes and dreams for GBVF monitoring in our community

**Lynnette:** One of our hopes is engaging more stakeholders, really getting them on board and working together. We're moving away from working in silos. We need to team up with workers. We can only do so much within our own community or area, but if we build strong partnerships, we can do more. I think that's something the Callas Foundation does really well. It's something our leader, Aunty Caroline, always reminds us of. She has such an extensive network and we've learned a lot from that, how to partner with other stakeholders, how to collaborate to get the best outcomes. When it comes to things like the First Responders training, we want to ensure that everyone in the community is educated, so they walk away knowing how to support a survivor. That's how the message spreads.



**Letania:** Yes, if we had more funding, we could have a bigger team and more resources out there. We could train more of our court support volunteers. In our school Human Rights Clubs, we could have more monitors involved in the programme. We could reach more schools in the community, instead of just the two we're working with now, we could cover many more. With more resources, we could also partner with other organisations.

**Ashika:** It's all about awareness and guiding people towards where the help is. A lot of people, yes, they might know they're being abused, but they don't know how to stop it, or even that there is help beyond their family. Family members don't always help, you know?

**Lynette:** What we hope to see is more people stepping out and not being afraid to seek help, reaching out to us or to other organisations. And also, strengthening our referral pathways so we know which partners offer which services. That way, when we guide someone, we're pointing them in the right direction – even if they are from another area, they'll know who to reach out to for help there.





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