

Women for Africa 3

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WOMEN FOR AFRICA 3

History of Inner Wheel

Mrs. Oliver Golding

Magerette Owen, later Mrs. Oliver Golding, the wife of Manchester Rotarian was born of Welsh parentage at Hey Brecon, her father started the Gas produce works which he stabilized by undertaking and accomplishing great feats. He spent the rest of his life in that business, Prior to Mrs. Oliver Golding 's marriage she was trained as a nurse and became a sister at the London Hospital for Tropical Diseases, she retired later, but resumed her profession during the 1914 - 1918 war.

Subsequently, she joined two other ladies who already conducted a business in the manufacture of nurses uniforms, eventually purchasing all shares becoming governing director and renaming the business, "The Nurse", A great philanthropist, her chief social interest being the Manchester Girls' Orphanage, and Ascots Hospital for which the Inner Wheel Club of Manchester provided and furnished mortuary chapel. She also did a great deal for the Girls Guide Movement, in which she held the office of Commissioner. There is no doubt that in Mrs. Golding, Inner Wheel found the right leader at the right time. Even though without her, there

would certainly have been a much slower pace and the achievement of unity would have been much more difficult. She formed, directly, and personally, numerous clubs and several Districts.

Her inspiration is remembered to this day; she successfully achieved an even harder task in persuading members to look beyond their local concerns and become part of a much greater whole. If one small criticism may be made of such gifted work, it is that in their anxiety to save the members' pockets, and let nothing interfere with the formation of Districts and Association, she called for absolute minimum contribution which was a mere fraction of what was at the moment, spent on other objects. Thus, the first Capitation fee of the association was six pence per annum and remained at this for several years. Although the policy of frugality was one, it was sometimes carried to such extremes as to retard the development of the Association, especially in the establishment of headquarters and permanent staff.

All the attributes of a varied life were brought by Mrs. Golding to the services of Inner Wheel, the devotion of marriage, the practical helpfulness of the nurse, the acumen of the businesswoman, the vision of the public benefactors, great attributes indeed. Even the facilities of her commercial enterprises were utilized for extending the association. At her factory at Stockport, thousands of yards of material were provided and cut out to be made into garments for crippled children and needy persons by the members of the Manchester Club, a type of service work which was pursued by this and other clubs for many years. Oliver Golding was a vital personality combined with a clear brain and the ability to motivate and bring up others, she was an excellent Speaker and had a lively sense of humor, which enriched her words. Nature had endowed her with the gift of inspiring friendship and even devotion. Her special attribute was courage and courage was what Inner Wheel needed in the beginning. She was undeterred by material difficulties, inertia or open hostility, and perceiving her object clearly before she went unhesitatingly towards it seeing Inner Wheel firmly established during her lifetime upon the path which it was to follow thereafter. The same courage sustained her through six years of illness, and she bore her suffering with great fortitude. Her death on May 2nd, 1939 was a grievous and untimely end to a life devoted to the service of others.

An extract from "Home and Horizon" By MILLICENT GASKILL

Message from IIW President



**The International Inner Wheel
President**

Women for Africa 3

The Seminar has come to stay, and it is taking its rightly place amongst projects around the world. The initiative was replicated from Women for Europe and we have moved the ante to an enviable position.

Various women and child related topics have been handled over the years and we are making remarkable progress. We have made the Seminar relevant not by speeches and papers alone, but we have given back to the society through our various kind-hearted way. We have touched

life of the poor women with our Micro Credit small digit loans over the years and we shall continue to do so.

The Seminar is biennially rotated between Districts, which was taken through ballot. The first one by District 911 started the Capital Base for the Micro Credit Scheme which is very significant to our effort in helping women. The contributions of participating members and prudent expenditure made it possible.

The second seminar, organized by D.913, apart from increasing Capital Base of Micro Credit Scheme tremendously some of the topic handled created a spiral effect in my subconscious. Female Genital Mutilation. We were shown a video that has remained embedded in my mind. I attended the 60th Session of Commission on Status of Women in United Nation, virtually all topics were about this cruel selfish cultural practice against the girl. This made me to invite papers around the world and encouraged members to write about the abuse of the female gender from cradle to old age. This book has been in circulation amongst the writers and in countries I visited and shall continue to circulate it. There is a plan to organize a Side Event at the next Commission on Status of Women in New York next March, and the book shall also be in circulation and also at the Rotary Convention July 2017. Our organization cannot enact a law, but we can talk about it and create awareness about cruel cultural activities amongst us.

The third seminar is on. I hope it shall bring forth a greater dimension in the cause of service to the poor. The Capital Base of the Micro Credit shall also be increased and a better ripple effects of what we are about to listen to and learn shall be greater than past.

I thank all participating members from the past and now. Your contribution is part of the success stories of Women for Africa and all its effect globally. I wish you successful outing and safe journey to our respective home.

Oluyemisi Alatise

IIW President 2016/2017



KEYNOTE ADDRESS AT THE 3RD EDITION OF WOMEN FOR AFRICA CONFERENCE -- ROLE OF INNER WHEEL HELD AT AWKA, ANAMBRA STATE ON FRIDAY, 3RD NOVEMBER, 2016 BY IIW BOARD DIRECTOR IFEYINWA NDEFO. NIGERIA WOMAN

PROTOCOL

Many of us may have heard the story of a busy architect whose six-year-old child needed her attention while she was doing a design. She handed him a box containing map of the world puzzle to fix to keep him busy too. The child recognized there was a map of the world on the front side and a drawing of a man on the other side. The child turned it upside down (turned it over) and fixed the man, when his mum, amazed with his speed asked how he did it so fast. He said I fixed the man and the world was fixed.

My point is that terrorism and violence have turned the world upside down (turned the world over) and if we can fix man then the world would be fixed.

Man is a general term, woman although designated as a help mate in the family set up influence's major decisions and activities of the family. Society sees a delinquent child as one whose mother did not do well in his upbringing.

The current wave of globalization has greatly improved the lives of women worldwide, particularly the lives of women in the developing world. Nigeria is one of such countries.

Nearly one in every four women in sub-Saharan Africa is Nigerian. Hence, the situation of women in Nigeria has a key role to play in determining the progress of the whole region. At any time in any context, women are critical actors in the education and child rearing processes.

Inner Wheel clubs in Nigeria has resolved to organize seminars often to reach all classes of family set up. Current Inner Wheel year theme of ' Touch A Heart ' will be in action as the seasoned resource persons take us through the different topics in this gathering.

Africa and indeed Nigeria is a male dominated society as in every country in the world. The eastern zone of our country being the host of this conference and Awka in Anambra State as our venue has a cultural practice of not showing a woman kola nuts irrespective of her status, when in fact it was a woman that bought the kola nuts and presented to her husband. Some cultural myth notwithstanding women have refused to be relegated to the background.

Non the less, some women have excelled in education, business and politics etc. we have women in great number in some professions like teaching, judiciary, nursing, to mention a few. Women in politics are also gaining ground. Anambra State had her Excellency Virgy Etiaba as her first and indeed the first Nigerian female Governor in the past and Imo State had her excellency Ada Okwuonu as deputy Governor.

As we have hopefully come, I assure you that we have people with wealth of knowledge as our resource persons from whose fountain we will drink as they talk to us. There is going to be a question time for us to fully understand their lectures.

Finally, every statement of wisdom whether educational or social can touch a heart and that is the earnest desire of this conference.

Thank you for your attention.



WOMEN FOR AFRICA

Message from the IIW National Representative/President National Governing Body of Inner Wheel Clubs in Nigeria

It's with greatest pleasure that I welcome you to this 3rd Edition of women for Africa Conference holding at Akwa capital of Anambra state (light of the nation).

On behalf of the national Governing Body of Inner Wheel Clubs in Nigeria, I want welcome specially, our chief Guest, the 1st African president of international of Inner Wheel, Oluyemisi Alatise, our amiable, purposeful and determined lady. Her Excellency Chief Ebelechukwu Obiano,

wife of the governor, Anambra State, our awardee Chief Mrs. Joan Ogbuehi (Past Board Member) and the resource persons who have honoured us with their presence, not minding their other engagements.

It is a rare privilege, and we most sincerely appreciate you we have come a long way on this process, and I am so excited intrigued with the presence of our IIW president who originated the programme- Women for Africa. Ma, the seed you sowed in 2012 has been bearing sweet fruits, and the effects on the lives of members and beneficiaries of the proceeds from the previous conferences are enormous.

The topic for this year's conference, the African Woman in a globalized world (life, roles, and growth) is going to challenge us but I am happy that the erudite scholars that will handle the various topics will do justice to the issues so that we end up more informed, more educated and more challenged as we touch hearts to impart our environments in more positive ways.

I cannot thank enough the organizing committee of the conference ably coordinated by Past Board Director, Dr. Bakky Ngozi Adirika, and her indefatigable Secretary, Past District Chairman Dr. Ihuoma Ndimele.

To all the moderators and secretaries of sessions, I appreciate you. And to my inner wheel members, your contributions and steadfast support has, in no small measure, ensured that this conference succeed. I thank you all, and as you depart, may the theme of this year's Inner Wheel year "Touch A Heart" not depart from your consciousness. Remember not to retire for the day without touching a heart. Make it a philosophy, not just of the heart but of the spirit.

Uche Agbim
National Rep/President
National Governing Body of Inner Wheel Clubs in Nigeria.



Message from the Coordinator WFA 3

IT is a great joy to welcome you all on behalf of our digital secretary PDC Ihuoma Ndimele and every member of the organizing committee to the smith town of Awka. Awka is a beautiful Cultural center where the customs and mores of the ancient founders remain adhered to because they consider them valuable. Be prepared to learn how to work at the forgers and make your farming and musical implements. What are women known for after all if not for their ability to put things in proper and focused perspectives?

We have gathered here to think, prepare and project the African woman. We want her to stand with her head up in the global community. We want her to fulfill her destiny and be strong partner in extending life in all ramifications. To do this we need to examine

This life critically consider her role and work for her unlimited growth. The African woman must function beyond her kitchen. She should, while well balanced in her home, venture out of the other room to prove herself. It is not a crime or a confrontational action. It is a complimentary action and unless she takes a decision to actualize herself when she should, regrettable abandonment may result.

We are privileged to have distinguished experts to help us as we take a look into very apt and topical issues that affects the woman and her girl child. We desirous to make her see reason and take a decision to move forward. We would be listening to people that now talk to us about:

- Women and children's care initiatives
- Youth cultures and practices
- Women/child trafficking
- Family ethics and integrity
- Combating domestic violence
- Growth and development of the African girl child
- World economy and terrorism
- And the technologies that have overtaken us and how we can protect ourselves.
- Every Speaker was given the option to approach the sub themes in the preferred way. Let us listen and learn. Let us ask questions and contribute our own thoughts to whatever will be said in this conference. This is why we are here. These issues concern us, and we must deal with them!

Ladies I want to call attention to God's love for us all. It is great to note that God loves Nigeria Specially. At a time like this, we proudly state that we are strongly rooted in inner wheel. Our own Board Director made significant contributions that gladdened our hearts at the last Board meeting held in October, 2016. We followed the proceedings with joy! At a time like this my dear friends. God blessed us with the leadership of our organization at the apex. The first black woman to head International Inner Wheel is a Nigerian!!! Our own pretty and digitally articulate Yemisi Alatisi! We are blessed to have here amidst the National Governing Body Executives and Inner Wheel clubs in Nigeria. We feel privileged to be part of her first official reception by the totality of Nigerian Inner Wheel world and beyond in her home country Nigeria. Mama President we welcome you very specially and significantly recall your efforts at initiating the Women for Africa program. We are proud of what the program has achieved for Nigeria and in Nigeria. We cannot easily recall within the time frame we have, even a quarter of the benefits of this program. We however wish to tell you Madame International President that you have done very well. We are following you around the world and you have kept your windows open for us to have a full feel of it all.... It takes you to touch all hearts!

Jisie ike o nwannew.Chukwu nonyelu gi na ije gi nile.

Ladies of Inner Wheel, in spite of the economic hardship you have left your homes. You will surely leave here very blessed and fulfilled. To all our distinguished friends and associates, we say welcome. Please enjoy your conference. It is planned for you in mind, God Bless you.

Bakky Ngozi Adirika
Past Board Director.

Breast Cancer

PREAMBLE

“More than eight million people a year die from cancer of which more than 60% of those deaths occurred in low- and middle-income countries. The future burden will probably be even larger because of the adoption of western lifestyles, such as smoking, poor diet, physical inactivity, obesity, and fewer childbirths, in economically developing countries “The absolute number of cancer cases in developing countries is set to rise dramatically, so action must be taken now.” These Low-income countries are where services are least developed, facilities largely absent and trained cancer experts are few. (Union for International Cancer Control. UICC & IARC 2015)

THE REALITY OF CANCER IN NIGERIA & THE NEED TO BREAK THE CYCLE OF IGNORANCE

Like it or not, Cancer is currently responsible for more than 7 million deaths per year; more than Malaria, TB and HIV/AIDS combined. By 2020 there are expected to be 15 million new cases of cancer every year. Globally every 68 seconds a woman dies from breast cancer and every 2 minutes, a woman dies from Cervical Cancer. In Nigeria 26 women die daily from Cervical Cancer and yet these are avoidable deaths, as no woman should die from Cervical Cancer, which has efficacious preventive Vaccinations for Primary prevention and very affordable & available methods of screening for Early Detection in the pre-malignant stage. *The awareness level of Nigerian women to Cervical and Breast Cancer ‘best practices’ or to any Cancer, is very low, and even this is dogged by fear, denial, cultural/superstitious biases, procrastination, misconceptions/wrong perceptions, stigmatization and poverty restraints, all which contribute to the late detection saga.* This has given rise to the ‘crisis of the breast cancer scourge in our environment’ – viz: more than 83-87% of the affected women present late, incurring unaffordable bills of 150,000 -350,000 - 850,000 naira every 3 weeks on drug treatment, followed closely by rapid deterioration and death, **with resultant high morbidity and mortality in young and middle age groups when they are best productive in contributing to the socio-economic development of our nation! Late presentation of Breast/Cervical, & other cancers will continue to increase in Nigeria, unless we do something more proactive than we have been doing in the past!**

While the outcome for several forms of cancer have improved over the last decade in developed countries, mostly due to; vast technological and scientific advancements, the outlook remains grim in Nigeria. The available statistics bear this out. The World Health Organization figures show that Nigeria currently enjoys number one position for worst cancer death, world-wide (for 4 out of every 5 Nigerians diagnosed with Cancer dies) ... and yet a chill went down our spines when we lost an average of 8 victims to Ebola Virus Disease.

"It is not beyond us" to prevent premature deaths from cancer, so we simply cannot sit back and continue to let the global burden grow. “Feasible and affordable solutions exist, such as increased

tobacco control, increasing physical activity, reducing Obesity, earlier detection and treatment, plus access to life-saving vaccination programs, which if implemented, will help to significantly reduce disease-based poverty and prevent millions of preventable deaths.” (UICC).

This write-up is a unique opportunity to raise awareness that there is much that can be done at an individual, community and governmental level, to harness and mobilize these solutions and catalyze positive change. By moving forward together, we have the potential to show Cancer that- “It is not beyond us”.

THE BREAST CANCER

Breast Cancer, like all Cancers is NOT caused by witchcraft or any form of supernatural force. Cancer is one of the Non-Communicable Diseases that can affect anyone, anywhere, in any country, at any time, like Diabetes, Cardiovascular Diseases, Stroke, and Premature Aging Diseases. Cancer is a complex group of over 200 diseases with many possible causes.

BREAST CANCER — A SERIAL KILLER OF WOMEN – THOUGH NOT A DEATH SENTENCE

- ✓ Breast cancer strikes women hard, being the most common type of cancer in women.
- ✓ Globally every 68 seconds a woman dies from breast cancer.
- ✓ Breast Cancer is a major health problem in Nigeria and other African countries.
- ✓ Breast cancer is the leading cause of cancer death in women in Nigeria.
- ✓ All women can get breast cancer.
- ✓ The chances of a woman getting breast cancer in her lifetime is about 1 in 7 (globally) and 1 in 29 in Nigeria.
- ✓ About 350,000- 500,000 women are diagnosed with breast cancer in Nigeria annually, and 83-87% of them come in at ‘late stages’, increasing death rate by 70%.
- ✓ According to Dr. Blaylock, Newsmax medical editor of The Blaylock Wellness Report, ***all these deaths should NOT have happened, if women are given more information.***
- ✓ Breast cancer can be treated successfully, but the chances for successful treatment are highest when the cancers are found early, and the mass detected is as small as possible.

ORIGIN OF THE WORD CANCER

The origin of the word cancer is credited to the Greek physician Hippocrates (460-370 BC), who is considered the “Father of Medicine.” Hippocrates used the terms *carcinos* and *carcinoma* to describe non-ulcer forming and ulcer-forming tumors. In Greek, these words refer to a **crab**, most likely applied to the disease because the finger-like spreading projections from a cancer called to mind the shape of a crab. The Roman physician, Celsus (28-50 BC), later translated the Greek term into *cancer*, the Latin word for crab. Galen (130-200 AD), another Greek physician, used the word *oncos* (which is Greek for swelling) to describe tumors. Although the crab analogy of Hippocrates and Celsus is still used to describe malignant tumors, Galen’s term is currently used as a part of the name for cancer specialists – Oncologists, and the discipline that manages Cancer is called Oncology.

WHAT IS CANCER?

Cancer is a term used to describe a group of illnesses, all having certain common characteristics - in which cells of an organ or tissue in the body become abnormal as a response to different triggers. These group of abnormal cells then begin to grow and multiply ‘out of control’. There

are over **200 different types of cancer**, which can affect any part of the body in various ways, from head to toe, each with; a specific name, unique treatment and chance of being cured. Cancer does not affect the teeth, hair and nails, because they are dead

- Normal cells generally divide about 50 times, and reproduce themselves throughout the body in an orderly and controlled manner to replace worn out tissue, to heal wounds, and to maintain healthy organs, they then get old and either they die or they sit there and do nothing – **thus they are mortal**.
- Cancer cells, unlike normal cell, will continue to divide forever and live forever unless purposefully killed, - **this is called 'immortality'**. Cancer cells don't follow any rules, they are anarchist, so not only do cancer cells have unlimited growth potential, but they also stop communicating with each other and with the normal cells that surround them.
- Some tumours grow and enlarge only at the site where they begin, and these are referred to as **benign tumours**. Others not only enlarge locally but also have the potential to invade and destroy surrounding normal tissue and to spread to distant parts of the body, & then begin to grow in those other parts of the body, like the bones, brain, liver, and blood. They achieve this through eating through the boundaries of the organ where they started and either burst through the blood vessels or through Lymphatic channels to other organs - a process known as "**metastasis**". These are called **malignant tumours or cancers**. Recent studies have shown that cancers, such as that of the prostate and breast, can begin to develop from 10 to 40 years before they are detected.

WHAT IS BREAST CANCER?

- Breast cancer is a potentially dangerous or malignant tumor that develops from a cell of the breast. There are many types, depending on which of the part of the breast, the cell it started from originated. It could be from the cells of the tubes that carry the milk to the baby, or in the glands that produce and the lobules that house the milk.
- The disease occurs mostly in women, but men can get breast cancer as well (about 0.3-0.7, and sometimes 5-9% incidence, have been documented depending on which study)

PREVENTION & RISK FACTORS FOR DEVELOPING BREAST CANCER?

What causes breast cancer?

The cause of breast cancer is unknown.

That is why it is important to get tested/screened, to be sure to detect it early.

Many risk factors -- such as someone's genes and family history -- cannot be controlled.

However, a healthy diet and a few lifestyle modifications may reduce overall chance of cancer in general.

A) Risks that one cannot control:

- Being a woman: All women can get breast cancer. The chance of a woman getting breast cancer in her lifetime is about 1 in 8.
- Increasing age.
- Early beginning of menstruation (before age 12) & Late Menopause (after age 55)
- Genetic/hereditary factors. (Having the breast cancer gene).
- Family history of cancer of the breast (mother, sister, auntie, cousin, or self). The risk increases the closer the relationship.

- Previous personal history of breast cancer.

B) Risks that one can control:

- Drinking alcohol (several studies suggest that any quantity ingested is a risk)
- Smoking & inhaling secondary smoke
- Leading a sedentary lifestyle (Physical inactivity).
- Being obese/overweight, especially belly fat.
- Breast feeding less than 15 months.
- 1st pregnancy ending in an abortion
- Old age at 1st birth or never having given birth at all.
- First full-time pregnancy after age 30.
- Radiation before puberty.
- Prolonged exposure to female reproductive hormones– oral contraceptives and Hormone replacement therapy
- Wrong diet
- John Hopkins study found that Cancer is also a disease of the mind, body & spirit and thus

Cancer can be 'fuelled' by emotional stress like; Anger, Un-forgiveness, & bitterness.

Women with stressful marriages

Eating a Healthy Diet Can Cut Risk of Cancer By 35-40%:

- ✓ Eat a healthy diet, with a variety of 5 servings of fruits and vegetables daily. Eat more of vegetables, especially leafy green vegetables (in as raw a form as possible, not over cooked), eat your fruits before or in-between meals, & not immediately after meals.
- ✓ Eat in moderation (2/3rd vegetable, and the balance made up of your carbohydrate & protein)
- ✓ Eat food as close as possible to its natural form (Vegetables raw or steamed, not overcooked in water)
- ✓ Limit your intake of processed & refined foods, foods laden with preservatives, & sugar/sweeteners /enhancers.
- ✓ Limit or eliminate your intake of alcohol [1 drink per day for women, 2 per day for men].
- ✓ Eat more vegetables, lentils (beans-type foods) & our natural complex carbohydrates (sweet potato, cocoyam, yam, properly processed cassava products, local rice)
- ✓ Boil or Grill your foods, rather than fry or smoke them (if you must fry – pan-fry in shallow oil)
- ✓ Use very little oil for cooking & avoid re-using oil or using **oil that is in a 'solid state' when it is at room temperature** & animal fat. Olive Oil, flaxseed oil, Virgin Coconut oil, well processed palm-oil are recommended.
- ✓ Drink lots of water – for our bodies are 80% water. Best to drink water an hour before or an hour after food (not with food) and just before you go to bed and immediately after you get up from bed. (Aim to drink not less than 2-4 liters of water daily as a load)
- ✓ Exercise at least 3 to 4 times a week, sustaining your body in motion for at least 30 minutes each time.
- ✓ Eat less salt, & energy dense, nutrient poor, sugar laden, refined foods- especially carbohydrates, & foods with preservatives.

- ✓ Avoid food enhancers containing MSG (Monosodium glutamate) and sweeteners with aspartame, etc. Season your food with natural ingredients; herbs, Scent Leaf, Onions, garlic, ginger, Turmeric, Cayenne Pepper, etc.

SYMPTOMS BREAST CANCER

Early Breast Cancer usually does not cause symptoms, defining the need for regular breast exams. As the cancer grows, symptoms may include:

- **Breast Lump or lump in the armpit** that is hard, has uneven edges, and usually does not hurt.
- Change in the size, shape, or feel of the breast or nipple -- for example, you may have redness, dimpling, or puckering that looks like the skin of an orange.
- Fluid coming from the nipple -- may be bloody, clear-to-yellow, or green, and look like pus

Symptoms of advanced breast cancer may include:

- Bone pain
- Breast pain or discomfort
- Skin ulcers
- Swelling of one arm (same side as the breast with the cancer)
- Weight loss

EARLY DETECTION OF BREAST CANCER THROUGH SCREENING:

This is when you, as an individual, well, 'hale and hearty', nothing wrong with you, take the decision and diligently practice and participate in actions and tests that can reveal something in your body that might be a sign that you may be harboring breast cancer cells in your body. You will not see these signs ordinarily if you do not search for them. If you don't know they are there, the breast cancer cells will grow secretly in you, till one day, it will rear its ugly head through, ugly disfiguring disease of the breast, pain, bleeding, loss of weight, etc., as enumerated above. So, refusing to search for the early warning signs because of fear or 'Strong

Faith', will not stop what is already in your body from growing and eventually becoming a threat to your life. ***So, lose your fear and take action today.***

Some of us love our cars better than our bodies, for we don't wait for our cars to stop us on the way before we take them for servicing.

We take our cars for servicing as and at when due. So also, must we do for our bodies.

HOW TO TAKE YOUR BODY FOR SERVICING

EARLY DETECTION OF BREAST CANCER – aka –SCREENING RECOMMENDATIONS

BWS Promotes 4 levels of Screenings:

- * Self Breast Exams.
- * Clinical Breast Exams.
- * Breast Ultrasound/Elastography.
- * Mammograms.

Breast Self-Exam (BSE)

- BSE SHOULD BE DONE EVERY MONTH BY EVERY FEMALE THAT HAS A BREAST
- *some recommendations suggest that BSE should commence from the time the breast buds appear, so that it could become a habitual practice by age 20. This is also vital, as 8-18-year-old girls, though rare, have been known to have Breast Cancer.*
- If one is still having their periods (monthly menstruation), the BSE should be performed from Days 8 -12 after one's period has stopped. This is so the examination gets done when the breast is not tender, nor lumpy.
- If one is already menopausal (if you have stopped seeing your period because of age), choose & perform the BSE on the same day every month.
- As most people don't remember to do this monthly exercise, we advise women to pick a partner (their husband, friend, sister, colleague) to remind them and you her, to perform the exam monthly (This is called picking a 'Buddy' aka 'Buddy-Check 2')

Clinical Breast Exam (CBE)

A clinical breast exam (CBE) is an examination of the breasts by a health care professional (who has taken the time to learn how this is conducted), such as a doctor, or nurse and should be performed ONCE A YEAR FROM AGE 20.

The CBE is a good time for women who don't know how to examine their breasts to learn the proper technique from their health care professionals. Women should ask their doctors or nurses to teach them BSE and watch their technique.

MAMMOGRAPHY

- *A mammogram is an X-ray photograph of the breast, and is as safe as a dental X-ray, to help identify the breast lump or disease.*
- *Women over age 40 are recommended to have a mammogram each year, because Mammographic interpretation improves with age, when the glandular tissue of the breast is usually replaced with fatty tissue, giving a more translucent image on Mammograms.*
- *If any lady has a family history of breast cancer or other factors that increase their risk, it is recommended that screening commences as early as 25-30 years old, **with Ultrasound of***

the breast, Elastography or MRI. Please Consult with a doctor what is right for you, from age 20.

A MILIEU OF INFORMATION ON EXAMINATIONS AND TESTS

On getting to the hospital, or screening Centre, you will be counselled, and asked a number of questions to ascertain your symptoms and risk factors, and then a Healthcare provider (Nurse or Doctor), will perform a physical exam, which will include both breasts, armpits, and the neck and chest area. Following this, and depending on your age, and what has been found by the Clinical Examination, the following additional tests may be instituted:

- **Mammography** -to help identify the breast lump
- **Breast MRI** - to help better identify the breast lump
- **Breast Ultrasound** - to show whether the lump is solid or fluid-filled
- **Breast Biopsy/Needle Aspiration, or Breast Lump Removal** - to remove all or part of the breast lump for closer examination by a laboratory specialist

If it is confirmed that you do have breast cancer, additional tests will be done to see if the cancer has spread. These tests are targeted to '**stage**' your disease. Staging your disease helps guide future treatment and follow-up and gives you some idea of what to expect in the future. Breast cancer stages range from 0 to IV. In general, breast cancer that stays where it started from is called '**in situ**' or '**Non-invasive Breast Cancer**'. If it spreads, it is called '**Invasive Breast Cancer**'. The higher the 'stage number', the more advanced the cancer.

The 5-year survival rate refers to the number of patients who live at least 5 years after their cancer is found. American Cancer Society (ACS) 5-year survival rates for persons with breast cancer that have been appropriately treated are as follows:

- 100% for stage 0
- 100% for stage I
- 92% for stage IIA
- 81% for stage IIB
- 67% for stage IIIA
- 54% for stage IIIB
- 20% for stage IV

Thus the prognosis worsens the higher the stage.

When to Contact a Medical Professional

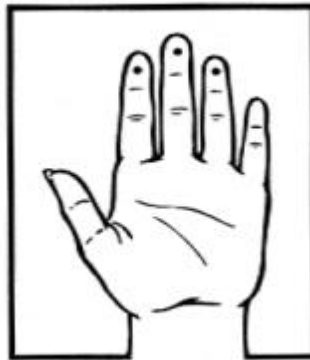
Contact a health care professional for an appointment if:

- You have a breast or armpit lump
- You are a woman age 40 or older and have not had a mammogram in the last year
- You are a woman age 25, 30 or older and have a mother or sister with breast cancer, or have already had cancer of the breast, uterus, ovary, or colon.
- You do not know how or need help learning how to perform a Breast Self-Examination.

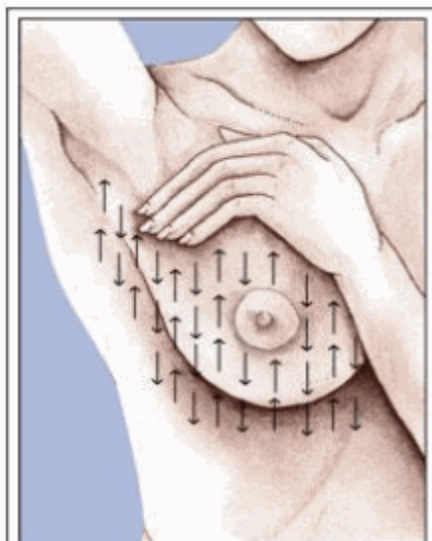
How to examine your breasts – THE BREAST SELF EXAMINATION (BSE)

- Lie down and place your right arm behind your head. The exam is done while lying down, not standing up. This is because when lying down the breast tissue spreads evenly over the chest wall and is as thin as possible, making it much easier to feel all the breast tissue.

- Use the finger pads of the 3 middle fingers on your left hand to feel for lumps in the right breast. Use overlapping dime-sized circular motions of the finger pads to feel the breast tissue.



- Use 3 different levels of pressure to feel all the breast tissue. Light pressure is needed to feel the tissue closest to the skin; medium pressure to feel a little deeper; and firm pressure to feel the tissue closest to the chest and ribs. It is normal to feel a firm ridge in the lower curve of each breast, but you should alert the doctor if you feel anything else out of the ordinary. If you're not sure how hard to press, talk with your doctor or nurse. Use each pressure level to feel the breast tissue before moving on to the next spot.
- Move around the breast in an up and down pattern starting at an imaginary line drawn straight down your side from the underarm and moving across the breast to the middle of the chest bone (sternum or breastbone). Be sure to check the entire breast area going down until you feel only ribs and up to the neck or collar bone (clavicle).



Breast Self Examination

Examine up to the collarbone,
out to armpit, in to middle of chest,
and down to bottom of rib cage

There is some evidence to suggest that the up-and-down pattern (sometimes called the vertical pattern) is the most effective pattern for covering the entire breast, without missing any breast tissue.

- Repeat the exam on your left breast, putting your left arm behind your head and using the finger pads of your right hand to do the examination.
- While standing in front of a mirror with your hands pressing firmly down on your hips, look at your breasts for any changes of size, shape, contour, or dimpling, or redness or scaling of the nipple or breast skin. (The pressing down on the hips position contracts the chest wall muscles and enhances any breast changes.)
- Examine each underarm while sitting up or standing and with your arm only slightly raised so you can easily feel in this area. Raising your arm straight up tightens the tissue in this area and makes it harder to examine.

“This procedure described above for doing Breast Self Exam is different from previous recommendations. These changes represent an extensive review of the medical literature and input from an expert advisory group. There is evidence that this position (lying down), the area felt, pattern of coverage of the breast, and use of different amounts of pressure increase a woman's ability to find abnormal areas”.

Clinical Breast Exam (CBE)

For this exam, you undress from the waist up. The health care professional will first look at your breasts for abnormalities in size or shape, or changes in the skin of the breasts or nipple. Then, using the pads of the fingers, the examiner will gently feel (palpate) your breasts. Special attention will be given to the shape and texture of the breasts, location of any lumps, and whether such lumps are attached to the skin or to deeper tissues. The area under both arms will also be examined.

What to Expect When You Have A Mammogram

- To have a mammogram you must undress above the waist. The facility will give you a gown to wear.
- A Radiographer will be there to position your breasts for the mammogram. Most Radiographers are women.
- To get a high-quality mammogram picture with excellent image quality, it is necessary to flatten the breast slightly. The Radiographer places the breast on the mammogram machine's lower plate, which is made of metal and has a drawer to hold the x-ray film or the camera to produce a digital image. The upper plate, made of plastic, is lowered to compress the breast for a few seconds while the technician takes a picture.
- The whole procedure takes about 20 minutes in experienced hands. The actual breast compression only lasts a few seconds.
- You will feel some discomfort when your breasts are being compressed, and for some women compression can be painful. The health facility staff should schedule your screening guided by your last menstruation and choose a date when your breasts are likely not to be tender, as they can be just before or during your period.
- Your mammogram results should be given to you within 30 days. Ideally, you will be contacted within 5 working days, if there is a problem with the mammogram. Confide in someone, as the waiting period is always filled with much anxiety
- Being called back for more testing does not mean that you have cancer. In fact, less than 10% of women who are called back for more tests are found to have breast cancer. Being called back occurs often, and most times, it just means an additional image or an ultrasound needs to be

done, to look at an area more clearly. This is more common for first mammograms (or when there is no previous mammogram to look at for comparison) and in mammograms done in women before menopause. It may be slightly less common for digital mammograms.

- Of every 1,000 mammograms, only 2 to 4 lead to a diagnosis of cancer.

If you are a woman aged 40 or over, you should get a mammogram every year. You can schedule the next one while you're at the facility and/or request a reminder.

Limitations of mammograms

A mammogram cannot prove that an abnormal area is cancer. To confirm that cancer is present, a small amount of tissue must be removed and looked at under a microscope. This procedure is called a **biopsy**.

You should also be aware that mammograms are done to find breast cancer that cannot be felt by hand. ***If you have a breast lump, you should have it checked by your doctor and consider having it biopsied even if your mammogram result is normal.***

Mammograms are not perfect at finding breast cancer. They do not work as well in women with dense breasts, since dense breasts can hide a tumor. Dense breasts are more common in younger women, pregnant women and women who are breast-feeding, but any woman can have dense breasts. Black women tend to have breast cancer at younger age (25-35yrs & 50-55yrs), than their white women counterparts.

This dense breast situation can be a problem for young women who are at high risk for breast cancer (because of gene mutations, a strong family history of breast cancer, or other factors) because they have a higher risk of developing breast cancer at a younger age. This is one of the reasons that the American Cancer Society recommends MRI scans in addition to mammograms for screening in these women.

CONCLUSION

Several advances have been made in Breast cancer, both in early detection tools and management, that should encourage women to lose their fear of the disease and rather embrace best practices, working diligently on risk factors that can be influenced, as has been recommended extensively in this write up. Results from a Breast cancer BCRF-funded study, headed by a Nigerian doctor in Chicago, Prof. Funmi Olopade, suggest that Breast Cancer is a genetically and clinically heterogeneous disease. In her own words, "Whether different target cells contribute to this heterogeneity in different populations, and which cell types are most susceptible to oncogenesis is still not well understood. The importance of epigenetic regulation in breast cancer progression is increasingly recognized. Unlike genetic alterations, epigenetic aberrations are potentially reversible, allowing the malignant cell population to revert to a more normal state. With the advent of numerous drugs that target specific enzymes involved in the epigenetic regulation of gene expression, the utilization of epigenetic targets is emerging as an effective and valuable approach to early detection, treatment or prevention of breast cancer'. What is unique about Prof. Funmi Olopade's is that it is aimed at providing answers to the peculiar type of Breast Cancer which is more common in black women, occurs in younger age group and is not as responsive to treatment. Her study mercifully has included African women and is one of several studies going on world-wide to find lasting solutions to the cancer scourge.

SURELY FOR BREAST CANCER, EARLY DETECTION, & PROMPT MANAGEMENT SAVES LIVES

DOMESTIC VIOLENCE

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WHAT IS DOMESTIC VIOLENCE

Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, psychological violence, and emotional abuse. The frequency and severity of domestic violence can vary dramatically; however, the one constant component of domestic violence is one partner's consistent efforts to maintain power and control over the other. Domestic violence is an epidemic affecting individuals in every community, regardless of age, economic status, sexual orientation, gender, race, religion, or nationality. It is often accompanied by emotionally abusive and controlling behavior that is only a fraction of a systematic pattern of dominance and control.

Domestic violence can result in physical injury, psychological trauma, and in severe cases, even death. The devastating physical, emotional, and psychological consequences of domestic violence can cross generations and last a lifetime. It usually involves a spouse or partner, but it can also be a child, elderly relative, or other family member. It also affects people of all socioeconomic backgrounds and education levels. It can occur in both opposite-sex and same-sex relationships, and can happen to intimate partners who are married, living together, or dating. Women with fewer resources and those experiencing physical or psychiatric disabilities or living below the poverty line are at greater risk of domestic violence and lifetime abuse. Children are also affected by domestic violence even if they do not witness it directly. Families from all social, racial economic, educational and religious backgrounds experience domestic

violence in different ways. Djaden and Thoennes (2002), report that in the United States of America, each year, women experience about 4.8 million intimate partner-related physical assaults and rapes while men are victims of about 2.9 million intimate partner related physical assaults. According to Aihe (2005), in parts of the third world generally and in West Africa, in particular, domestic violence is prevalent and reportedly justified and condoned in some cultures. Aihe cited instances from India where, 56% of Indian women surveyed by an agency justified wife-beating on grounds like –bad cook, disrespectful to in-laws, producing more girls, leaving home without informing people, among others. She also cited other reports that show that 25% of women in Dakar and Kaolack in Senegal are subjected to physical violence from their partners and that very few admit that they are beaten – while 60% of domestic violence victims turn to a family member, in three-quarter of the cases, they are told to keep quiet and endure the beatings. The report also reveal that a law passed in the Senegalese penal code punishing domestic violence with prison sentences and fines is poorly enforced due to religious and cultural resistance. In Ghana, spousal assaults top the list of domestic violence (I-RIN, 2007)

Domestic violence may include:

- Physical violence that can lead to injuries such as bruises or broken bones
- Sexual violence
- Threats of physical or sexual violence
- Emotional abuse that may lead to depression, anxiety, or social isolation

It is hard to know exactly how common domestic violence is because people often do not report it. There is no typical victim. It happens among people of all ages. Domestic violence not only affects those who are abused, but also has a substantial effect on family members, friends, co-workers, other witnesses, and the community at large. Children, who grow up witnessing domestic violence, are among those directly affected by this crime. Frequent exposure to violence in the home not only predisposes children to numerous social and physical problems, but also teaches them that violence is a normal way of life – therefore increasing their risk of becoming society's next generation of victims and abusers.

Types of Domestic Violence

Physical Abuse: Hitting, slapping, shoving, grabbing, pinching, biting, hair pulling, etc, are types of physical abuse. This type of abuse also includes denying a partner medical care or forcing alcohol and/or drug use upon him or her.

Sexual Abuse: Coercing or attempting to coerce and sexual contact or behaviour without consent. Sexual abuse includes, but is certainly not limited to, marital rape, attacks on sexual parts of the body, forcing sex after physical violence has occurred, or treating one in sexually demeaning manner.

Emotional abuse: Undermining an individual's sense of self-worth and/or self-esteem is abusive. This may include, but is not limited to constant criticism, diminishing one's abilities, name-calling, or damaging one's relationship with his or her children.

Economic abuse: This is defined as making or attempting to make an individual financially dependent by maintaining total control over financial resources, with holding one's access to money, or forbidding one's attendance at school or employment.

Psychological abuse: Elements of psychological abuse include – causing fear by intimidation, threatening physical harm to self, partner, children, or partner's family or friends; destruction of pets and property; and forcing isolation from family, friends, or school and/or work.

It is important to note that domestic violence does not always manifest as physical abuse. Emotional and psychological abuses are often as extreme as physical violence. Lack of physical violence does not mean the abuser is any less dangerous to the victim, nor does it mean the victim is any less trapped by the abuse.

How it starts

It is not always easy to determine in the early stages of a relationship if one person will become abusive. Domestic violence intensifies over time. Abusers may often seem wonderful and perfect initially, but gradually become more aggressive and controlling as the relationship continues. Abuse may begin with behaviors that may easily be dismissed or downplayed such as name-calling, threats, possessiveness, or distrust. Abusers may apologize profusely for their actions or try to convince the person they are abusing that they do these things out of love or care.

However, violence and control always intensifies over time with an abuser, despite the apologies. What may start out as something that was first believed to be harmless (e.g., wanting the victim to spend all their time only with them because they love them so much) escalates into extreme control and abuse (e.g., threatening to kill or hurt the victim or others if they speak to family, friends, etc.)

Some examples of abusive tendencies include but are not limited to:

- Telling the victim that they can never do anything right
- Showing jealousy of the victim's family and friends and time spent away
- Accusing the victim of cheating
- Keeping or discouraging the victim from seeing friends or family members
- Embarrassing or shaming the victim with put-downs
- Controlling every penny spent in the household
- Taking the victim's money or refusing to give them money for expenses
- Looking at or acting in ways that scare the person they are abusing
- Controlling who the victim sees, where they go, or what they do
- Dictating how the victim dresses, wears their hair, etc.
- Stalking the victim or monitoring their every move (in person or also via the internet and/or other devices such tracking the victim's phone)
- Preventing the victim from making their own decisions
- Telling the victim that they are a bad parent or threatening to hurt, kill, or take away their children
- Threatening to hurt or kill the victim's friends, loved ones, or pets
- Intimidating the victim with guns, knives, or other weapons
- Pressuring the victim to have sex when they don't want to or to do things sexually they are not comfortable with
- Forcing sex with others
- Refusing to use protection when having sex or sabotaging birth control
- Pressuring or forcing the victim to use drugs or alcohol
- Preventing the victim from working or attending school, harassing the victim by keeping their victim up all night so they perform badly at their job or in school

- Destroying the victim's property.

Signs of an abusive partner

Anyone can be an abuser. They come from all groups, all cultures, all religions, all economic levels, and all backgrounds. They can be your neighbor, your pastor, your friend, your child's teacher, a relative, a coworker - anyone. It is important to note that the majority of abusers are only violent with their current or past **intimate partners**. One study found that 90% of abusers do not have criminal records and abusers are generally law-abiding outside the home. There is no one typical, detectable personality of an abuser. However, they do often display common characteristics, which include:

- An abuser often denies the existence or minimizes the seriousness of the violence and its effect on the victim and other family members.
- An abuser objectifies the victim and often sees them as their property or sexual objects.
- An abuser has low self-esteem and feels powerless and ineffective in the world. He or she may appear successful, but internally, feels inadequate.
- An abuser externalizes the causes of their behavior. They blame their violence on circumstances such as stress, their partner's behavior, a "bad day," on alcohol, drugs, or other factors.
- An abuser may be pleasant and charming between periods of violence and is often seen as a "nice person" to others outside the relationship.

Red flags and warning signs of an abuser include but are not limited to:

- Extreme jealousy
- Possessiveness
- Unpredictability
- A bad temper
- Cruelty to animals
- Verbal abuse
- Extremely controlling behavior
- Antiquated beliefs about roles of women and men in relationships

- Forced sex or disregard of their partner's unwillingness to have sex
- Sabotage of birth control methods or refusal to honor agreed upon methods
- Blaming the victim for anything bad that happens
- Sabotage or obstruction of the victim's ability to work or attend school
- Controls all the finances
- Abuse of other family members, children or pets
- Accusations of the victim flirting with others or having an affair
- Control of what the victim wears and how they act
- Demeaning the victim either privately or publicly
- Embarrassment or humiliation of the victim in front of others
- Harassment of the victim at work

Unfair blame is frequently put upon the victim of abuse because of assumptions that victims choose to stay in abusive relationships. The truth is, bringing an end to abuse is not a matter of the victim choosing to leave; it is a matter of the victim being able to safely *escape* their abuser, the abuser choosing to stop the abuse, or others (e.g., law enforcement, courts) holding the abuser accountable for the abuse they inflict.

Some emotions/feelings of Victims of abuse

Victims of domestic violence experience an array of emotions and feelings from the abuse inflicted upon them by their abuser, both within and following the relationship. They may also resort to extremes in an effort to cope with the abuse. Victims of domestic violence may:

- Want the abuse to end, but not the relationship
- Feel isolated
- Feel depressed
- Feel helpless
- Be unaware of what services are available to help them
- Be embarrassed of their situation
- Fear judgment or stigmatization if they reveal the abuse
- Deny or minimize the abuse or make excuses for the abuser
- Still love their abuser

- Withdraw emotionally
- Distance themselves from family or friends
- Be impulsive or aggressive
- Feel financially dependent on their abuser
- Feel guilt related to the relationship
- Feel shame
- Have anxiety
- Have suicidal thoughts
- Abuse alcohol or drugs
- Be hopeful that their abuser will change and/or stop the abuse
- Have religious, cultural, or other beliefs that reinforce staying in the relationship
- Have no support from friends or family
- Fear cultural, community, or societal backlash that may hinder escape or support
- Feel like they have nowhere to go or no ability to get away
- Fear they will not be able to support themselves after they escape the abuser
- Have children in common with their abuser and fear for their safety if they leave
- Be distrustful of local law enforcement, courts, or other systems if the abuse is revealed
- Have had unsupportive experiences with friends, family, employers, law enforcement, courts, child protective services, etc. and believe they won't get help if they leave or fear retribution if they do (e.g. they fear losing custody of their children to the abuser)

UNDERSTANDING WHY VICTIMS STAY

When it is a viable option, it is best for victims to do what they can to escape their abusers. However, this is not the case in all situations. Abusers repeatedly go to extremes to prevent the victim from leaving. In fact, leaving an abuser is the most dangerous time for a victim of domestic violence. One study (carried out in the US) found in interviews with men who have killed their wives that either threats of separation by their partner or actual separations were most often the precipitating events that lead to the murder.

A victim's reasons for staying with their abusers are extremely complex and, in most cases, are based on the reality that their abuser will follow through with the threats they have used to keep them trapped: the abuser will hurt or kill them, they will hurt or kill the kids, they will win custody

of the children, they will harm or kill others, they will ruin their victim financially -- the list goes on. The victim in violent relationships knows their abuser best and fully knows the extent to which they will go to make sure they have and can maintain control over the victim. The victim literally may not be able to safely escape or protect those they love. Another study of intimate partner homicides found 20% of homicide victims were not the domestic violence victims themselves, but family members, friends, neighbors, persons who intervened, law enforcement responders, or bystanders.

Additional barriers to escaping a violence relationship include but are not limited to:

- The fear that the abuser's actions will become more violent and may become lethal if the victim attempts to leave.
- Unsupportive friends and family
- Knowledge of the difficulties of single parenting and reduced financial circumstances
- The victim feeling that the relationship is a mix of good times, love and hope along with the manipulation, intimidation and fear.
- The victim's lack of knowledge of or access to safety and support
- Fear of losing custody of any children if they leave or divorce their abuser or fear the abuser will hurt, or even kill, their children
- Lack of means to support themselves and/or their children financially or lack of access to cash, bank accounts, or assets
- Lack of having somewhere to go (e.g. no friends or family to help, no money for hotel)
- Fear that homelessness may be their only option if they leave
- Religious or cultural beliefs and practices may not support divorce or may dictate outdated gender roles and keep the victim trapped in the relationship
- Belief that two parent households are better for children, despite abuse.

SOCIETAL BARRIERS TO ESCAPING A VIOLENT RELATIONSHIP

In addition to individual obstacles victims face when escaping violent relationships, society in general presents barriers. These include:

- A victim's fear of being charged with desertion, losing custody of children, or joint assets.

- Anxiety about a decline in living standards for themselves and their children
- Reinforcement of clergy and secular counselors of "saving" a couple's relationship at all costs, rather than the goal of stopping the violence.
- Lack of support to victims by police officers and law enforcement who may treat violence as a "domestic dispute," instead of a crime where one person is physically attacking another person. Often, victims of abuse are arrested and charged by law enforcement even if they are only defending themselves against the batterer.
- Dissuasion by police of the victim filing charges. Some dismiss or downplay the abuse, side with the abuser, or do not take the victims account of the abuse seriously.
- Reluctance by prosecutors to prosecute cases. Some may convince the abuser to plea to a lesser charge, thus further endangering victims. Additionally, judges rarely impose the maximum sentence upon convicted abusers. Probation or a fine is much more common.
- Despite the issuing of a restraining order, there is little to prevent a released abuser from returning and repeating abuse.
- Some religious and cultural practices that stress that divorce is forbidden.
- The socialization of some females to believe they are responsible for making their relationship work. Failure to maintain the relationship equals failure as a person.
- Isolation from friends and families, either by the jealous and possessive abuser, or because they feel "ashamed" of the abuse and try to hide signs of it from the outside world. The isolation contributes to a sense that there is nowhere to turn.
- The rationalization of the victim that their abusers behavior is caused by stress, alcohol, problems at work, unemployment, or other factors.
- Societal factors that teach women to believe their identities and feelings of self-worth are contingent upon getting and keeping a man.
- Inconsistency of abuse; during non-violent phases, the abuser may fulfill the victim's dream of romantic love. The victim may also rationalize the abuser is basically good until something bad happens and they have to "let off steam."

Do you think you are being abused?

Look over the following questions. Think about how you are being treated and how you treat your partner. Remember, when one person scares, hurts, or continually puts down the other person, it is abuse.

Does your partner...

- Embarrass or make fun of you in front of friends or family? Put down your accomplishments or goals?
- Make you feel like you are unable to make decisions? Use intimidation or threats to gain compliance?
- Tell you that you are nothing without them?
- Treat you roughly -- grab, push, pinch, shove or hit you? Threaten or abuse your pets?
- Call you several times a night or show up to make sure you are where you said you would be?
- Use drugs or alcohol as an excuse for saying hurtful things or abusing you?
- Blame you for how they feel or act?
- Pressure you sexually for things you aren't ready for?
- Make you feel like there "is no way out" of the relationship?
- Prevent you from doing things you want, like spending time with your friends or family?
- Try to keep you from leaving after a fight, or leave you somewhere after a fight to "teach you a lesson?"

Do you...

- Sometimes feel scared of how your partner will act?
- Constantly make excuses to other people for your partner's behavior?
- Believe that you can help your partner change if only you changed something about yourself?
- Try not to do anything that would cause conflict or make your partner angry?
- Feel like no matter what you do, your partner is never happy with you?
- Always do what your partner wants you to do instead of what you want?
- Stay with your partner because you are afraid of what your partner would do if you broke up?

If most of the above apply to you, then you are being abused and without help, the abuse will continue.

Do you think your partner might be abusive?

The following signs often occur before manifestation of full abuse and are clues to one person in a relationship becoming abusive of the other. Think about the following questions and apply them to your partner. If you can identify with one or more of the scenarios or answer "yes" to any of the questions below, you may be with an abusive partner.

- Did your partner grow up in a violent family?
- Does your partner tend to use force of violence to "solve" their problems?
- Does your partner have a quick temper? Do they over-react to little problems and frustration? Are they cruel to animals? Do they punch walls or throw things when they are upset?
- Do they abuse alcohol or other drugs?
- Do they have strong traditional ideas about "roles" in relationships? For example, do they think all women should stay at home, take care of their husbands, and follow their wishes and orders?
- Are they jealous of your other relationships -- anyone you may know? Do they keep tabs on you? Do they want to know where you are at all times? Do they want you with them all of the time?
- Do they have access to guns, knives or other lethal weapons? Do they talk of using them against people or threaten to use them to get even?
- Do they expect you to follow their orders or advice? Do they become angry if you do not fulfill their wishes or if you cannot anticipate what they want?
- Do they go through extreme highs and lows almost as though they are two different people? Are they extremely kind one time, and extremely cruel another?
- When your partner gets angry, do you fear them? Do you find that not making them angry has become a major part of your life? Do you do what they want you to do, rather than what you want to do?
- Do they treat you roughly? Do they physically force you to do what you do not want to do?

Threats and physical abuse are prevalent in relationship violence, and often occur in an escalating cycle.

Children in homes with domestic violence

Most children in these homes know about the violence. Parents may think children do not know about the violence, but most of the time they do. They can feel helpless, scared and upset. They may also feel like the violence is their fault. Violence in the home is dangerous for children. Children live with scary noises, yelling and hitting. They are afraid for their parents and themselves. Children feel bad that they cannot stop the abuse. If they try to stop the fight, they can be hurt. They can also be hurt by things that are thrown or weapons that are used. Children are harmed just by seeing and hearing the violence.

Children in violent homes may not get the care they need. A parent who is being abused may be in too much pain to take good care of their child. Children who live in violent homes can have many problems. They can have trouble sleeping. They can have trouble in school and getting along with others. They often feel sad and scared all the time. They may grow up feeling bad about themselves. These problems do not go away on their own. They can be there even as the child gets older. If not properly handled, some of these children grow up to become abusers, or over withdrawn, and in most cases have personality issues.

Violence Wheel

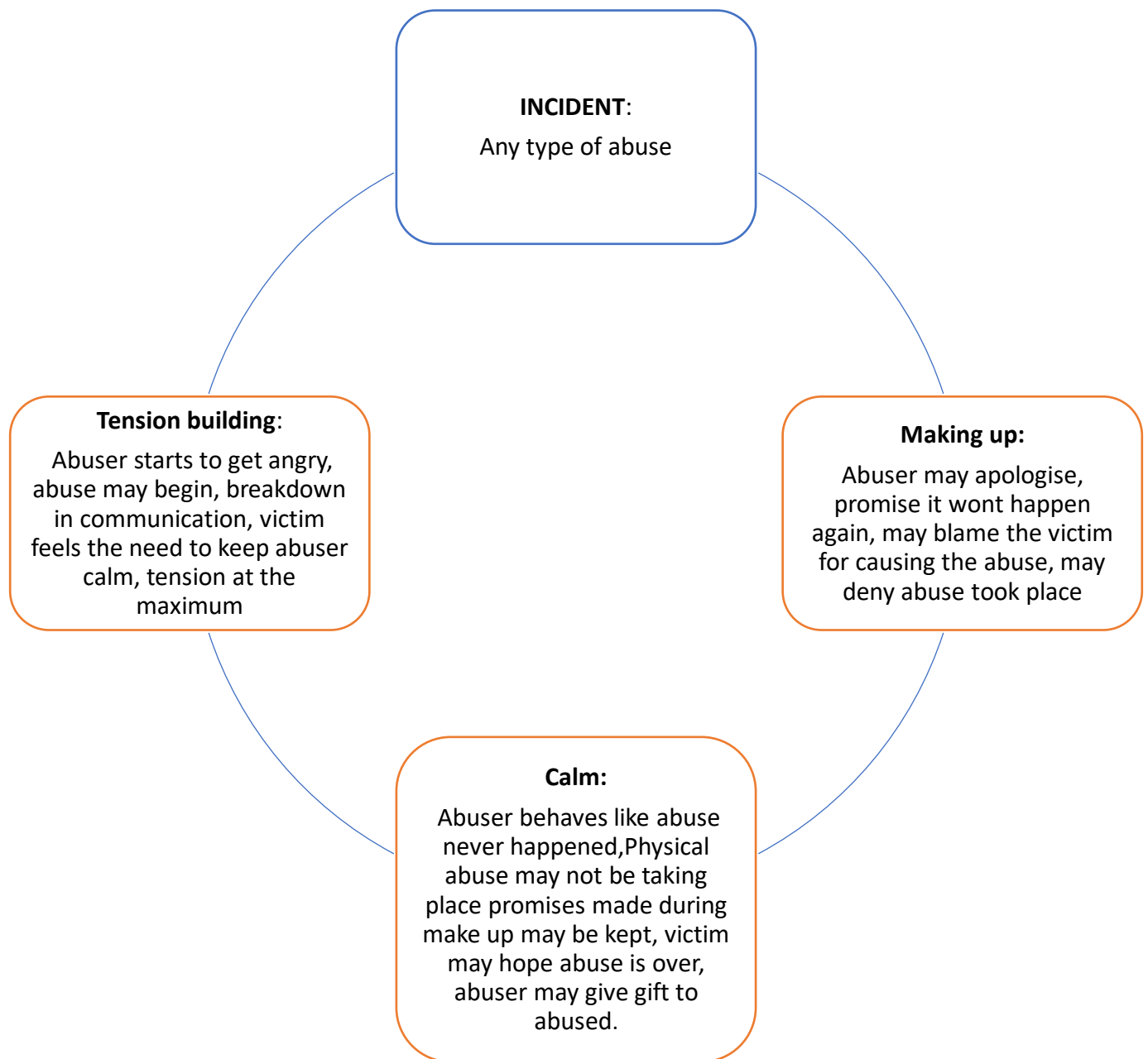
The chart below is a way of looking at the behaviors abusers use to get and keep control in their relationships. ***Abuse is never a one-time event***



DOMESTIC ABUSE INTERVENTION PROJECT

202 East Superior Street
Duluth, Minnesota 55802
218-722-2781
www.duluth-model.org

Cycle of Violence



The cycle can happen hundreds of times in an abusive relationship. Each stage lasts a different amount of time in a relationship. The total cycle can take anywhere from a few hours to a year or more to complete. It is important to remember that not all domestic violence relationships fit the cycle. Often, as time goes on, the 'making-up' and 'calm' stages disappear.

DOMESTIC VIOLENCE IN NIGERIA

Domestic violence is a common problem in Nigeria as in many parts of Africa. There is a deep cultural belief in some parts of Africa and Nigeria that it is socially acceptable to hit a woman to discipline her. An NGO that deals with and helps victims of domestic violence, the CLEEN Foundation reports that 1 in every 3 respondents in a survey they conducted admitted to being a victim of domestic violence. The survey also found a nationwide increase in domestic violence in the past 3 years from 21% in 2011 to 30% in 2013. Domestic violence in Nigeria takes the many forms already described including physical, sexual, emotional, and psychological. Traditionally, domestic violence is committed against females. Common forms of [violence against women](#) in Nigeria are rape, acid attacks, molestation, wife beating, and corporal punishment.

We will take a look at the two most common types of abuse in Nigeria

Physical Violence

Women in Nigeria often face physical violence at the hands of their family members. The most common forms of physical violence include rape, murder, slapping, and kicking. Some of the reasons given by the women for being physically abused include their husbands being drunk, financial issues, and the rejection of a partner's sexual advances. Relationship inequality is also a strong indicator of physical violence. **High levels of wife beating occur when the woman is making more money than her husband or partner is.** This has been attributed to the lack of control the male partner feels within the relationship.

Women also often link the perpetration of physical violence with husbands who are very controlling. **Women who justify wife beating are more likely to be victims of physical violence.**

Another form of physical violence which has received a lot of recent attention in Nigeria is acid baths. Acid baths are actions of violence where the perpetrator throws acid onto his or her victim's body, resulting in disfigurement and possible loss of eyesight. Acid baths are a large issue for women that need to be addressed. There was the case of a former beauty queen who rejected her boyfriend's attempts to rekindle their relationship. In retaliation, he threw acid in her face with the words "let me see how any man will love you now". There is hardly any week that passes without the news being awash with victims of acid bath attack. It happens to both men and women, but appears to be more targeted at women.

Sexual Violence

Sexual violence in Nigeria largely goes unreported because of the burden of proof necessary for conviction as well as the social stigma it brings. Nigerian police before now have not been seen to arrest for sexual assault resulting in less reporting of the act. It was only recently when

advocacy was on the increase that women now muster enough courage to report sexual abuse. About 25% of women reported forced sex at the hands of either their current partner or a former partner. The 2008 Demographic and Health Survey (DHS) showed that over 30.5% of married women have experienced at least one or more forms of physical, emotional or sexual violence in their marriage. This has persisted due to our culture that the man owns the woman and can therefore do as he pleases with her body.

What are the factors influencing domestic abuse in Nigeria

The social context of violence in Nigeria is based largely on its patriarchal society. Violence against a wife is seen as a tool that a husband uses to chastise his wife and to improve her. The common loss of women's rights upon marriage in Sub-Saharan Africa and the implicit obedience and deference towards men is socially encouraged within their society.

The Yoruba women refer to their husbands as "olowo ori mi" meaning he who owns me. In the traditional Igbo society it is "nnam ukwu" or "oga m". In effect, marriage gives up a woman's right to herself and places her ownership on her husband. In practices where a bride price is paid, it is common for the husband to believe that by paying the bride price, he now owns his wife. The act of marriage is seen to give the husband full ownership of the woman. She surrenders her right to her body to him.

Other factors linked with domestic violence are lower socioeconomic classes, substance abuse, couples age disparity, and unemployment. Another cause of domestic violence is infertility. In a study conducted among infertile women visiting a fertility clinic in South East Nigeria, many of the women reported some form of domestic violence - whether physical, mental, or emotional.

Perceptions of domestic violence

The perceptions of domestic violence vary based on region, religion, and class. For example, the Tiv view wife beating as a "sign of love" that should be encouraged as evidenced with the statement "If you are not yet beaten by your husband then you do not know the joy of marriage and that means you are not yet married". All the major ethnic groups in Nigeria - Yoruba, Igbo, and Hausa - have strong patriarchal societal structures that lead to the justification of domestic violence. However, the Hausas are more supportive of domestic violence and view it as an inherent right of a husband.

A study conducted among men and women attributed the greater reasons for domestic violence to women neglecting the children or going out without telling the husband; and less for refusal of sex or a mere argument. Many of the reasons that are viewed as acceptable for domestic violence are largely subjective to a husband's interpretation. For example, common acceptable beatings among men are lack of respect for husband, stubbornness, imposition of will on husband, and failure of wifely duties.

In the National Demographic Health Survey (NHDS) carried out in 2008, it was revealed that wife beating in Nigeria was more acceptable by women in rural areas, among married more

than unmarried women, uneducated women, and poor women. The reason most of these women gave to justify beating was going out without telling their husbands. The men also accepted that as a justifiable reason for beating their wives.

Reaction of Nigerian women to domestic violence

Women experiencing domestic violence have varying responses and differences in who they report their abuse to. In a study done in Ilorin, Nigeria, a large number of women reported their abuse to family and friends while not many decided to go to the police to file a report. The rationale behind not going to the police is various such as the fear of being blamed, acceptance of violence as proper reaction, and the lack of police action.

One major issue facing the domestic violence issues in Nigeria are the tendency for low reported rates. A study looking at domestic violence in southwest Nigeria found that only 18.6% reported experienced or acted violence between themselves and their spouse. However, the same study also shows that 60% of the respondents claimed to have witnessed violence between other couples. These statistics show that there is a tendency for under reporting which can occur for various reasons.

One main reason for the high levels of under-reporting of domestic violence is that it is seen as taboo to involve the police in family matters. Nigerians view the separation of the family and the police as important, and the police force ascribes to this notion as well. Police are hesitant and reluctant to intervene even with lodged complaints unless the abuse goes over the customary amount usually seen in the region.

Box 1: A true life experience from Mrs. A

I was once a victim of domestic violence from a tender age and I could not get help from anywhere...not from family...not friends...not from the religious organization where I worshiped...not from the Police!

Family and friends would not want to interfere so that they are not seen as trying to meddle in "somebody's marriage". As a matter of fact there is a popular believe in our society that "You don't intervene in the fight between husband and wife because when they settle you will become the enemy". 90% of Nigerians hold fast to this saying and as a result they have unwittingly aided and abetted domestic violence and perhaps, the death of many!

The leaders and elders of where I worshiped then didn't see it as a big deal either. They would often quote the scriptures of submissiveness. When I could no longer bear it and took a walk, I was disciplined...punitive measures were meted out on me in sympathy and solidarity to their fellow man. The man suddenly became the victim!

I went to the police on different occasions for help with my scars and bruises still looking fresh and without any pity they will tell me I should go home, that the police station is not for domestic issues. When I'm hesitant to leave and I continue to plead that they should please do

something about my situation...they would retort, “no wonder them dey beat you...you are stubborn. I say go and you still dey here!” That is a policeman that should protect me from harm as a citizen of this nation!

Experience of pregnant women

Pregnant women experience high levels of domestic violence in Nigeria. Some of them are subjected to violence not only from their spouses, but also from their in-laws. One study found that the most common type of domestic violence was to be physically assaulted and then, also be victims of forced sexual intercourse.

A study in the nation’s capital, Abuja, carried out over a course of 3 months in 2005 showed physical, sexual, and psychological abuse among pregnant women. One third of the female respondents reported experiencing domestic violence. They found psychological abuse to be the highest type of abuse followed by physical and then sexual. Many women who experienced psychological abuse also experienced physical abuse. In terms of the physical abuse, about 20% of the women required medical treatment due to the abuse and the most frequent medical complication reported was premature labor, and sometime abortion. A big issue across many African countries, not just Nigeria, is the poor reproductive health systems women are provided with. Most of the women in need are women who have been exposed to sexual violence and rape, yet the country isn't able to provide them with the aid they need.

Overall, the trends of domestic violence against pregnant women permeate across different ethnic groups and Nigerian states. The trends are consistent with other parts of Africa and the attitudes towards violence against pregnant women are in conjunction with the aforementioned trend viewing domestic violence as permissible under certain circumstances.

Experience of HIV positive women

In Nigeria, there is a correlation between being HIV positive and domestic violence. Women who are diagnosed with HIV are at high risk for intimate partner violence. With HIV, there is also a tendency to remain in abusive relationships. In a study of 652 HIV positive pregnant women in Lagos, 429 women reported being the victims of violence. Of those reporting violence, 74% of the respondents said the abuse occurred after the disclosure of their HIV status. The abuse includes verbal, threat of physical violence, and sexual deprivation. Psychological abuse was the most commonly reported version of received violence.

Predictors of violence were women’s age, marital status, disclosure and partner’s educational status. The highest levels of abuse among HIV positive people were found in the age group 25–33 years old. Among the husbands, the highest levels came from those with an educational attainment of secondary school. More of than not, these women were in a polygamous marriage.

Women who are victims of domestic violence are also at a higher risk of contracting HIV through various mechanisms. It becomes more difficult for them to adopt safe sex practices especially in

the case of sexual abuse and forced sexual acts. The trauma of the domestic violence also ends up impacting later sexual behaviors.

Some organizations and agencies working to stop violence or protect victims

Nigeria has some nonprofit organizations and nongovernmental organizations that attempt to provide support for victims of domestic violence.

The Women and Child Watch Initiative is a nonprofit providing support to women and children who are victims of domestic trials such as violence and forced marriages. They also organize training programs for female lawyers to defend women's rights in domestic violence in court. The "Unite to End Violence against Women" campaign was initiated alongside the declaration of "16 days of activism against violence against women". This campaign was especially important in Nigeria when calling attention to the issue of brutality against women. In 1985, Nigeria validated the Convention on the Elimination of All Forms of Discrimination against Women, otherwise known as the CEDAW. The organization works with the sole purpose of abolishing discrimination against women. Back home in Enugu and the whole of the South East region, we are familiar with TAMARSAC – the NGO driven by Prof Joy Ezeilo that gives succor to rape victims.

Some recent reported cases of domestic violence in Nigeria newspapers

Musawaon (2016) reported that recently, the news making rounds in the print and social media is the sad story of Ronke, a banker, who was allegedly beaten to death by her husband. Ronke a mother of two was found dead in her Lagos home on Friday last week, while her husband was said to have fled the scene of the crime. The Lagos State Police Command launched a manhunt for her husband, Mr. Lekan Shonde, and turned himself in, end of story. This is just one of the many cases of domestic violence that is suddenly on an upsurge in the country. Every week, at least a domestic abuse case often becomes a headliner in the print and electronic media: "Husband beats wife to stupor", "wife stabs husband to death", "father rapes daughter", "woman kills maid", "neighbor stabs neighbor", security man rapes 4 year old daughter of master" etc.

The spate of domestic violence reported (as thousands would go unreported) since the beginning of the year has been alarming! There has been a prevalence of child and spousal abuse and violence resulting in some being badly maimed while others are out rightly fatal. Every day we wake up to terrifying headlines that leaves you not only gob smacked but completely distraught and agitated. Headlines such as these...to mention a few screams at you every day:

- Six months pregnant woman brutally battered by husband
- Man stabbed to death by his wife just after their wedding
- Husband Baths His Wife with Acid
- Barren Woman Attack and Bath Her Husband with Acid

- Woman Killed & Dumped Her 4-Year-Old Daughter Inside Well
- Woman Battered & Inflicted with a Deep Cut by Her Husband in Lagos

These are a few actual News Headlines culled from various sources of true-life cases in 2016 alone!

From all indications, domestic violence in Nigeria is on the increase as the statistics are alarmingly daunting. Sadly, domestic violence, especially violence against women has been part of the fabric of many societies and cultures worldwide. It is so commonplace that it is often going unnoticed. It has also failed to garner the level of concern it deserves in light of the devastating effects on children and the family as a whole. 25% of women in Nigeria have to go through an ordeal of domestic violence and every fourth Nigerian woman suffers domestic violence in her lifetime. The worst forms of them are battering, trafficking, rape and homicide, various reports have claimed. With regards to the deceased Ronke, residents in the area where she lived confirmed that she had been enduring an abusive marriage. Reports have it that she was serially abused and assaulted by her husband until the last attack led to her death. “He would tie her, beat her and take her mobile phones away. She should have left him long ago” one of the residents was reported to have said.

The year 2011 was the first majorly publicized case of a husband stabbing his wife to death. On 24 June 2011, Titilayo came home early from her Bank job to make her husband a big birthday dinner. By midnight, Titilayo was dead, brutally murdered by Arowolo – her husband. Autopsy report revealed she was stabbed 76 times. The culprit did not escape the long arm of the law. He was sentenced to death in 2014. One would have thought that would serve as a deterrent for many; for the abuser to desist and for the abused to take necessary precaution. On the contrary, it has only gotten worse as we have seen several more cases of such crimes committed with wholehearted ignominy!

Makinde (2016) stated that domestic violence is on the rise in Nigeria. It is for this reason that Amnesty International in its report; ‘Nigeria: Unheard voices – violence against women in the family’, blames the Nigerian government for the unprecedented number of domestic violence cases, adding that government was not doing anything to stem the tide of violence and was even condoning it in some cases. Country Reports of Amnesty International (2013) states that some federal laws allow gender-based violence, such as permitting husbands to “use physical means to chastise their wives, as long as it does not result in ‘grievous harm,’ which is defined as loss of sight, hearing, speech, facial disfigurement or life-threatening injuries” . Under Section 55 of the Penal Code (applicable in northern Nigeria), men may engage in wife battery as long as it does not result in “excessive bodily injury” (6 Jan. 2013). And who determines what is excessive???

What Laws are available to deal with domestic violence in Nigeria

While domestic violence is a violation of fundamental human rights, which the Nigerian Constitution is against, there are still provisions that make it legal to engage in domestic violence

against women. The provision of the Penal Code applicable in the Northern part of Nigeria specifically encourages violence against women. Underneath its provisions, the beating of a wife for the purpose of correction is legal by use of (Section 55 (1) (d) of the Penal Code).

Nigeria ratified the convention for the Elimination of Discrimination against Women in 1985 but international treaties can only go into effect when Parliament has put in a corresponding domestic law thereby limiting the international treaty to disuse.

Rape is criminalized and under the law, the sentence can range from 10 years to life. There are also monetary fines attached to rape.

With increased violence especially rape, many states are now coming up with sensitizations and advocacy to reduce the instances especially rape. For instance in 2013, in an attempt to battle the issue of police discretion and inactivity, Lagos held a two-day sensitization workshop on Domestic Violence law as it applied in the state.

In May 2013, Nigeria's National Assembly passed a bill to reduce gender-based violence. The Violence against Persons Bill gave harsher punishments for sexual violence and also provided support and measures such as restraining order to prevent the continuation of abuse.

When cases do make it to court, they are usually stagnant. In 2010, there was the celebrated case of the traditional king of Akure who physical and bloodily assaulted one of his wives resulting in her death. At the urging of the public, the police made a statement that they would press charges. The case was dismissed in 2012 and the traditional ruler walked home free. There was also the case of another traditional ruler who abused/raped a youth corper. When the case got to court, the Nigerian Press including women were among those calling the girl names:

The Nigeria Criminal Code Act of 1990 indicates that:

353. Any person who unlawfully and indecently assaults any male person is guilty of a felony, and is liable to imprisonment for three years. The offender cannot be arrested without warrant.

354. Any person who unlawfully and indecently assaults a woman or girl is guilty of a misdemeanor, and is liable to imprisonment for two years.

The Nigerian National Human Rights Commission (NHRC) leadership admitted that domestic violence laws, in the states that have them, are “still quite poorly implemented”

Even the US Department of State's Country Reports on Human Rights Practices confirms that domestic violence “remained widespread and was often considered socially acceptable” in Nigeria...Nearly three in ten Nigerian women have ... experienced physical violence since age 15. Furthermore, according to the same source, one in four married women experienced physical, sexual, or emotional abuse by their husband or partner”.

Reports like this cannot be contested owing to the fact that abuse and violence against women in our society is deeply embedded in culture and tradition because of our patriarchal structure which stipulates that the husband is the HEAD and “owns” the woman and he could do with her whatsoever he deems fit. The woman on the other hand is supposed to be submissive to the man and accepts whatever is meted out to her in the marriage...**Abuse inclusive!**

The Violence Against Persons (Prohibition) **{VAPP}** Act, 2015 was signed into law on the 25th of May after over ten years in the legislative process. It is an amalgamation of different bills which sought to abolish all obsolete laws relating to matters such as rape, assault, etc.

Which way forward?

Now that Domestic Violence has taken the survival of the fittest...eat or be eaten posture ...where do we go from here? Will the authorities now take this as seriously as it is done in the Western World or will they just sit and watch its citizens die every day of abuse in the home? What can we as individuals do to stop this trend...I mean, it's someone else today...it could be your daughter or sister tomorrow. Are you a victim? What help is available to you? What is our role or duty toward stopping violence?

Raise awareness

Domestic Violence is not isolated to households and families. It affects us all. Help by standing up and speaking out for victims and demand zero tolerance for those that are abused by spreading the word about **Take a Stand against domestic violence**.

Use social media

Many of us are on Face book. What type of message do we pass across every day?

SAY NO DOMESTIC VIOLENCE could be one of them.

Social Media is a powerful tool to start a grassroots campaign. Raise awareness in your local community, but also reach out across all media channels and raise awareness about domestic violence and why you are Taking A Stand to stop it. Share the message and Take A Stand against domestic violence so that the voice of victims is heard loud and clear.

Some other ways you can help:

- Talk to women about saying NO to abuse
- Join your local village meetings/church/Umuada/nwunye di etc and use every opportunity to tell the women that it is not ok for their husbands to beat them.
- Are you suspecting that someone is being abuse, do not say that it doesn't concern you and keep quiet, probe further, show that you care and the truth will come out
- Be supportive of abused women, never ever say or act as if they brought it on themselves
- Teach and educate women to say NO to being abused.

GET HELP

If you are being abused by your partner, know that there is nothing you have done or are doing to cause the abuse – in other words do not feel guilty. It is solely the choice of the abuser to abuse. It may seem impossible to escape your abuser, change your circumstances, or find the help you need, but it is possible. However, you know your abuser best, so think carefully through your situation and circumstances and do what is the best for you.

It is important to note that: domestic violence does not always end when the victim escapes the abuser, tries to terminate the relationship, and/or seeks help. Often, it intensifies because the abuser feels a loss of control over the victim. Abusers frequently continue to stalk, harass, threaten, and try to control the victim after the victim escapes. In fact, the victim is often in the most danger directly following the escape of the relationship or when they seek help. Reports from the US indicate that one-fifth of homicide victims with restraining orders are murdered within two days of obtaining the order; one-third are murdered within the first month. Thank God that we are Nigerians, our social network and family support group makes women less vulnerable if they escape. Let us not try to copy the western worlds and lose our family values. Nigeria and in fact Igbo families have been known to tackle abusers of their daughters head on. DO NOT DIE IN SILENCE IF YOU ARE BEING ABUSED. ALSO TELL OTHER SISTERS NOT TO KEEP QUIET AND DIE IN SILENCE. TOGETHER WE CAN WIN THE WAR AGAINST DOMESTIC VIOLENCE.

CONCLUDING REMARKS

Domestic violence thrives when we are silent; but if we take a stand and work together, we can end domestic violence.

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TERRORISM AND TERRORIST ACTS: WHAT WE NEED TO KNOW AND DO. Culled
by B N Adirika.

CONCEPT

"Terrorism" comes from the French word *terrorisme*, and originally referred specifically to [state terrorism](#) as practiced by the French government during the 1793–1794 [Reign of Terror](#). The French word *terrorisme* in turn derives from the [Latin verb *terrere*](#) (e, terreo) meaning "to frighten". After the Jacobins lost power, the word "terrorist" became a term of abuse.

Although "terrorism" originally referred to acts committed by a government, currently it usually refers to the killing of innocent people for political purposes in such a way as to create a spectacle. It is becoming increasingly difficult to clearly agree to what a terrorist is can affect policies designed to deal with terrorists. Some view them as soldiers that can be held at the end of a war and are entitled to various privileges spelled out in the Geneva Conventions. Others view them as criminals that should be tried in civil courts. Still others argue that terrorists are best treated as a category to themselves and need policies tailored to them.

EFFORTS AT CONSENSUS DEFINITION

In November 2004, a [Secretary-General of the United Nations](#) report described terrorism as any act "intended to cause death or serious bodily harm to civilians or non-combatants with the purpose of intimidating a population or compelling a government or an international organization to do or abstain from doing any act".

Various legal systems and government agencies use different [definitions of terrorism in their national legislation](#). The [international community](#) seems to have made the term "terrorism" to be very politically and emotionally charged no wonder it has not succeeded in developing an

accepted comprehensive definition of terrorism. During the 1970s and 1980s, the United Nations attempts to define the term floundered mainly due to differences of opinion between various members about the use of violence in the context of conflicts over national liberation and self-determination. The international community has also adopted a series of [sectoral conventions](#) that define and criminalize various types of terrorist activities.

Criminal acts intended or calculated to provoke a state of terror in the public, a group of persons or particular persons for political purposes are in any circumstance unjustifiable, whatever the considerations of a political, philosophical, ideological, racial, ethnic, religious or any other nature that may be invoked to justify them.

U.S. Code Title 22 Chapter 38, Section 2656f(d) defines terrorism as: "Premeditated, politically motivated violence perpetrated against noncombatant targets by subnational groups or clandestine agents, usually intended to influence an audience.

[Bruce Hoffman](#), a scholar, believed it is possible to identify some key characteristics of terrorism. He proposes that:

By distinguishing terrorists from other types of criminals and terrorism from other forms of crime, we come to appreciate that terrorism is:

- ineluctably political in aims and motives;
- violent – or, equally important, threatens violence;
- designed to have far-reaching psychological repercussions beyond the immediate victim or target;
- conducted either by an organization with an identifiable chain of command or conspiratorial cell structure (whose members wear no uniform or identifying insignia) or by individuals or a small collection of individuals directly influenced, motivated, or inspired by the ideological aims or example of some existent terrorist movement and/or its leaders; and
- perpetrated by a subnational group or nonstate entity.

PSYCHOLOGICAL AND TACTICAL DIMENSIONS OF TERRORISM

Carsten Bockstette underlines the psychological and tactical aspects of terrorism:

Terrorism is defined as political violence in an asymmetrical conflict that is designed to induce terror and psychic fear (sometimes indiscriminate) through the violent victimization and destruction of non combatant targets (sometimes iconic symbols). Such acts are meant to send a message from an illicit clandestine organization. The purpose of terrorism is to exploit the media in order to achieve maximum attainable publicity as an amplifying force multiplier in order to influence the targeted audience(s) in order to reach short- and midterm political goals and/or desired long-term end states.

Each act of terrorism is a "performance" devised to affect many large audiences. Terrorists also attack national symbols, to show power and to attempt to shake the foundation of the country or

society they are opposed to. This may negatively affect a government, while increasing the prestige of the given [terrorist group](#) and/or [ideology](#) behind a terrorist act.

Terrorist acts frequently have a political purpose. This is often where the inter-relationship between [terrorism and religion](#) occurs. When a political struggle is integrated into the framework of a religious or "cosmic" struggle, such as over the control of an ancestral homeland or holy site such as [Israel](#) and [Jerusalem](#), failing in the political goal (nationalism) becomes equated with spiritual failure, which, for the highly committed, is worse than their own death or the deaths of innocent civilians.

Their suffering accomplishes the terrorists' goals of instilling fear, getting their message out to an audience or otherwise satisfying the demands of their often radical religious and political agendas.

Some official, governmental definitions of terrorism use the criterion of the illegitimacy or unlawfulness of the act to distinguish between actions authorized by a government (and thus "lawful") and those of other actors, including individuals and small groups. For example, carrying out a [strategic bombing](#) on an enemy city, which is designed to affect civilian support for a cause, would not be considered terrorism if it were authorized by a government. This criterion is inherently problematic and is not universally accepted because: it denies the existence of [state terrorism](#) the same act may or may not be classed as terrorism depending on whether its sponsorship is traced to a "legitimate" government; "legitimacy" and "lawfulness" are subjective, depending on the perspective of one government or another; and it diverges from the historically accepted meaning and origin of the term.

According to Ali Khan, the distinction lies ultimately in a [political](#) judgment. [Barack Obama](#), commenting on the [Boston Marathon bombings](#) of April 2013, declared that "[a]nytime bombs are used to target innocent civilians, it is an act of terror." Various commentators have pointed out the distinction between "act of terror" and "terrorism", particularly when used by the White House

"International terrorism" means activities with the following three characteristics:

Involve violent acts or acts dangerous to human life that violate federal or state law; Appear to be intended:

- (i) to intimidate or coerce a civilian population;
- (ii) (ii) to influence the policy of a government by intimidation or coercion; or
- (iii) (iii) to affect the conduct of a government by mass destruction, assassination, or kidnapping; and Occur primarily outside the territorial jurisdiction of the U.S., or transcend national boundaries in terms of the means by which they are accomplished, the persons they appear intended to intimidate or coerce, or the locale in which their perpetrators operate or seek asylum.

Pejorative use of the word.

The terms "terrorism" and "**terrorist**" (someone who engages in terrorism) carry strong negative connotations. These terms are often used as political labels, to condemn violence or the threat of violence by certain actors as immoral, indiscriminate, unjustified or to condemn an entire segment of a population. Those labeled "terrorists" by their opponents rarely identify themselves as such, and typically use other terms or terms specific to their situation, such as [separatist](#), [freedom fighter](#), liberator, [revolutionary](#), [vigilante](#), [militant](#), [paramilitary](#), [guerrilla](#), [rebel](#), patriot, or any similar-meaning word in other languages and cultures. [Jihadi](#), [mujaheddin](#), and [fedayeen](#) are similar Arabic words that have entered the English lexicon. It is common for both parties in a conflict to describe each other as terrorists.^[45]

On whether particular terrorist acts, such as killing non-combatants, can be justified as the lesser evil in a particular circumstance, philosophers have expressed different views: while, according to David Rodin, [utilitarian](#) philosophers can (in theory) conceive of cases in which the evil of terrorism is outweighed by the good that could not be achieved in a less morally costly way, in practice the "harmful effects of undermining the convention of non-combatant immunity is thought to outweigh the goods that may be achieved by particular acts of terrorism". Among the non-utilitarian philosophers, [Michael Walzer](#) argued that terrorism can be morally justified in only one specific case: when "a nation or community faces the extreme threat of complete destruction and the only way it can preserve itself is by intentionally targeting non-combatants, then it is morally entitled to do so".

There is the famous statement: 'One man's terrorist is another man's freedom fighter.' But that is grossly misleading. It assesses the validity of the cause when terrorism is an act. One can have a perfectly beautiful cause and yet if one commits terrorist acts, it is terrorism regardless. We should not be biased or partial on our views about terrorism.

Media outlets who wish to convey impartiality may limit their usage of "terrorist" and "terrorism" because they are loosely defined, potentially controversial in nature, and subjective terms

The number of terrorist attacks worldwide from 2000 to 2014^[89]



Types of terrorism and terrorist acts

Depending on the country, the political system, and the time in history, the types of terrorism are varying.

In early 1975, the [Law Enforcement Assistant Administration](#) in the United States formed the National Advisory Committee on Criminal Justice Standards and Goals. One of the five volumes that the committee wrote was titled *Disorders and Terrorism*, produced by the Task Force on Disorders and Terrorism under the direction of H. H. A. Cooper, Director of the Task Force staff.

The Task Force defines terrorism as "a tactic or technique by means of which a violent act or the threat thereof is used for the prime purpose of creating overwhelming fear for coercive purposes." It classified disorders and terrorism into six categories.

- **Civil disorder** – A form of collective violence interfering with the [peace](#), [security](#), and normal functioning of the community.
- **Political terrorism** – [Violent](#) criminal behaviour designed primarily to generate [fear](#) in the community, or substantial segment of it, for political purposes.
- **Non-Political terrorism** – Terrorism that is not aimed at [political](#) purposes but which exhibits "conscious design to create and maintain a high degree of fear for [coercive](#) purposes, but the end is individual or collective gain rather than the achievement of a political objective."
- **Quasi-terrorism** – The activities incidental to the commission of [crimes](#) of [violence](#) that are similar in form and method to genuine terrorism but which nevertheless lack its essential ingredient. It is not the main purpose of the quasi-terrorists to induce terror in the immediate victim as in the case of genuine terrorism, but the quasi-terrorist uses the modalities and techniques of the genuine terrorist and produces similar consequences and reaction. For example, the fleeing [felon](#) who takes [hostages](#) is a quasi-terrorist, whose methods are similar to those of the genuine terrorist but whose purposes are quite different.
- **Limited political terrorism** – Genuine political terrorism is characterized by a [revolutionary](#) approach; limited political terrorism refers to "acts of terrorism which are committed for [ideological](#) or [political](#) motives but which are not part of a concerted campaign to capture control of the [state](#)."
- **Official or state terrorism** – "referring to nations whose rule is based upon [fear](#) and [oppression](#) that reach similar to terrorism or such proportions." It may also be referred to as **Structural Terrorism** defined broadly as terrorist acts carried out by governments in pursuit of political objectives, often as part of their foreign policy.

Other sources have defined the typology of terrorism in different ways, for example, broadly classifying it into **domestic terrorism** and **international terrorism**, or using categories such as vigilante terrorism or insurgent terrorism. One way the typology of terrorism may be defined:

- **Political terrorism**
 - **Sub-state terrorism**
 - Social revolutionary terrorism
 - Nationalist-separatist terrorism

- Religious extremist terrorism
 - Religious fundamentalist Terrorism
 - New religions terrorism
 - [Right-wing terrorism](#)
 - [Left-wing terrorism](#)
- [State-sponsored terrorism](#)
- [Regime or state terrorism](#)
- **Criminal terrorism**
- **Pathological terrorism**

Motivations of terrorists

Attacks on 'collaborators' are used to intimidate people from cooperating with the state in order to undermine state control. This strategy was used in [Ireland](#), in [Kenya](#), in [Algeria](#) and in [Cyprus](#) during their independence struggles.

Attacks on high-profile symbolic targets are used to incite counter-terrorism by the state to polarize the population. This strategy was used by [Al-Qaeda](#) in [its attacks](#) on the [World Trade Center](#) and [the Pentagon](#) in the United States on September 11, 2001. These attacks are also used to draw international attention to struggles that are otherwise unreported, such as the [Palestinian airplane hijackings in 1970](#) and the South Moluccan hostage crisis in the [Netherlands](#) in 1975.

Abraham suggests that terrorist organizations do not select terrorism for its political effectiveness. Individual terrorists tend to be motivated more by a desire for social solidarity with other members of their organization than by political platforms or strategic objectives, which are often murky and undefined. Additionally, Michael Mousseau shows possible relationships between the type of economy within a country and ideology associated with terrorism.

Some terrorists like [Timothy McVeigh](#) were motivated by revenge against a state for its actions against its citizens

The relationship between **domestic terrorism** and democracy is very complex. Terrorism is most common in nations with intermediate political freedom, and it is least common in the most democratic nations. However, one study suggests that [suicide terrorism](#) may be an exception to this general rule. Evidence regarding this particular method of terrorism reveals that every modern suicide campaign has targeted a democracy—a state with a considerable degree of political freedom. The study suggests that concessions awarded to terrorists during the 1980s and 1990s for suicide attacks increased their frequency. There is a connection between the existence of civil liberties, democratic participation and terrorism. According to Young and Dugan, these things encourage terrorist groups to organize and generate terror.

Some examples of "terrorism" in non-democratic nations include [ETA](#) in [Spain](#) under [Francisco Franco](#) (although the group's terrorist activities increased sharply after Franco's death), the [Organization of Ukrainian Nationalists](#) in pre-war [Poland](#),¹ the [Shining Path](#) in [Peru](#) under [Alberto Fujimori](#), the [Kurdistan Workers Party](#) when [Turkey](#) was ruled by military leaders and

the [ANC](#) in South Africa.^[112] Democracies, such as [Japan](#), the [United Kingdom](#), the [United States](#), [Israel](#), [Indonesia](#), [India](#), [Spain](#), [Germany](#) and the [Philippines](#), have also experienced domestic terrorism.

While a democratic nation espousing [civil liberties](#) may claim a sense of higher moral ground than other regimes, an act of terrorism within such a state may cause a dilemma: whether to maintain its civil liberties and thus risk being perceived as ineffective in dealing with the problem; or alternatively to restrict its civil liberties and thus risk delegitimizing its claim of supporting civil liberties. For this reason, [homegrown terrorism](#) has started to be seen as a greater threat, as stated by former CIA Director Michael Hayden. This dilemma, some social theorists would conclude, may very well play into the initial plans of the acting terrorist(s); namely, to delegitimize the state and cause a systematic shift towards anarchy via the accumulation of negative sentiments towards the state system

Religious terrorism is terrorism performed by groups or individuals, the motivation of which is typically rooted in [faith](#)-based tenets. Terrorist acts throughout history have been performed on religious grounds with the goal to either spread or enforce a system of belief, viewpoint or opinion. The validity and scope of religious terrorism is limited to the individual or a group view or interpretation of that belief system's teachings.

Intimate terrorism

[Intimate terrorism](#) (IT) may also involve emotional and [psychological abuse](#). Intimate terrorism is one element in a general pattern of control by one partner over the other. Intimate terrorism is more likely to escalate over time, not as likely to be mutual, and more likely to involve serious injury. IT batterers include two types: "Generally-violent-antisocial" and "[dysphoric-borderline](#)". The first type includes people with general [psychopathic](#) and violent tendencies. The second type is people who are emotionally dependent on the relationship. Violence by a person against their intimate partner is often done as a way for controlling their partner, even if this kind of violence is not the most frequent. Support for this typology has been found in subsequent evaluations.

Perpetrators

The [perpetrators](#) of acts of terrorism can be individuals, groups, or states. According to some definitions, clandestine or semi-clandestine state actors may also carry out terrorist acts outside the framework of a state of war. However, the most common image of terrorism is that it is carried out by small and secretive [cells](#), highly motivated to serve a particular cause and many of the most deadly operations in recent times, such as the [September 11 attacks](#), the [London underground bombing](#), [2008 Mumbai attacks](#) and the [2002 Bali bombing](#) were planned and carried out by a close clique, composed of close friends, family members and other strong social networks. These groups benefited from the free flow of information and efficient [telecommunications](#) to succeed where others had failed.

Over the years, much research has been conducted to distill a terrorist profile to explain these individuals' actions through their psychology and socio-economic circumstances. Others, like Roderick Hindery, have sought to discern profiles in the propaganda tactics used by terrorists. Some security organizations designate these groups as *violent non-state actors*. A 2007 study by economist [Alan B. Krueger](#) found that terrorists were less likely to come from an impoverished background (28% vs. 33%) and more likely to have at least a high-school education (47% vs. 38%). Another analysis found only 16% of terrorists came from impoverished families, vs. 30% of male Palestinians, and over 60% had gone beyond high school, vs. 15% of the populace.

To avoid detection, a terrorist will look, dress, and behave normally until executing the assigned mission. Some claim that attempts to profile terrorists based on personality, physical, or sociological traits are not useful. The physical and behavioral description of the terrorist could describe almost any normal person. However, the majority of terrorist attacks are carried out by military age men, aged 16–40.

Non-state groups



There is speculation that [anthrax](#) mailed inside letters to U.S. politicians was the work of a *lone wolf*.

Groups not part of the state apparatus or in opposition to the state are most commonly referred to as a "terrorist" in the media.

State sponsors

A state can sponsor terrorism by funding or harboring a terrorist group. Opinions as to which acts of violence by states consist of state-sponsored terrorism vary widely. When states provide funding for groups considered by some to be terrorist, they rarely acknowledge them as such.

State terrorism

Civilization is based on a clearly defined and widely accepted yet often unarticulated hierarchy. Violence done by those higher on the hierarchy to those lower is nearly always invisible, that is, unnoticed. When it is noticed, it is fully rationalized. Violence done by those lower on the hierarchy to those higher is unthinkable, and when it does occur is regarded with shock, horror, and the fetishization of the victims.

Connection with tourism

The connection between terrorism and tourism has been widely studied since the [Luxor massacre](#) in [Egypt](#). In the 1970s, the targets of terrorists were politicians and chiefs of police while now international tourists and visitors are selected as main targets of attacks. The attacks on the World Trade Center and the Pentagon on September 11, 2001, were the symbolic epicenter, which marked a new epoch in the use of civil transport against the main power of the planet. From this event onwards, the spaces of leisure that characterized the pride of West, were conceived as dangerous and frightful. [Maximiliano E Korstanje](#) argued that terrorism represents dialectic of hate, between a group of insurgents whose interests have been placed outside the electoral system and the state which is unable to anticipate the next blow. Historically, tourism and terrorism have inextricably intertwined. As enrooted in the capitalist ethos, terrorism rests on the logic of violence and extortion, where outsiders are used to achieve the in-group's goals. Similarly, Luke Howie explains that the actions of terrorists are not aimed at effacing entire civilizations, as the media portrays, but in administering an extreme fear so that their claims will be accepted. Terrorists are usually psychologically insensitive to the suffering of others. Using extortion as a main tactic, the media lays a fertile ground which amplifies the effects of terrorism on the society. Likely, one of the main problems of terrorism seems to be the need to capture the attention of an audience. To some extent, terrorists appear to jolt the society, however, the western audience experiences a gradual process of [desensitization](#). This result leads these groups to innovate more cruel and violent strategies.

Funding

[State sponsors](#) have constituted a major form of funding; for example, [Palestine Liberation Organization](#), [Democratic Front for the Liberation of Palestine](#) and other groups considered to be terrorist organizations, were funded by the [Soviet Union](#). The [Stern Gang](#) received funding from [Italian Fascist officers in Beirut to undermine the British Mandate for Palestine](#). [Pakistan](#) has created and nurtured terrorist groups as policy for achieving tactical objectives against its neighbours, especially [India](#).

"[Revolutionary tax](#)" is another major form of funding, and essentially a euphemism for "[protection money](#)". Revolutionary taxes are typically extorted from businesses (including farms cultivating illicit drugs (such as *Papaver somniferum*)) and they also "play a secondary role as one other means of intimidating the target population".

Other major sources of funding include [kidnapping](#) for ransoms, [smuggling](#) (including [wildlife smuggling](#)), [fraud](#), and [robbery](#). The [Islamic State in Iraq and the Levant](#) has reportedly received funding "via private donations from the [Gulf states](#)".

The [Financial Action Task Force](#) is an inter-governmental body whose mandate, since October 2001, has included combatting [terrorist financing](#)

Terrorism research

Terrorism research, also called terrorism and counter-terrorism research, is an interdisciplinary academic field which seeks to understand the causes of terrorism, how to prevent it as well as its impact in the broadest sense. Terrorism research can be carried out in both military and civilian contexts, for example by research centres such as the British [Centre for the Study of Terrorism and Political Violence](#) [Centre for Violence and Traumatic Stress Studies](#) and the [International Centre for Counter-Terrorism](#) (ICCT). There are several academic journals devoted to the field

Terrorism has taken on new importance for most people since the attacks on the World Trade Center in New York and the Pentagon in the suburbs of Washington, D.C., on 11 September 2001. In three daring attacks using airliners (as well as a fourth that failed when passengers forced the plane to crash land), terrorists took ten times more lives than they had in any previous incident in the U.S. and did so in a manner so audacious that it shocked virtually everyone around the world.

But, terrorism is not new. Historians debate when the first instance of terrorism occurred. However, it was no later than the 1790s, when the revolutionary government in France used the term to refer to the way they treated members of the nobility and clergy as well as others who opposed their regime.

Scholars also disagree about what terrorism actually entails, as the cliché, "one person's terrorist is another's freedom fighter" suggests. As the Council on Foreign Relations' Terrorism Question and Answer project has put it, most definitions of terrorism include the following:

It involves premeditated violence aimed at civilians and designed to provoke fear in a much broader target population.

It is political and not criminal in nature.

It is not carried out by an army or other officials of a state.

A large number of observers also claim that terrorism is a weapon used mostly by weak groups who believe that they have no effective way of addressing their grievance by working "inside the system." The point here is not that terrorist groups are not necessarily objectively weaker than their opponents, but participants in them are convinced they are in a relatively [powerless](#) position.

Defining terrorism is made all the more complicated by the fact that people almost never define themselves as terrorists and the use of the label by others often has political overtones. Consider the events of 28 November 2002. In Kenya, teams of activists blew up a hotel owned and frequented by Israelis and fired missiles at (but missed) an Israeli charter airliner. Few observers had any doubts that these were terrorist acts; the only question was whether or not al Qaeda was involved. Later that day, members of the Al Aqsa Martyrs Brigade attacked an Israeli village killing a number of civilians before they themselves were killed by Israeli forces. While U.S. President George Bush and Israeli Prime Minister Ariel Sharon were quick to condemn this as a

terrorist attack, many Palestinians would claim that this violence was a legitimate use of force in an undeclared war for their liberation.

One of the most widely cited lists of terrorist organizations compiled by the United States State Department listed 31 such groups in 2001. Some, such as al Qaeda or the Real IRA (which broke from the main IRA when the latter supported the talks which led to the Good Friday Accords of 1998) unquestionably belong on any such list. Others are more problematic, including the Israeli Kach, the Palestinian Liberation Organization, and the GAM movement seeking independence for Aceh from Indonesia.

Finally, deciding who is a terrorist is complicated by the fact that many states are involved. The United States government, for instance, has long complained about state-sponsored terrorism, actions by its adversaries, which, it claims, support the activity of the groups on its annual list of terrorist organizations. However, there are those who argue that some American allies, including Israel today, the United Kingdom during the height of "the troubles" in Northern Ireland, and South Africa during the apartheid years all engaged in activities that smacked of terrorism.

What Can Be Done About Terrorism

Most of the modules in the Intractable Conflict Knowledge Base end with three sections on what individuals, governments, and third parties can do about the subject at hand. Here, it makes sense to take a slightly different approach which covers those three levels but explores the available options through the lens of two "voices" discussed by John Paul Lederach in a remarkable essay he wrote and widely circulated just after 9/11.[3] The rest of this module builds on Lederach's ideas and additions I have made to them at greater length in a chapter in a book on terrorism published by the Department of Defense's Threat Reduction Agency.

A First Voice: Traditional Justice

The first voice is the desire, indeed the demand, for justice in the traditional sense of the term in which the perpetrators of terrorism are held accountable for their actions.

This desire for what can only be considered vengeance is not a common desire among people who work on either conflict resolution or in peace studies. However, it is one of the truisms in the study of terrorism that once an attack touches close to home, one's reaction becomes personal and this first voice is an inescapable part of any person's reaction. To that end, consider the words of Miroslav Volf who, along with Lederach, is one of the world's leading experts on reconciliation:

I felt very strange. I had been inside talking about reconciliation with our enemies at the same time that a terrorist attack was taking place and the World Trade Center Towers were collapsing.

I felt we needed to go after them that they needed to pay. The naming of the deeds as evil and the protection of those that are innocent is extraordinarily important.

There have been many proposals put forward to deal with terrorism non-violently, including in response to 9/11. Frankly, however, few of them hold much promise in dealing with men and women who are prepared to make such tremendous sacrifices for their causes -- at least in the short run. Indeed, it may well be the case that attacks of the magnitude of 9/11 require the use of force in reply, however distasteful it might be to members of the conflict resolution community or however counterproductive it might be in the long term

Lederach's first voice calls on the skills of the soldier and traditional diplomat, not the conflict resolution practitioner. It requires the use of [coercive diplomacy](#), at best and, more often than not, the imposition of force as in the post 9/11 war on terrorism

However, as at least some national security scholars and policy makers now acknowledge, force alone will not bring terrorism to an end. To do that, we need to use the tools which conflict resolution professionals have been developing during the last generation or so and address the root cause of terrorism: [empathic listening](#), [reframing](#), [dialogue](#), [analytical problem solving](#), [coalition-building](#), among others.

But none of these things means we should not also seek to forgive the offender and reconcile with the offender. One of the points in my talk at the U.N. was that we, as Christians, must develop a will to embrace and be reconciled with our enemy. This will in question must be absolutely unconditional. There is no imaginable deed that should take a person outside our will to embrace him, because there is no imaginable deed that can take a person out of God's will to embrace humanity.

These tools are the ones we can use in answering the question first posed by President Bush in an address to Congress shortly after 9/11. "Why do they hate us?" People who resort to terrorism are almost certainly desperate; many of them may also suffer from psychological problems, which lead them to take such extremely violent steps. Nonetheless, terrorism only thrives and survives in contexts where a far larger number of people feel deeply aggrieved by their political, social, or economic situation. "They" attack "us" because "they" hate "us."

It seems highly unlikely that such anger can be overcome with force alone, if by force at all. That requires the kind of long-term commitment to conflict resolution and [reconciliation](#), which the likes of Lederach and Volf specialize in. There is no roadmap to follow to make that happen. Nonetheless, it is fairly clear that any long-term response to terrorism will have to include:

- Creatively developing [programs to redress the inequalities](#) and other social conditions, which give rise to the anger in the first place.
- Finding ways to convince the angry young "terrorists of tomorrow" to forego violence and pursue peaceful pathways to profound political change.
- To the degree that the conflict between Israel and Palestine helps trigger terrorism, forging a lasting agreement that satisfies the interests of both parties.
- Treating at least potential terrorists with dignity and respect and not the arrogance that so often characterizes the rhetoric and reality of Western foreign policy.

This probably also requires [apologizing](#) for past wrongs and making a sincere commitment to new approaches to the world's problems.

Overview of America's National Strategy for Combating Terrorism

America is at war with a transnational terrorist movement fuelled by a radical ideology of hatred, oppression, and murder. Our National Strategy for Combating Terrorism, first published in February 2003, recognizes that we are at war and that protecting and defending the Homeland, the American people, and their livelihoods remains our first and most solemn obligation.

Our strategy also recognizes that the War on Terror is a different kind of war. From the beginning, it has been both a battle of arms and a battle of ideas. Not only do we fight our terrorist enemies on the battlefield, we promote freedom and human dignity as alternatives to the terrorists' perverse vision of oppression and totalitarian rule. The paradigm for combating terrorism now involves the application of all elements of our national power and influence. Not only do we employ military power, we use diplomatic, financial, intelligence, and law enforcement activities to protect the Homeland and extend our defences, disrupt terrorist operations, and deprive our enemies of what they need to operate and survive. We have broken old orthodoxies that once confined our counterterrorism efforts primarily to the criminal justice domain.

This updated strategy sets the course for winning the War on Terror. It builds directly from the National Security Strategy issued in March 2006 as well as the February 2003 National Strategy for Combating Terrorism, and incorporates our increased understanding of the enemy. From the beginning, we understood that the War on Terror involved more than simply finding and bringing to justice those who had planned and executed the terrorist attacks on September 11, 2001. Our strategy involved destroying the larger al-Qaida network and also confronting the radical ideology that inspired others to join or support the terrorist movement. Since 9/11, we have made substantial progress in degrading the al-Qaida network, killing or capturing key lieutenants, eliminating safe havens, and disrupting existing lines of support. Through the freedom agenda, we also have promoted the best long-term answer to al-Qaida's agenda: the freedom and dignity that comes when human liberty is protected by effective democratic institutions.

In response to our efforts, the terrorists have adjusted, and so we must continue to refine our strategy to meet the evolving threat. Today, we face a global terrorist movement and must confront the radical ideology that justifies the use of violence against innocents in the name of religion. As laid out in this strategy, to win the War on Terror, we will:

- Advance effective democracies as the long-term antidote to the ideology of terrorism;
- Prevent attacks by terrorist networks;
- Deny terrorists the support and sanctuary of rogue states;

- Deny terrorists control of any nation they would use as a base and launching pad for terror; and
- Lay the foundations and build the institutions and structures we need to carry the fight forward against terror and help ensure our ultimate success.

Today's Realities in the War on Terror

Everyone is at risk... all hands must be on deck.

- We have to help ensure true democratic government to rise in every place and at every level
- A multinational coalition joined by all religious groups should aggressively prosecute the war against the terrorists. Together, we are stronger.
- We have to significantly degraded the terrorist networks by reporting them to appropriate and local vigilante groups.
- We as Inner Wheel members can lead unprecedented international campaigns to combat terrorist financing that has made it harder, costlier, and riskier for the terrorists to raise funds easily.
- There is a broad and growing global consensus that the deliberate targeting of innocents is never justified by any calling or cause.
- Many nations have rallied to fight terrorism, with unprecedented cooperation on law enforcement, intelligence, military, and diplomatic activity.
- We have strengthened our ability to disrupt and help prevent future attacks in the Homeland by enhancing our counterterrorism architecture through the creation of the Department of Homeland Security, the Office of Director of National Intelligence, and the National Counterterrorism Center.
- Numerous countries that were part of the problem before September 11 are now increasingly becoming part of the solution – and this transformation has occurred without destabilizing friendly regimes in key regions we can build a replica through advocacies and roles.

Challenges

- Terrorist networks today are more dispersed and less centralized. They are more reliant on smaller cells inspired by a common ideology and less directed by a central command structure.
- While the United States Government and its partners have thwarted many attacks, we have not been able to prevent them all. Terrorists have struck in many places throughout the world, from Bali to Beslan to Baghdad.
- While we have substantially improved our air, land, sea, and border security, our Homeland is not immune from attack.

- Terrorists have declared their intention to acquire and use weapons of mass destruction (WMD) to inflict even more catastrophic attacks against the United States, our allies, partners, and other interests around the world.
- Some states, such as Syria and Iran, continue to harbor terrorists at home and sponsor terrorist activity abroad.
- The ongoing fight for freedom in Iraq has been twisted by terrorist propaganda as a rallying cry.
- Increasingly sophisticated use of the Internet and media has enabled our terrorist enemies to communicate, recruit, train, rally support, proselytize, and spread their propaganda without risking personal contact.

STOP

- Terrorists from instituting divisions between the Muslim and non-Muslim world and within the Muslim world itself. The terrorists distort the idea of jihad into a call for violence and murder against those they regard as apostates or unbelievers, including all those who disagree with them. Most of the terrorist attacks since September 11 have occurred in Muslim countries – and most of the victims have been Muslims.
- Do not be quiet when they use terror and violence against innocent civilians to pursue their political objectives. Though their motives and goals may be different, and often include secular and narrow territorial aims, they threaten our interests and those of our partners as they attempt to overthrow civil order and replace freedom with conflict and intolerance. Their terrorist tactics ensure that they are enemies of humanity regardless of their goals and no matter where they operate.
- Reject threat to peaceful coexistence by proposing and projecting alternative view points. Terrorists mainly attack those who do not subscribe to their distorted and violent view of the world. They accept no dissent and tolerate no alternative points of view. Ultimately, the terrorist enemy we face threatens global peace, international security and prosperity, the rising tide of democracy, and the right of all people to live without fear of indiscriminate violence.

Strategic Vision

From the beginning, the War on Terror has been both a battle of arms and a battle of ideas – a fight against the terrorists and their murderous ideology. In the short run, the fight involves the application of all instruments of national power and influence to kill or capture the terrorists; deny them safe haven and control of any nation; prevent them from gaining access and render potential terrorist targets less attractive by strengthening security; and cut off their sources of funding and other resources they need to operate and survive. In the long run, ideas are needed. Ideas can transform the embittered and disillusioned either into murderers willing to kill innocents, or into free peoples living harmoniously in a diverse society.

Strategy for Winning the War on Terror

Long-term approach: Advancing effective democracy

The long-term solution for winning the War on Terror is the advancement of freedom and human dignity through effective democracy. Elections are the most visible sign of a free society and can play a critical role in advancing effective democracy. But elections alone are not enough. Effective democracies honor and uphold basic human rights, including freedom of religion, conscience, speech, assembly, association, and press. They are responsive to their citizens, submitting to the will of the people. Effective democracies exercise effective sovereignty and maintain order within their own borders, address causes of conflict peacefully, protect independent and impartial systems of justice, punish crime, embrace the rule of law, and resist corruption. Effective democracies also limit the reach of government, protecting the institutions of civil society. In effective democracies, freedom is indivisible. They are the long-term antidote to the ideology of terrorism today. This is the battle of ideas.

To wage the battle of ideas effectively, we must recognize what does and does not give rise to terrorism:

- Terrorism is not the inevitable by-product of poverty.
- Terrorism is not simply a result of hostility
- Terrorism is not simply a response to our efforts to prevent terror attacks.
- Terrorists are emboldened more by perceptions of weakness than by demonstrations of resolve.
- Terrorists lure recruits by telling them that we are decadent, easily intimidated, and will retreat if attacked.

The terrorism we confront today springs from:

- ***Political alienation.*** Transnational terrorists are recruited from populations with no voice in their own government and see no legitimate way to promote change in their own country. Without a stake in the existing order, they are vulnerable to manipulation by those who advocate a perverse political vision based on violence and destruction.
- ***Grievances that can be blamed on others.*** The failures the terrorists feel and see are blamed both on others and on perceived injustices from the recent or sometimes distant past. The terrorists' rhetoric keeps wounds associated with this past fresh and raw, a potent motivation for revenge and terror.
- ***Subcultures of conspiracy and misinformation.*** Terrorists recruit more effectively from populations whose information about the world is contaminated by falsehoods and corrupted by conspiracy theories. The distortions keep alive grievances and filter out facts that would challenge popular prejudices and self-serving propaganda.
- ***An ideology that justifies murder.*** Terrorism ultimately depends upon the appeal of an ideology that excuses or even glorifies the deliberate killing of innocents. Islam has been twisted and made to serve an evil end, as in other times and places other religions have been similarly abused.

Defeating terrorism in the long run requires that each of these factors be addressed. Effective democracy provides a counter to each, diminishing the underlying conditions terrorists seek to exploit.

- In place of alienation, democracy offers an ownership stake in society, a chance to shape one's own future.
- In place of festering grievances, democracy offers the rule of law, the peaceful resolution of disputes, and the habits of advancing interests through compromise.
- In place of a culture of conspiracy and misinformation, democracy offers freedom of speech, independent media, and the marketplace of ideas, which can expose and discredit falsehoods, prejudices, and dishonest propaganda.
- In place of an ideology that justifies murder, democracy offers a respect for human dignity that abhors the deliberate targeting of innocent civilians.

Democracy is the antithesis of terrorist tyranny, which is why the terrorists denounce it and are willing to kill the innocent to stop it. Democracy is based on empowerment, while the terrorists' ideology is based on enslavement. Democracies expand the freedom of their citizens, while the terrorists seek to impose a single set of narrow beliefs. Democracy sees individuals as equal in worth and dignity, having an inherent potential to create, govern themselves, and exercise basic freedoms of speech and conscience. The terrorists see individuals as objects to be exploited, and then to be ruled and oppressed.

Democracies are not immune to terrorism. In some democracies, some ethnic or religious groups are unable or unwilling to grasp the benefits of freedom otherwise available in the society. Such groups can evidence the same alienation and despair that the transnational terrorists exploit in undemocratic states. This accounts for the emergence in democratic societies of home grown terrorists – even among second- and third-generation citizens. Even in these cases, the long-term solution remains deepening the reach of democracy so that all citizens enjoy its benefits. We will continue to guard against the emergence of home grown terrorists within our own Home land as well.

The strategy to counter the lies behind the terrorists' ideology and deny them future recruits must empower the very people the terrorists most want to exploit: the faithful followers of Islam. We will continue to support political reforms that empower peaceful Muslims to practice and interpret their faith. We will work to undermine the ideological underpinnings of violent Islamic extremism and gain the support of non-violent Muslims around the world. The most vital work will be done within the Islamic world itself, and Jordan, Morocco, and Indonesia, among others, have begun to make important strides in this effort. Responsible Islamic leaders need to denounce an ideology that distorts and exploits Islam to justify the murder of innocent people and defiles a proud religion.

Many of the Muslim faith are already making this commitment at great personal risk. They realize they are a target of this ideology of terror. Everywhere we have joined in the fight against terrorism, Muslim allies have stood beside us, becoming partners in this vital cause. They know the stakes – the survival of their own liberty, the future of their own region, the justice and humanity of their own traditions – and we should also be proud to stand beside them. Not only

will we continue to support the efforts of our Muslim partners to reject violent extremism, we will continue to engage with and strengthen the efforts of Muslims within our States as well. Through outreach programs and public diplomacy we will reveal the terrorists' violent extremist ideology for what it is – a form of totalitarianism following in the path of fascism and Nazism.

Over the short term: Four priorities of action

- ***Attack terrorists and their capacity to operate.***

We need to stand against

- *Leaders*, who do not provide the vision that followers strive to realize. They should offer the necessary direction, discipline, and motivation for accomplishing a given goal or task.
- *Foot soldiers*, which include the operatives, facilitators, and trainers in a terrorist network. They are the lifeblood of a terrorist group – they make it run. Technology and globalization have enhanced the ability of groups to recruit foot soldiers to their cause, including well-educated recruits.
- *Weapons*, the tools of terrorists and the means by which they murder to advance their cause. Terrorists exploit many avenues to develop and acquire weapons, including through state sponsors, theft or capture, and black market purchases.
- *Funds*, which provide the fungible, easily transportable means to secure all other forms of material support necessary to the survival and operation of terrorist organizations.
- *Communications*, which allow terrorists the ability to receive, store, manipulate, and exchange information. The methods by which terrorists communicate are numerous and varied. Our enemies rely on couriers and face-to-face contacts with associates and tend to use what is accessible in their local areas as well as what they can afford.
- *Propaganda operations*, which are used by terrorists to justify violent action as well as inspire individuals to support or join the movement. These are force multipliers for our enemy.
- ***Deny terrorists entry to homes and disrupt their travel internationally.*** Denying our enemies the tools to travel internationally and across and within our borders significantly impedes their mobility and can inhibit their effectiveness.
- ***Defend potential targets of attack.*** Our enemies are opportunistic, exploiting vulnerabilities and seeking alternatives to those targets with increased security measures. schools, restaurants, places of worship, and nodes of public transportation – where innocent civilians gather and which are not always well secured. Specific targets vary, but they tend to be symbolic and often selected because they will produce mass casualties, economic damage, or both.

End state sponsorship of terrorism. State sponsors are a critical resource for our terrorist enemies, often providing funds, weapons, training, safe passage, and sanctuary.

- ***Disrupt the flow of resources from rogue states to terrorists.*** Until we can eliminate state sponsorship of terror. We need to expose the vehicles and fronts that states use to support their terrorist surrogates.
- ***Eliminate physical safe havens.*** Physical sanctuaries can stretch across an entire sovereign state, be limited to specific ungoverned or ill-governed areas in an otherwise functioning state, or cross borders.
- ***Legal safe havens.*** Some legal systems lack adequate procedural, substantive, and international assistance laws that enable effective investigation, prosecution, and extradition of terrorists. Such gaps offer a haven in which terrorists and their organizations can operate free from fear of prosecution.
- ***Cyber safe havens.*** The Internet provides an inexpensive, anonymous, geographically unbounded, and largely unregulated virtual haven for terrorists. Terrorist organizations can use virtual safe havens based anywhere in the world, regardless of where their members or operatives are located. Use of the Internet, however, creates opportunities for us to exploit. To counter terrorist use of the Internet as a virtual sanctuary, we will discredit terrorist propaganda by promoting truthful and peaceful messages.

Institutionalizing Our Strategy for Long-term Success

- ***Establish and maintain international standards of accountability.*** States that have sovereign rights also have sovereign responsibilities, including the responsibility to combat terrorism. The international community has developed a compelling body of international obligations relating to counterterrorism. Twelve universal conventions and protocols in force against terrorism have been developed under the auspices of the United Nations as well as various U.N. Security Council Resolutions related to combating terror.~
- ***Foster intellectual and human capital.*** To better prepare ourselves for a generational struggle against terrorism and the extremist ideologies fuelling it, we will create an expert community of counterterrorism professionals. We will continue to establish more systematic programs for the development and education of current professionals in counterterrorism-related fields. We will substantively expand our existing programs with curricula that include not only training in counterterrorism policies, plans and planning, strategies, and legal authorities, but continuing education in appropriate area studies, religious philosophies, and languages.

"Prove all things; hold fast that which is good." (1 Thes. 5:21)

YOUTH PRACTICES & FAMILY ETHICS: GENERATION GAP OR NEGLIGENCE

The Generation Next of is one group that mirrors the complexity and breath of dichotomies that define Nigeria today. This group includes at least five different categories of people who are critical to understand in order to determine how to reach, engage and galvanize them. I will attempt to define these distinct groups using broad, stereotypical descriptions of five individuals – Ikenna, Ukamaka, Sammy, Cynthia and Izu:

- **Ikenna - the over-achieving young man who lives in the Diaspora:** Ikenna excels in sports, the arts, sciences, and academics. He has recently graduated with first and second degrees from leading global universities. He works with a leading global IT company and he is performing above his peers. His parents pushed him to imbibe the values of excellence, hard work, and the value of a name. Ikenna is proud of his heritage, but has limited knowledge of his culture and language. He yearns for a connection to his culture, but struggles to build this given his distance from the homeland and competing interests.

Ikenna has only visited his homeland once in his lifetime. He will likely marry someone who is not from his region and will raise his children abroad.

- **Ukamaka - The semi-literate, relatively unskilled and under-employed lady who lives in the Southeast:** Ukamaka lives in a small town in Igboland. She has never completed secondary school, and has only benefited from limited vocational skills training programmes. She has not been able to find a steady source of income, but engages in part-time work for relatives. She has significant idle time, which makes her susceptible to a range of vices including robbery, 419, kidnapping, prostitution and drug and human trafficking.

Ukamaka knows her language, understands aspects of the culture, but embraces qualities of self preservation above anything else. Her values are reflective of the decay in the Nigerian society, but are often exaggerated among her category of youth.

Ukamaka is waiting for marriage to to give her some sense of security and a source of income.

- **Sammy - The micro/small business owner operating in a market in Abuja:** Sammy was educated only up to the primary school level. When he was only 11 years old, his parents sent him to live with a relative in the North, where he was engaged in an informal apprenticeship programme. After 10 years of service to his patron, he received seed money to start his own trading business. He has worked diligently to grow this business but struggles for survival, largely because he operates in the informal economy, with limited business training, and poor access to expansion capital and networks across the country.

Sammy does not have a corporate bank account because he is worried about generating unwanted attention from the tax authorities.

Sammy knows his language and embraces his culture. He belongs to a social club, age grade and village association because he has a deep desire for a sense of belonging. However, like Ukamaka he embraces self-preservation above anything else, sometimes cheating customers or adulterating his products to generate extra income.

- **Cynthia – a high-flying banker who lives and works in Lagos:** Cynthia is a focused, driven young woman who was born and raised in Lagos, by a working class family. She excelled in primary and secondary school, earned a degree in finance from the University of Lagos and secured a position with a new generation bank. She speaks Igbo and Yoruba fluently and identifies herself as a Nigerian first, before associating herself with any ethnic group. While she has visited her parent's homeland multiple times during her childhood and has fond memories, she currently avoids the region out of fear of being kidnapped or robbed.

Unlike Ukamaka, Cynthia is focused on advancing her career and rising in corporate Nigeria and will likely postpone marriage until her early thirties.

- **Izu – a young politician who lives in the South east.** After three years of unsuccessfully trying to obtain admission into the university, Izu decided to join the political landscape in his town, as his gateway out of poverty. Starting with the role of “errand boy,” he quickly gained favor with the godfathers and older politicians and is currently being positioned to become a local government chairman or a senator.

Izu embraces aspects of his culture – depending on how it suits his political ambitions. He sees politics as his ticket out of poverty!

Ikenna, Ukamaka, Sammy, Cynthia and Izu are just five snapshots of the Generation NEXT. They are obviously not reflective of the full spectrum of realities of this generation, and there is no data to determine what percentage of the population falls into these classifications. However, these snapshots illustrate some of the key challenges facing this generation, as well as the opportunities that they have to transform the future of our land, if they are effectively galvanized.

In terms of challenges:

- **Education and employment:** Ukamaka and Eddy's realities reinforce the need for high-quality education for all, at least up to the secondary school level. However, the country suffers from the same challenges facing the educational sector across Nigeria, but with even higher drop-out rates, especially among our boys. This limits their ability to gain meaningful formal employment, in the case of Ukamaka, or to grow their businesses, in the case of Eddy.

The state and local governments have an important role to play in providing high-quality education. Training and retraining of teachers, revamping the curriculum to ensure the provision of education for the 21st century, with a focus on relevant

knowledge, skills and tools for life, and developing and enforcing clear measurement and evaluation tools for both public and private schools in the region, will transform the sector.

Beyond formal education through traditional academic institutions, both vocational and entrepreneurship education is critical for the development of our youth. Initiatives such as the Chike Okoli Center for Entrepreneurial Studies in Awka and Lift Saxum in Enugu, are working to fill the gap through business and entrepreneurial training. In addition, organizations such as LEAP Africa through its Employability Programme and Business Leadership Programme are working to enable young people to obtain meaningful jobs and build more sustainable and successful companies in the region.

However, there is an urgent need to scale up these high-impact programmes and to promote the emergence of more targeted vocational skills training programmes that will ensure that our youth are equipped with marketable skills for growth sectors in the economy.

- **Identity, Culture and Language:** Generation NEXT are facing a serious crises of identity. Confronted by competing identities and cultures, their understanding and appreciation of their culture and language is being eroded. Youth in the Diaspora such as Ikenna romanticize the language and culture of their parents, but struggle to embrace it. While Cynthia and her counterparts believe that their rise in the ranks is predicated on their ability to assimilate into the dominant culture.

There is an urgent need for our leaders to invest in restoring the pride and confidence in this younger generation. One of the primary objectives of the *Ola Ndi Igbo* initiative which was launched in 2013 by a group of credible, young Igbo professionals was rooted in our desire to “foster a community of individuals of Igbo descent who are proud of their heritage and are committed to working collaboratively to promote the social and economic development of the Igbo people.”

Beyond initiatives such as *Ola Ndi Igbo*, parents have to make a concerted effort to teach their children positive values, as well as the language and culture. In addition, schools, community groups and associations at home and abroad, should prioritize exposure to language and culture through formal programmes. The days of penalizing children for speaking “vernacular” are long gone. Instead we must invest in our language and ensure that it evolves to incorporate new words for the 21st century.

- **Values:** The image of young men and women as fraudulent entrepreneurs, armed robbers, rootless politicians, kidnappers, prostitutes and drug and human traffickers directly contradicts the values of integrity, hard work, discipline and innovation which are bedrocks of our culture. Sadly, the former is becoming the norm, largely due to the challenges of unemployment and underemployment identified above. In addition, this value of self preservation without regard for the implications that it has on others continues to push the Generation NEXT to indulge in abominable acts, which are beginning to be accepted as the norm, simply because they generate wealth for the perpetrator and his or her immediate family.

In order to restore the values that are critical for the advancement of families, faith-based organizations, traditional rulers, community organizations, and age-grades all have a vital role to play in leading by example. This leadership should be based on authenticity and integrity, and a willingness to sanction, ostracize and punish youth who betray our values and bring shame to our people.

- **Leadership:** Nigeria and indeed Africa is facing a crisis of leadership. Sadly, youth like Izu are increasingly engaging in politics, not as a platform for public service, but as a gateway out of poverty! Many of them are used as political thugs and “errand boys.” The sad reality is that these youth have limited skills and knowledge and when given the opportunity to assume positions of authority cannot effectively lead. This has a devastating effect on our land, fosters the misappropriation of public funds and results in increased poverty and poor human development indicators across our region.

Clearly, there is an urgent need to change mindsets among the youth about leadership and public service. It is also imperative that civil society organizations work collaboratively to prepare a new generation of youth who are credible, dynamic, ethical and innovative and that the society support these youth in their efforts to assume positions of authority.

The leadership transformation requires broad based awareness among the voting public about their rights and responsibilities, a redefinition of the criteria for public service and a “cleansing” of the political landscape.

In terms of opportunities

- **Driving Inclusive Growth:** Globally, we are recognized for their entrepreneurial spirit, ingenuity, creativity, and work ethic. Given the attention and resources being channeled towards the African Continent, and the recognition of this region as the next frontier for growth, we are well positioned to capitalize on the inflow of foreign direct investment, and local financing to start and grow sustainable institutions. However, this will require that individuals such as Sammy obtain entrepreneurial training, and move their businesses from the informal to the formal economy. It will also require local and state governments to actively create and sustain an enabling and secure environment for many to invest in the region. The public sector will also have to create incentives to attract investments into key labor intensive sectors such as agriculture, construction, manufacturing, ICT and the creative industry (including Nollywood and the music industry), which will in turn create employment and entrepreneurship opportunities for our unemployed and underemployed youth. Inclusive growth will also attract people from across the country and the Diaspora and compel those who already live in the rural communities and towns to remain in their communities.
- **Leveraging the Diaspora:** The majority of the Next Generation in the Diaspora have surpassed the accomplishments of their parents and continue to raise the bar in terms of accomplishments in the sports, media, the arts, sciences, ICT, and academia. The rest have the unique opportunity to galvanize this group, and develop strategic approaches of re-

engaging them in development initiatives back home. Mirroring the examples of Israel, Ireland and India, these successful 2nd and 3rd generation populations could be invited to engage in high-impact initiatives through which they can commit their time and resources, and gain significant credibility and personal fulfillment in return. It is important to note that some Generation Next athletes and physicians have already launched sports camps and medical missions, respectively. However, many of these one-off initiatives have been frustrated by corruption, inefficiencies and bureaucracy. As a result, in order to attract and sustain their support at home have to invest in developing the systems and structures to effectively engage these well meaning youth.

Conclusion

Imagine the impact on our land if:

- Ikenna decides to fund summer camps for Diaspora children to learn culture in Aba every summer
- Cynthia compels her employer to launch a special loan programme for women which she champions
- Ukamaka gains ICT skills and through an entrepreneurial training programme opens a lucrative business center
- Sammy grows his business from a small to a medium-sized enterprise and employs 50 people in Abuja
- Izu completes a leadership, civics and ethics training programme, takes evening classes to gain a university education and becomes an employee of a civil society organization in Enugu, as a stepping stone to true public service.

These five individuals could clearly change the mindsets of other Generation NEXT about what is possible, increase our collectively pride in what it means to be Nigerian and inspire the children in our communities. Indeed, galvanizing these young people can only be achieved through collective effort – starting with our families, religious organizations, community groups, and hinged on the commitment and engagement of the public, private and nonprofit sectors!

Our youth are leaders of today and tomorrow – it is imperative that we reach, engage and galvanize them to transform our land, and ensure a brighter future for their children and future generations.

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