Betrayal and Repetition: Understanding the Female experience of Sibling incest

By Scholastic Adeli
Introduction

- Incest is sexual relationship between close relatives.
- Sibling incest is when a more powerful sibling (brother) bribes or threatens a weaker sibling (sister) into sexual activity that must be kept secret.
- Sibling are those children who grow up in the same family and are either step foster, adopted or related by birth.
Sibling incest being recognized as one of the most serious form of intrafamilial incest.
Considered a taboo in most societies even in the bible (Lev:18:6–9).
Incestuous act involves inappropriate touching, fondling, intercourse, watching sexual activity or pornography, watching others shower or use toilet.
Sibling incest rarely reported

U.K study involving n=3000 established that fathers committed 1% while sibling 14% of intrafamilial incest.

Sibling incest occurs over a lengthier period and has higher penetrative acts.
Methodology

- Survey involving 130 girls attending a 2009 teens camp.
- Girls were aged 13–19 years.
- Questionnaires and group discussions used.
## Frequency distribution

<table>
<thead>
<tr>
<th>AGE</th>
<th>NUMBER</th>
<th>PERCENTAGE (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>24</td>
<td>18.0</td>
</tr>
<tr>
<td>14</td>
<td>32</td>
<td>24.6</td>
</tr>
<tr>
<td>15</td>
<td>44</td>
<td>33.8</td>
</tr>
<tr>
<td>16</td>
<td>13</td>
<td>10.0</td>
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<td>7.7</td>
</tr>
<tr>
<td>18</td>
<td>4</td>
<td>3.0</td>
</tr>
<tr>
<td>19</td>
<td>3</td>
<td>2.3</td>
</tr>
<tr>
<td>TOTAL</td>
<td>130</td>
<td>99.9</td>
</tr>
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</table>
Results

• 78% have had a childhood sexual experience with an older brother.
• 30% the victims found the incident upsetting and has caused them emotional harm.
• 22% had the incestuous act repeatedly done after a threat to keep secrecy.
• 18% said that the act started while they were young.
• 2% feel guilty but are safe relating with a brother than stranger.
All girls considered incest only to involve intercourse.

Of the 130 girls, 52 of them knew about incest through face book.

Others lured into it by visiting incest sites in the company of brothers.

Occurs because siblings know and trust each other.

Not reported because of being coerced, parents want to preserve family unit and sometimes fear, guilt, or shame.
Results cont

- 66% have questions but do not trust anybody to share with.
- All the affected girls were willing to start a counselling program.
- 92% are in favour of group therapy and awareness talks.
Causes of sibling incest

- Physically/emotionally distant and inaccessible parents (18%).
- Home sexual climate—repressed sexuality and visible sexual behavior.
- Learned behavior—Ponography (24%).
- Witness of sexual abuse by father.
- Need for love and belonging (4%).
- Stressed parents neglect children.
Effects of sibling incest

- Boys focus on sexual experience.
- Girls view incest intrapersonally.
- Self blame, guilt, shame, fear, anger, helplessness.
- Trust violated.
- Hatred of males.
- Amnesia, nightmare, poor self esteem, withdrawal, depression, confusion, poor performance in school and anxiety.
Girls need to confront own feelings.
Admit that it has happened.
Group therapy so as not to feel alone and receive immediate feedback.
Awareness talks necessary to understand concept of incest.
Recommendations

- Discuss activities of the day.
- Talk about sexuality, appropriate to age of children.
- Schools to present sexual abuse prevention programs.
- Find out where, how and with who children play with.
- Teach children about their bodies.
Incest victims need to admit that it has happened and seek help otherwise the incestuous effects can affect adult relationships.

Sibling incest is indeed a betrayal of innocence.
THANK YOU