Personal Safety and Security

Safety simply means:

Well being, welfare, security. In other wards a state of being protected from harm or any other undesirable acts.

Security means:

The degree or process of resistance to harm or protection from harm most especially to the vulnerable or valuable.

To be safe and have a better welfare there is need for security

In our home, our work, community , environment , our persona and state.

- Be able to achieve adequate standards of living (**freedom from want**)
- Improve our capacity towards living e.g. have food , have home, etc.(**freedom from fear**)
- Ref: Article 25 of universal declaration of Human Rights
- Ref: Article 11 of International covenant on economic, social and cultural rights**.**

Types of security as per international human rights standards.

- Economic security e.g. freedom from want concerns
- Food security e.g. freedom from fear access to food physical and economic capacity.
- Health security at least basic protection from diseases
- Environmental security threats from nature ravages, man made threats or deterioration
- Personal security free from physical violence from either state or external, individual or state actors, domestic or predatory adults
- Community security e.g. traditional relationships, sectarianism, homophobia
- Political security e.g. honouring basic human rights, free from systematic torture.
- (Think of any other security and safety concern that doesn't fall in the above category)

Do you feel safe and secure. Why?

YES

- Access to medical care (Though limited)
- Can access food
- Green environment
- Some protection networks e.g. NGOs', UHRC,EOC

NO

- Homophobia
- Social discrimination
- Domestic harassment
- lack of systematic state policies
- Lots of human rights violations

(Discuss more of safety issues)

How then can we guarantee safety and security

- Advocacy
- Documentation
- Ensure individual security through networks

1. Walk in company of others where possible.
2. Share hangouts
3. Be alert of your surrounding
4. Know your companion

Ensure health safety by

1. Access health information
2. Avoid free drinks
3. Know your companion
4. Own behavioural choices
5. Community mobilisation

Lets do a YES or NO exercise about health safety and HIV

- Confidential

- Have ever had sex without a condom?
- Have you ever had sex without a condom with someone who was not a faithful partner?
- Have you had sex without a condom with someone who was not your partner?
- Have you ever had sexually transmitted diseases.
- Have you ever treated STI without consulting a healthy professional?
- Have you had sex without a condom with more than 15 persons during your life time?
- Have you even had sex without a condom with someone you have just met?
- Have you ever had one or more sexual partners in a period of a month and not used a condom in each case?
- Have your ever paid or been paid money for sex?
- Have you ever had anal sex without a condom?
- Did your partner eve have sex with an alcoholic person before you were married?
- Do you desire sex more after drinking alcohol?
- Have you ever forced someone to have sex against their will?
- Does the nature of your work force you to travel frequently and be separated from your spouse/ partner?

Count YES

- 12 – 15 → extremely high risk
- 6 –12→high risk should consider condom use reflect on behaviour choices and get tested
- 0 – 6→low risk, moderate but it exists