There are harrowing sexual experiences women everywhere go through but not many get told. Victims of sexual harassment usually bury their misery deep within, and the screams for help that come from them are only on the inside. Because they stay silent, no one knows the torments they struggle to deal with by themselves. And so no one can help in the critical healing of a wounded heart.

FARIDA JIVAMALA IBRAHIM, a victim of sexual harassment down the years, had to deal with yet another sexual harasser a few months ago. For the first time, she writes openly about her experiences in the hope that other victims will know it is never their fault when they become the unwitting target of a sexual predator.

This is her story.

