



ENOUGH IS ENOUGH FROM ROCKS TO WARRIORS IT'S TIME TO ARM OUR GIRLS

“Wathint’ abafazi, wathint’ imbokodo.”

You strike a woman, you strike a rock.

But maybe, just maybe, it’s time we stopped being the rocks that sit still while being struck. Maybe it’s time we become the fire.

Last week, South Africa woke up to yet another soul-wrenching headline. A little girl—drugged, brutally sexually violated—**at her school**. A place meant for learning, for safety, for dreams. A child. Someone’s daughter. Our future.

We are shattered, again. But not surprised. Because how many more times must we read these headlines before we finally admit what we are too afraid to say out loud?

This country is not safe for women and children. Not in homes. Not in schools. Not in churches. Not in workplaces.

Despite decades of advocacy, campaigns, marches, purple t-shirts, hashtags, and heartfelt speeches, **Gender-Based Violence (GBV)** and **child abuse** continue to climb in South Africa. Stats SA reports that **one in three children** in this country experiences some form of sexual abuse before the age of 17. South African Police Service (SAPS) data reveals that **a child is raped every 20 minutes**.

Let that sink in.



WHAT IF WE'VE BEEN FIGHTING THE WRONG FIGHT?

We keep pushing for education, awareness, and dialogue. These are noble and necessary tools—but what if they are no longer enough?

What if the sickness in society has outpaced our best intentions?

Maybe it's time to change the strategy. Maybe it's time we taught our girls to fight back.



A CALL TO CORPORATE SOUTH AFRICA: PROTECT THEM BY EMPOWERING THEM

Serenity Corporate Wellness is calling on HR Executives, Employee Wellness Leaders, and the broader corporate community to **wake up and step up**. We're done asking the world to be kind. We're done teaching children about "stranger danger" when the monsters sit in classrooms and boardrooms.

It's time for action. Real, physical, empowering action.

Here's our plea:

- **Bring a Girl Child to Work Day** – Not just to inspire careers, but to introduce her to **power, agency, and protection**.
- **Sponsor Self-Defence and Assertiveness Programs** – Let your CSI budgets fund Krav Maga for kids. Let your leadership development funds include **body empowerment workshops** for women employees and their daughters.
- **Make Self-Defence a Corporate Benefit** – Imagine a future where learning to disarm an attacker is as normal as attending a First Aid course.

SERENITY'S VISION: FROM TRAUMA TO POWER

At Serenity Corporate Wellness, we are not in the business of "feeling sorry." We are in the business of **transforming pain into power**. Our work with employee wellness has shown us that **trauma does not begin at adulthood**. It begins in childhood. And it walks into your workplace every single day—behind a suit, behind a smile.

You cannot build high-performing teams while ignoring the brokenness employees carry from childhood. You cannot lead a thriving business in a dying society.

You want resilience in your workforce? Start by helping their children survive.



THE TRUTH NO ONE WANTS TO SAY

Maybe the world isn't going to change fast enough. Maybe predators will continue to roam free while justice limps behind.

So, we change.

We adapt.

We empower.

We fight.

Let's stop relying on a sick system to cure itself. Let's raise girls who are not afraid. Girls who don't freeze. Girls who fight back. Girls who live.

JOIN THE MOVEMENT

We're calling on every corporate in South Africa to:

- Adopt **employee self-defence and trauma resilience programs**.
- Use your **Girl Child Day to inspire power**, not just possibility.
- Fund **after-school and holiday protection programs** for your employees' daughters.

If we don't act now, then when?

If not you, the leader, then who?



IN CLOSING

This is not a trending topic. It is a national emergency.

Let this be the last headline that breaks our hearts, but not our spirits.

Let this be the moment where we stop being rocks that absorb the blows—

And start becoming the revolution that fights back.

Let's raise warriors. Let's fight differently. Let's fight to win.



Transforming workplaces. Healing societies. Empowering generations.

At Serenity Corporate Wellness, we provide expert counselling services designed to help individuals and organizations cultivate healthier, more productive environments. Whether you're facing personal challenges or seeking to build a stronger workplace culture, our tailored support ensures you never have to navigate these struggles alone. Take the first step toward unlocking your full potential — to learn

more visit: www.serenitycorporatewellness.com