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PROTECTING NAMIBIA'S FUTURE

BREAKING THE SILENCE ON CHILD ABUSE AND NEGLECT

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Protecting Namibia's Future: Breaking the Silence on Child Abuse and Neglect

WINDHOEK – Children are the cornerstone of Namibia's future. From the bustling streets of Windhoek to the quiet homesteads of the Ohangwena region, every child deserves the opportunity to grow up in a safe, loving, and nurturing environment. Yet, behind closed doors, many Namibian children face silent battles against a profound public health threat: child abuse and neglect.

According to data and frameworks from public health institutions like the Centres for Disease Control and Prevention (CDC), child abuse and neglect are not just isolated family issues; they are serious public health problems with lifelong consequences. To safeguard our communities, we must understand what constitutes abuse, recognise its deep impact, and know how to

utilise Namibia's legal framework to step in and save lives.

Understanding the Threat: What are Child Abuse and Neglect?

As outlined by global health standards, child abuse and neglect include any act or failure to act by a parent, caregiver, or another person in a custodial role (such as a teacher, coach, or religious leader) that results in harm, potential harm, or the threat of harm to a child under the age of 18.

There are four primary forms of maltreatment that we must be vigilant against:

1. **Physical Abuse:** The intentional use of physical force—such as hitting, kicking, or shaking—that can result in physical injury.
2. **Sexual Abuse:** Any completed or attempted sexual acts or contact with a child by a caregiver or custodian.

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3. **Emotional Abuse:** Behaviours that actively damage a child’s self-worth or emotional well-being, including constant shaming, name-calling, rejection, and withholding love.
4. **Neglect:** The failure to meet a child’s basic physical and emotional needs. This includes denying them adequate food, safe housing, clean clothing, education, and access to medical care, as well as failing to validate and respond to their emotional needs.

Public health data shows that families experiencing poverty often face heightened levels of stress, which can increase the risk of child abuse and neglect. In Namibia, where socioeconomic disparities and high unemployment persist, financial stress can severely strain household dynamics. However, while poverty is a risk factor, it is never an excuse. Understanding these dynamics helps communities offer better targeted support to struggling families before maltreatment occurs.

The Heavy Toll: Immediate and Lifelong Consequences

The scars of child maltreatment run far deeper than physical bruises. Immediately, an abused or neglected child may suffer

from cuts, broken bones, severe anxiety, and post-traumatic stress.

Over the long term, the damage can alter the trajectory of a child’s life. Prolonged maltreatment results in what health experts call toxic stress. This continuous, intense stress can actually change brain development, leading to lifelong difficulties with learning, attention, and memory.

As these children grow into adulthood, they face an increased risk of substance abuse, mental health disorders, sexually transmitted infections, and future involvement in violence—either as victims or perpetrators. Ultimately, child abuse diminishes educational attainment and employment opportunities, trapping individuals in cycles of trauma and hindering Namibia’s broader economic and social development.

The Namibian Context: Our Legal Responsibility

In Namibia, protecting children is a legal mandate. The Child Care and Protection Act (Act No. 3 of 2015) serves as our primary legislative shield. This Act outlines clear mechanisms for child welfare, bans corporal punishment in institutional settings, and places a strong emphasis on early



intervention and the protection of children in need. Under Namibian law, it is a collective civic duty to report suspected cases of child maltreatment. Ignoring the signs makes us complicit in the cycle of harm.

Where to Find Help and Report Abuse in Namibia

If you suspect a child is being abused, neglected, or exploited, or if you are a parent buckling under stress and need someone to talk to, help is available. You do not need to be related to the child to report abuse, and your report can be handled confidentially.

- LifeLine/ChildLine Namibia: This is a vital national asset offering free, confidential counselling and support.
 - Child HelpLine: Call 116 (Toll-free, available nationwide for children facing distress or abuse).
 - Gender-Based Violence & Human Trafficking Line: Call 106 (Toll-free).
- The Namibian Police Force (NAMPOL): For immediate emergencies or to file a formal criminal report.
 - Emergency Line: Call 10111.
 - Gender-Based Violence Protection Units (GBVPU): Located at major police stations across Namibia, these specialised units handle cases involving women and children with trauma-informed care. You can also call the GBV Toll-Free Line at 061-2095226.
- The Children's Advocate (Office of the Ombudsman): If a child's legal

and constitutional rights are being violated, or if administrative child services are failing them, you can contact the Children's Advocate.

- Telephone: 061-207 3111
- Anonymous SMS Line: 20401
- Ministry of Gender Equality, Poverty Eradication and Social Welfare (MGEPESW): You can visit your local Ministry office to speak with a designated state social worker, or lodge a complaint directly with the clerk of the nearest Children's Court.

It Takes a Village

Preventing child abuse and neglect requires us to build safe, stable, and nurturing relationships and environments for our children. By educating ourselves on the signs of abuse, offering support to vulnerable families in our neighbourhoods, and speaking up when something is wrong, we can ensure that Namibian children grow up healthy, strong, and ready to lead tomorrow. Every child's safety is everyone's responsibility.

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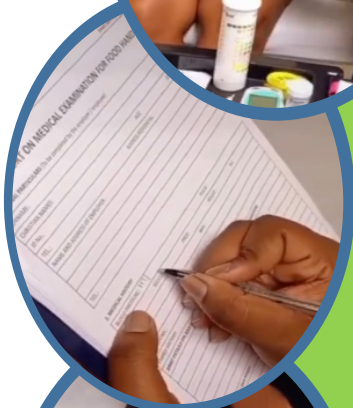


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Fuelling the Fire: Understanding Relative Energy Deficiency in Sport (RED-S)

From the high-altitude training tracks of Windhoek and the gruelling coastal routes of the Nedbank Desert Dash to the intense rugby fields and school athletics championships across our regions, Namibia is a nation with a rich sporting heartbeat. We celebrate our elite athletes and applaud our weekend warriors. However, behind the scenes of rigorous training regimens lies a hidden, often misdiagnosed syndrome that threatens the health and performance of our sportspeople: Relative Energy Deficiency in Sport (RED-S).



Originally recognised primarily in women as the "Female Athlete Triad," the International Olympic Committee (IOC) expanded the definition to RED-S to acknowledge that this syndrome affects athletes of all genders, ages, and levels of ability. At its core, RED-S is a state of low energy availability (LEA) where an athlete's nutritional intake is insufficient to support the energy demands of both their training and basic daily bodily functions.

The Science of the Deficit: When the Tank Runs Dry

When an individual exercises intensely, the body uses energy derived from food. If energy intake matches energy expenditure, the body functions optimally. However, if an athlete consumes too few calories—either intentionally (through restrictive dieting or striving for a specific "lean" body aesthetic) or unintentionally (simply not realising how much energy intense training demands)—the body enters a state of crisis.

To protect vital life-sustaining processes like brain function and respiration, the body begins to shut down or dial back "non-essential" physiological systems. The consequences of this chronic energy deficit are widespread and severe:

- **Hormonal and Reproductive Impairments:** In female athletes, a

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drop in Oestrogen causes irregular periods or stops menstruation entirely (amenorrhea). In male athletes, RED-S leads to low testosterone levels, resulting in decreased muscle strength, fatigue, and low libido.

anxiety, irritability, depression, and cognitive difficulties like a lack of focus.

The Paradox of Declining Performance

Many athletes mistakenly believe that eating less and training harder will make them faster, leaner, and more competitive. While this may offer a fleeting, short-term performance boost, RED-S ultimately destroys athletic capability. Athletes will notice a profound decline in endurance, reduced muscle strength, slower recovery times, impaired judgment, and a higher vulnerability to muscle injuries. For a competitive athlete, this means watching training efforts yield poorer results on the field or track.

The Namibian Context: Unique Challenges

In Namibia, several environmental,

- **Compromised Bone Health:** Hormonal imbalances directly impact bone density. Without adequate nutrition and Oestrogen/testosterone, bones become weak and brittle, drastically increasing the risk of recurrent stress fractures and premature osteoporosis.
- **Immune and Metabolic Depression:** The body's ability to fight off viruses and bacteria plummets, leading to frequent colds and illnesses. The basal metabolic rate also slows down, which can paradoxically cause gastrointestinal issues like severe bloating and constipation.
- **Psychological Toll:** RED-S is closely linked to mental health struggles, including increased

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economic, and cultural factors compound the risks associated with RED-S:

1. **The Harsh Climate and Altitude:** Training in Namibia often involves confronting extreme heat, low humidity, and—in places like the central plateau—high altitudes. These environmental pressures naturally increase the body's metabolic rate and energy demands. An athlete training in Windhoek or the Namib Desert burns significantly more calories just to maintain homeostasis than someone training at sea level in a temperate climate.

2. **The "Leanness" Myth in Long-Distance Running and Cycling:** Namibia has a stellar reputation in endurance sports. However, a prevailing culture sometimes dictates that "thinner is faster." This pressure can drive young athletes, especially in high school and club setups, into dangerous patterns of disordered eating.
3. **Unintentional Under-fuelling:** Many local athletes work full-time jobs, walk long distances to training grounds, or face socioeconomic challenges regarding consistent access to



diverse, nutrient-dense foods. When high training volumes are superimposed on an active lifestyle without a proportional increase in caloric intake (particularly carbohydrates and healthy fats), RED-S develops completely by accident.

Prevention and Turning the Tide

Overcoming RED-S requires a paradigm shift among Namibian athletes, coaches, and parents. Education is the first line of defence:

Match Fuel to Work: Dietary intake must rise in tandem with training volume. On heavy training days, meals must be calorie-dense and balanced.

Ditch the Scale: Coaches must steer away from toxic training environments that shame body size or mandate frequent weigh-ins. Focus should always remain on functionality, strength, and vitality rather than a specific weight.

Listen to the Body: Persistent fatigue, a sudden drop in performance, recurring injuries, or a missed menstrual cycle should never be dismissed as "part of being an athlete." They are critical warning signs.

Where to Find Help in Namibia

RED-S is a complex multi-system syndrome that ideally requires an integrated approach from medical doctors, nutritionists, and psychologists. If you suspect you or an athlete you care for is suffering from RED-S, localised professional assistance is available:

Registered Dieticians: Proper nutritional rehabilitation is the cornerstone of treating RED-S. You can find registered clinical and sports dieticians through the **Nutrition**

Society of Namibia (NSN) or by contacting the **Health Professions Councils of Namibia (HPCNA)** to find a licensed practitioner in your town.

Sports Medicine and General Practitioners: Specialised sports physicians or private medical practitioners can conduct necessary blood tests (checking hormone levels, iron, and vitamin D status) and bone density scans (DEXA) to assess the extent of physical damage.

The Namibia Sports Commission (NSC) & Namibian National Olympic Committee (NNOC): Elite and developmental athletes can reach out to these national bodies for guidance on accessing medical and nutritional support structures.

True athletic greatness is built on a foundation of health, not deprivation. By properly fuelling our bodies, Namibian athletes can protect their longevity, safeguard their health, and continue to wave our flag high on the global stage.

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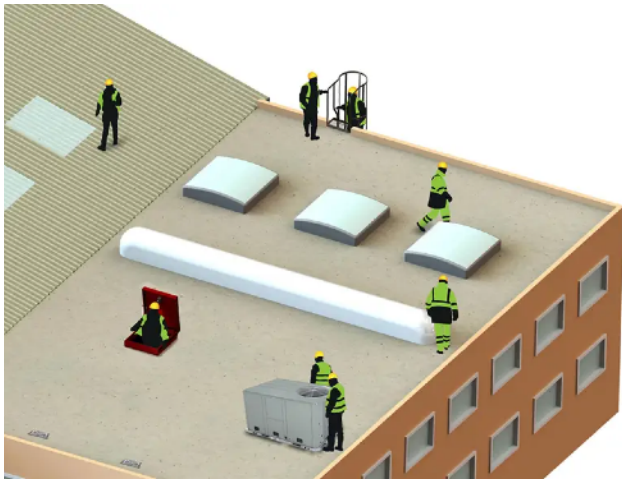
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Health & Safety - DEEPER THAN THE EDGE: Experts Warn of Hidden 'Death Traps' on Rooftops

WINDHOEK – While occupational health and safety managers across Namibia routinely secure building edges and install perimeter guardrails, workplace safety experts are warning that the most lethal rooftop hazard is actually being left completely unguarded: roof openings.



Data from global risk assessments reveals an alarming trend: workers are far more likely to fall through internal roof openings—such as skylights, ventilation shafts, and access hatches—than they are to plunge over the edge of a building. In Namibia, this hazard is rapidly escalating into a silent crisis, driven by a booming commercial solar sector and extreme environmental factors that turn standard building materials into ticking time bombs.

The Optical Illusion of Safety

Unlike a clear drop at the edge of a multi-story building, internal roof openings rarely register as immediate threats to workers.

Industrial skylights, which are widely utilised in commercial zones like Windhoek's Northern Industrial Area and Walvis Bay's logistics hubs, pose a severe visual trap.

Over time, these translucent panels collect heavy dust, coastal sand, and debris, causing them to blend seamlessly into the surrounding corrugated steel sheets. Under the intense glare of the Namibian sun, a worker performing routine maintenance can easily fail to distinguish between solid metal decking and a fragile plastic opening.

Compounding the issue is a pervasive myth among maintenance crews that built-in skylights are strong enough to support

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human weight. In reality, standard fibreglass and polycarbonate panels are designed strictly for weatherproofing, not structural load-bearing.

The UV Factor: A Ticking Time Bomb

Namibia's unique climate drastically amplifies this danger. The country experiences some of the highest solar radiation levels globally. While this abundance of sunlight has fuelled a massive nationwide transition toward renewable energy, the intense ultraviolet (UV) radiation acts as a severe degrading agent on rooftop plastics.



"A fibreglass skylight that was perfectly safe five years ago can become paper-thin and incredibly brittle today due to constant UV exposure," warns a local safety consultant. "It takes nothing more than a worker stepping backward, shifting their weight, or dropping a heavy tool for the entire panel to shatter instantly."

This structural degradation directly collides with Namibia's current solar boom. To combat rising electricity tariffs, hundreds of businesses are retrofitting warehouse and factory roofs with photovoltaic (PV) solar arrays. This has resulted in an unprecedented number of technicians, cleaners, and third-party contractors walking rooftops to install and clean panels. As these workers focus on their tasks, their situational awareness drops, leaving them highly vulnerable to stepped-through falls.

Routine Complacency Costing Lives

According to accident investigations, catastrophic falls through roof openings rarely occur during large-scale, highly regulated construction projects where safety infrastructure is explicitly mandated. Instead, they happen during short, routine maintenance tasks.

Fixing a commercial air conditioning unit during a summer heatwave, patching a minor roof leak before the rainy season, or cleaning dust off solar panels are frequently dismissed as "five-minute jobs." Because the tasks are short, workers regularly bypass formal risk assessments and fail to don fall-protection harnesses, walking directly into structural traps.

The Legal Consequences for Employers



Ignoring these internal hazards carries severe legal ramifications under domestic law. Under **Namibia's Labour Act (Act No. 11 of 2007)** and the **Regulations Relating to the Health and Safety of Employees at Work**, employers are legally obligated to provide a workplace free of recognisable dangers.

The regulations explicitly state that any opening in a floor or roof through which a person could fall must be adequately fenced, guarded, or covered with materials capable of sustaining maximum weight loads. Relying on a worker's caution or simply painting a warning sign next to a fragile surface does not satisfy legal compliance. If a worker falls through an unguarded, UV-degraded skylight, the business owner faces strict liability, heavy financial penalties, and potential criminal prosecution.

Critical Interventions Required


To curb the rising risk of rooftop fatalities, safety professionals are urging Namibian industries to implement immediate engineering controls:

- **Install High-Impact Screens:** Buildings should be retrofitted with heavy-duty, engineered steel mesh screens over all existing skylights to prevent workers from breaking through the plastic.
- **Enclose Hatches and Vents:** Structural guardrails equipped with self-closing safety gates must be permanently erected around all open roof hatches and smoke vents.
- **Mandate Pre-Access Audits:** No worker or contractor should be permitted on a roof without a completed Permit-to-Work (PTW) that explicitly maps out every fragile zone and opening.

- **Conduct UV Degradation Testing:** Commercial property owners must routinely audit the structural integrity of translucent roofing materials, replacing brittle panels long before they reach breaking point.

As Namibia continues to industrialise and embrace green energy, building layouts must be treated with the same safety rigour as the high-wire perimeters. Edge protection is no longer enough; it is time for industry leaders to look down and secure the traps beneath their workers' feet.

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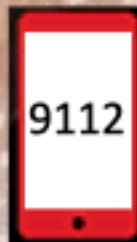
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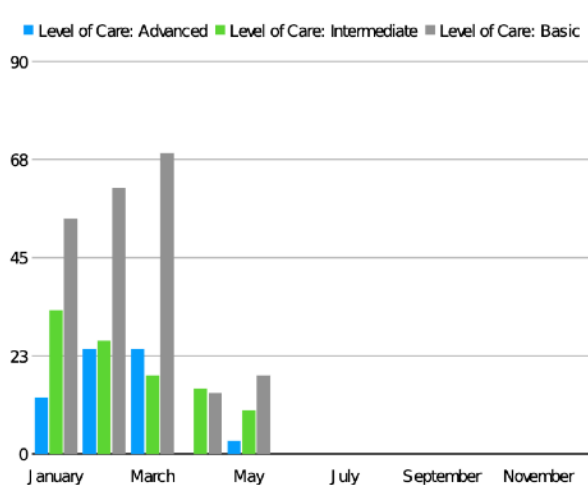
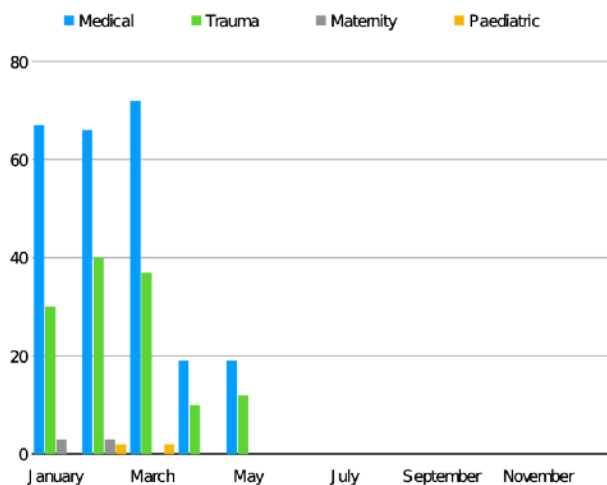
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March	72	37	0	2	24	18	69
April	19	10	0	0	0	15	14
May	19	12	0	0	3	10	18
June	0	0	0	0	0	0	0
July	0	0	0	0	0	0	0
August	0	0	0	0	0	0	0
September	0	0	0	0	0	0	0
October	0	0	0	0	0	0	0
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