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These cards provide national and regional context, key messages and actions to help address violence against children.
3/4 of Ugandan children experienced violence in childhood
The children of Uganda are abused by parents, teachers, friends and neighbors. This means they are not safe in homes, schools, roads, markets or water sources. Let us make these places and people safe for children everywhere.
More than half of all children in Uganda have experienced physical abuse.
Corporal punishment is still practiced in schools despite being banned by law. Physical violence such as beating with a cane, slapping and punching remain the normal mode of ‘discipline’ in many homes. Children witness violence in schools, in homes, and in several community points like roads, markets or water places.
Children most commonly did not seek help because they thought it was their fault or did not think it was a problem.

Experienced physical violence in childhood with over 90% of these experiencing multiple incidents of violence.

About 1 in 5 girls who experienced violence in childhood experienced their first incident at or before age 5.

Parents or adult relatives were the most common perpetrators of violence in childhood. The most frequent perpetrators of violence however were teachers.

Children most commonly did not seek help because they thought it was their fault or did not think it was a problem.
REGIONAL HIGHLIGHTS

PREVALENCE OF VIOLENCE PRIOR TO AGE 18 AMONG (18–24 YEARS)

HIGHEST PREVALENCE IN COMPARISON TO NATIONAL AVERAGE

Special focus areas/DREAM intervention areas indicated in these charts are places with the highest HIV and AIDS prevalence in the country. Sub-national estimates (including sexual, emotional, and physical violence estimates) were produced for males in three high-prevalence HIV and AIDS clusters: 

- **Area 1**: Bukomansimbi, Ssembabule, and Rakai
- **Area 2**: Mubende, Mityana, Gomba, and Mukono
- **Area 3**: Gulu, Oyam, and Lira.
WHAT CAN YOU DO ABOUT IT?

• Enforce the law against corporal punishment in schools
• Promote alternatives to physical violence by talking to children about their mistakes, listening to children and encouraging them to share their experiences and views, praising and rewarding children for positive behavior.
• Be the change you want the children to become. Remember, they learn from what they see or hear, if you are peaceful, they will be peaceful.
More than girls (57%), and nearly boys (53%) who experienced sexual violence experienced the first incident before age 16.
UGANDAN CONTEXT

Place and time: Sexual Violence against children more commonly occurs on the road, in the afternoon and early evenings.

Harmful traditional practices such as child marriage increase the risk of sexual abuse especially for girls.

Economic forces: Ugandan girls are lured into exploitative relationships with older men for material support. This is particularly high where families are not able to support their girls through income generating activities.

Reporting: Poor enforcement of laws makes survivors lose trust in reporting sexual violence. There is still a lot of stigma which deters survivors from opening up to be supported. Some service providers at the Police, Health Centers or local council desks ask for money from survivors which makes most of them drop cases due to lack of money.

Housing: Parent, children and extended families often live in close quarters leading to children observing sexual situations and being exposed to heightened risk of violence.
More than 1 in 3 girls and nearly 1 in 6 boys experienced sexual violence in childhood.

8 in 10 survivors of sexual violence experienced more than one incident.

Only half of girls and boys who experienced sexual violence told anyone about it.
Prevalence of sexual abuse prior to age 18 (among 18-24 year olds) per graph

Female national average: 35.3%
Male national average: 16.5%

Highest prevalence in comparison to national average:
- Female national average: 36.3%
- Male national average: 16.5%

Most common forms of sexual abuse: Abusive sexual touching, attempted forced or pressured sex.

Regional highlights:
Special focus areas/DREAM intervention areas indicated in these charts are places with the highest HIV and AIDS prevalence in the country. Sub-national estimates (including sexual, emotional, and physical violence estimates) were produced for females in three high-prevalence HIV and AIDS clusters: Area 1 (Bukomansimbi, Ssemabule, and Rakai), Area 2 (Mubende, Mityana, Gomba, and Mukono), and Area 3 (Gulu, Oyam, and Lira).
WHAT CAN YOU DO ABOUT IT?

• Say NO to cultural practices such as child marriage that increase the risk of sexual abuse for girls.
• Join efforts to enforce the law. Let everybody know that sexual abuse is a crime.
• Silence protects abusers and threatens survivors from reporting, choose to speak out.
EMOTIONAL VIOLENCE

Almost 1 in 3 children experienced emotional violence with most youth suffering multiple incidents (emotional violence included being told by their caregivers that they wished they had never been born, were dead; being ridiculed or put down)
Emotional violence is often not recognised as a problem resulting in the normalization of severe verbal mistreatment of children.

Children who are emotionally abused manifest high suicidal tendencies and become withdrawn from social groups. This affects their growth, participation and performance at school or in other areas of development.

Females: The first perpetrator of the first incident of emotional violence in childhood was most often the mother or step mother.

Males: The first perpetrator of the first incident of emotional violence in childhood was most often mothers, stepmothers and stepfathers.
BECOME AN ALLY
TAKE ACTION TO END VIOLENCE AGAINST CHILDREN TODAY.