

Protecting Yourself and your Friends





Welcome!



THIS is YOUR
SPECIAL BOOK!

Write your name
right here



This book belongs
to:
♥ _____ ♥

You are a CHILD, and that means you are important. Did you know that because you are a child, you have

SPECIAL RIGHTS?

YOU DO!

Children need rights! Here are just a few of the special rights you have:



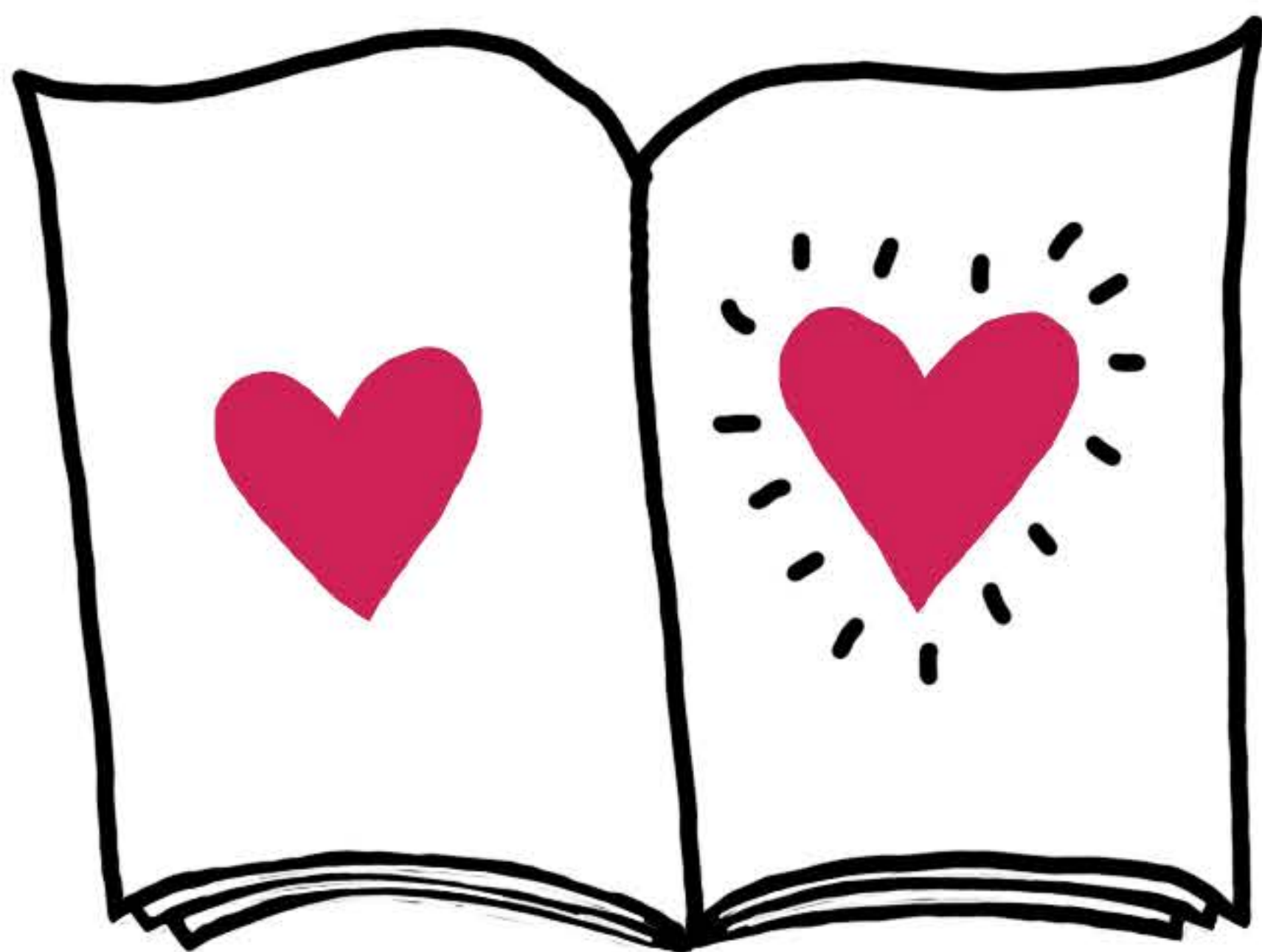
All children have the right to be safe and protected from harm.

Nobody is allowed to hurt you - not even other kids, not even people in your family.



All children
have the right
to be respected.
YOU get to
decide what
feels safe
for YOU.

You have
the right
to an
education



You have lots of rights. For example, children have the right to:



Also, adults must think about what is best for children before they think about other things. Children are important people. If you want to learn more about your rights as a child, visit this website with help from an adult:

<https://www.unicef.org/sop/convention-rights-child-child-friendly-version>

Meet our friends!

Sarah



Sarah, Jabari, and Femi are friends and neighbors in our community. Femi has a pet cat named Lulu. Sarah, Jabari, and

Jabari



Femi are going to teach you (YES! YOU!) how YOU can protect yourself and your friends.

Protecting children is an adult responsibility.

Adults can and should keep children safe, but children CAN PROTECT THEMSELVES if they need to. Let's learn how!

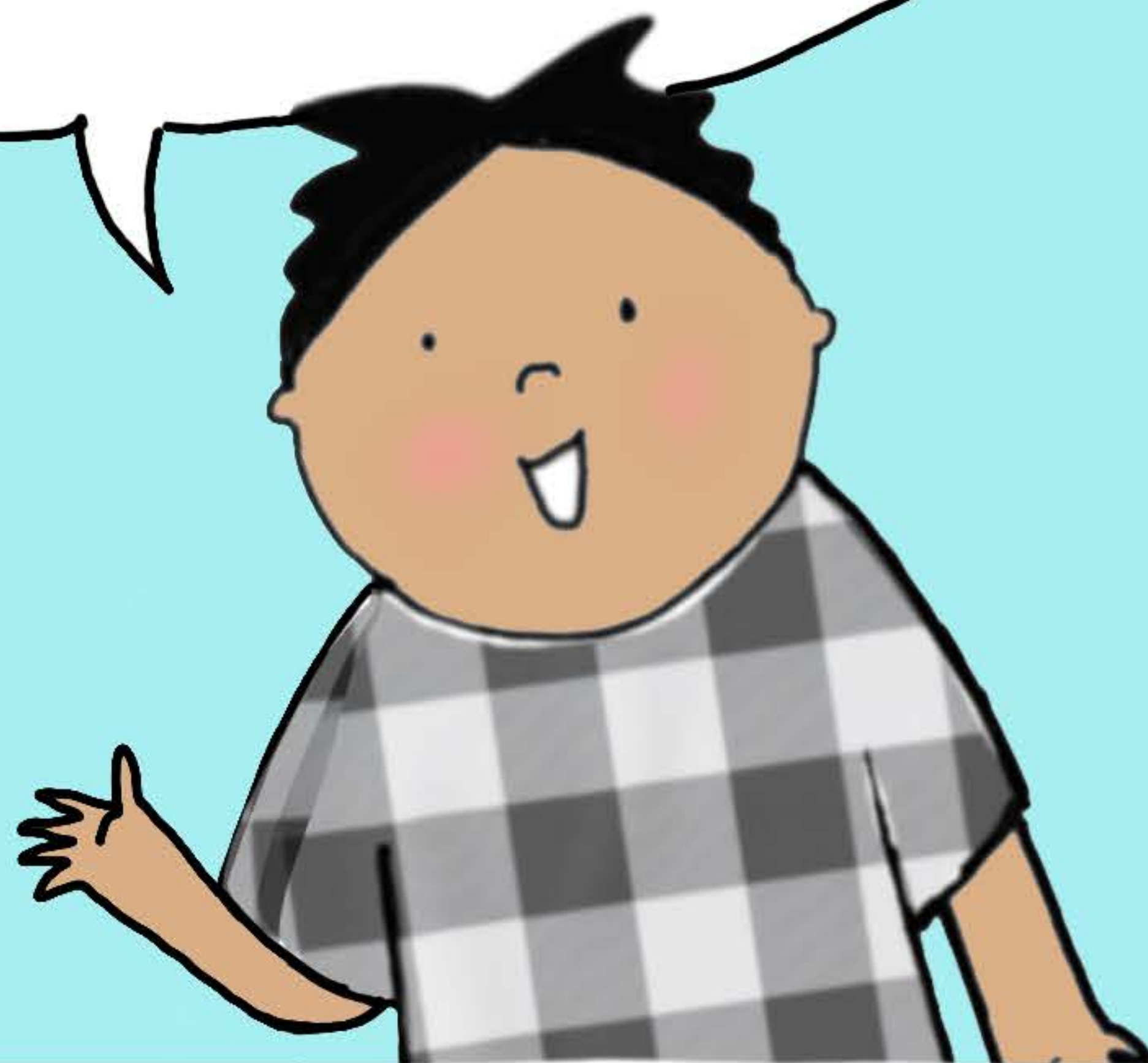
Femi



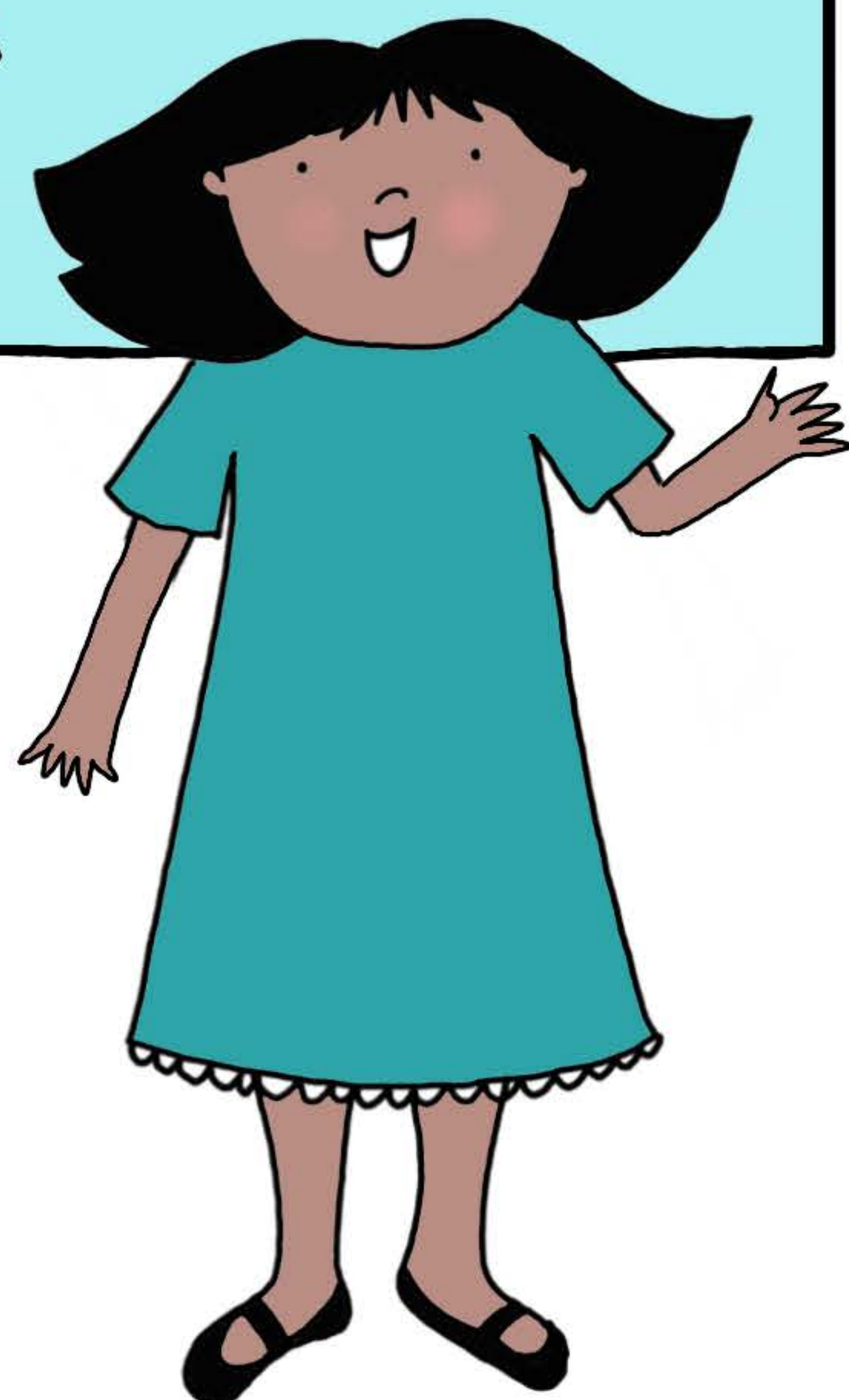
Sometimes adults do not protect children, and then children need to protect themselves? But . . . can I do this? I'm little!



Yes you can! You have the power to protect yourself and your friends!



This book will help you understand HOW to keep yourself and other children in your community safe. You can do this! All children can!



Femi, you already have all the tools you need. We are going to learn to USE them!



Wow!

SAFE AND UNSAFE

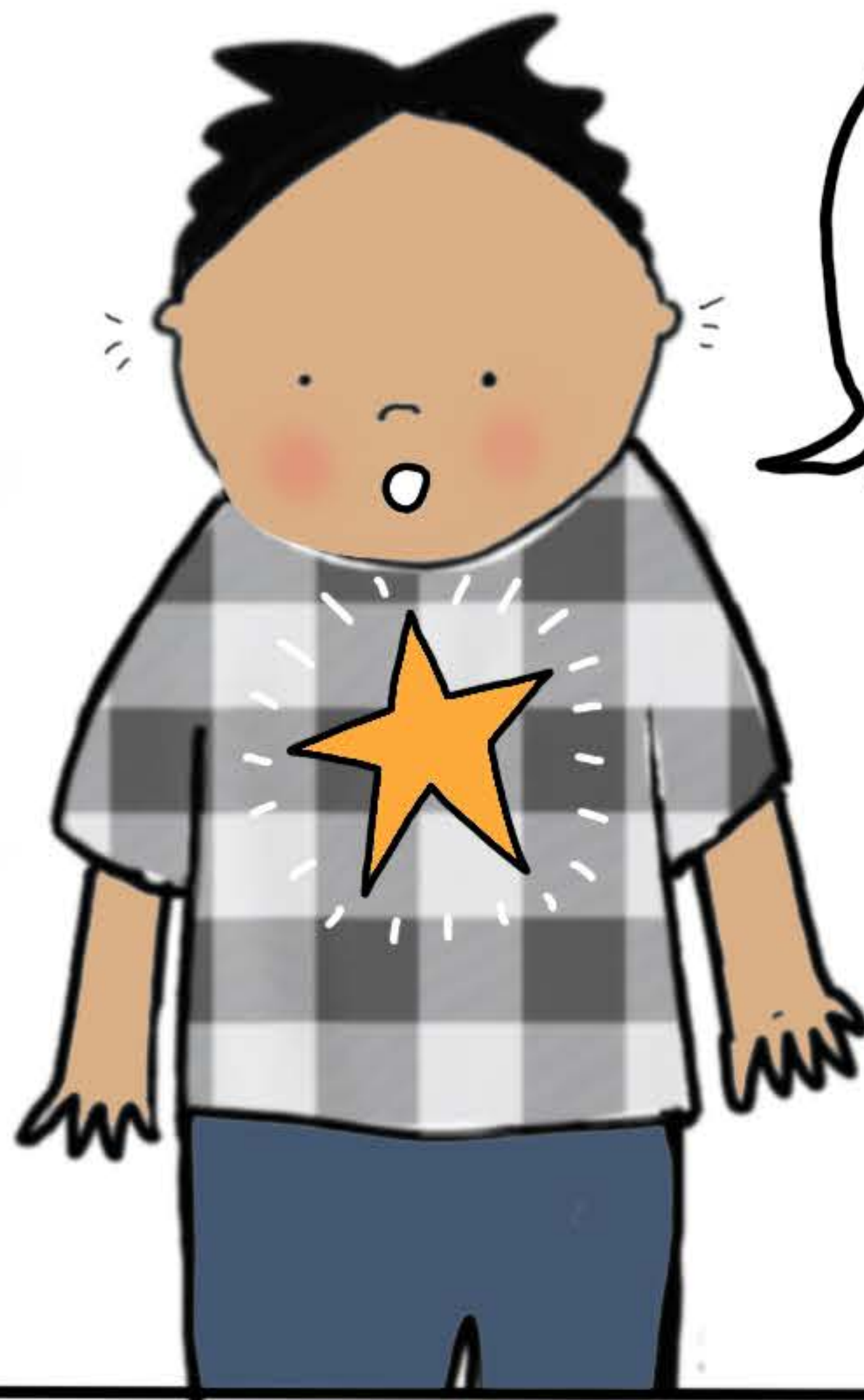


Hearing my feelings is like listening to a small voice inside myself.



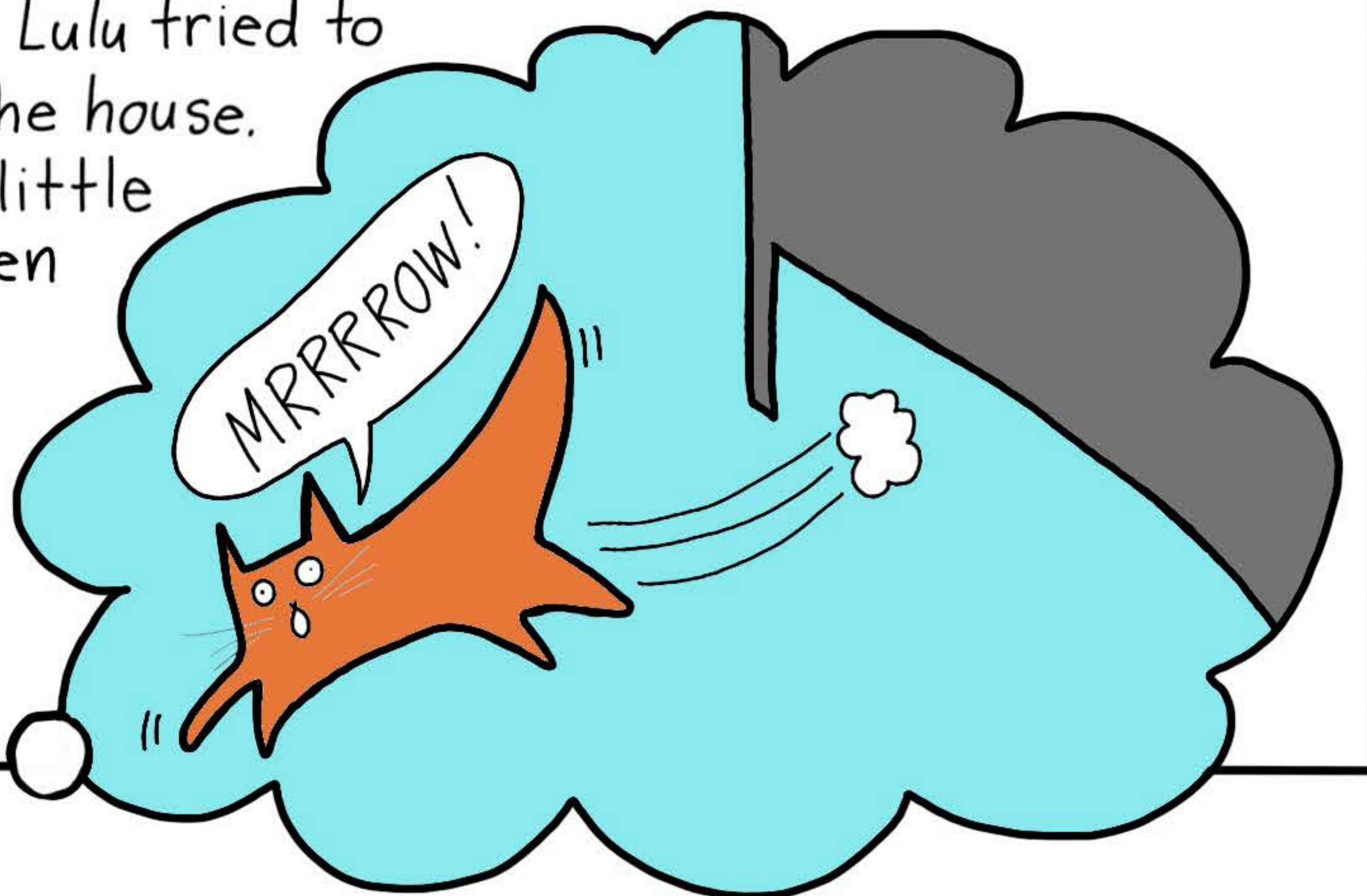
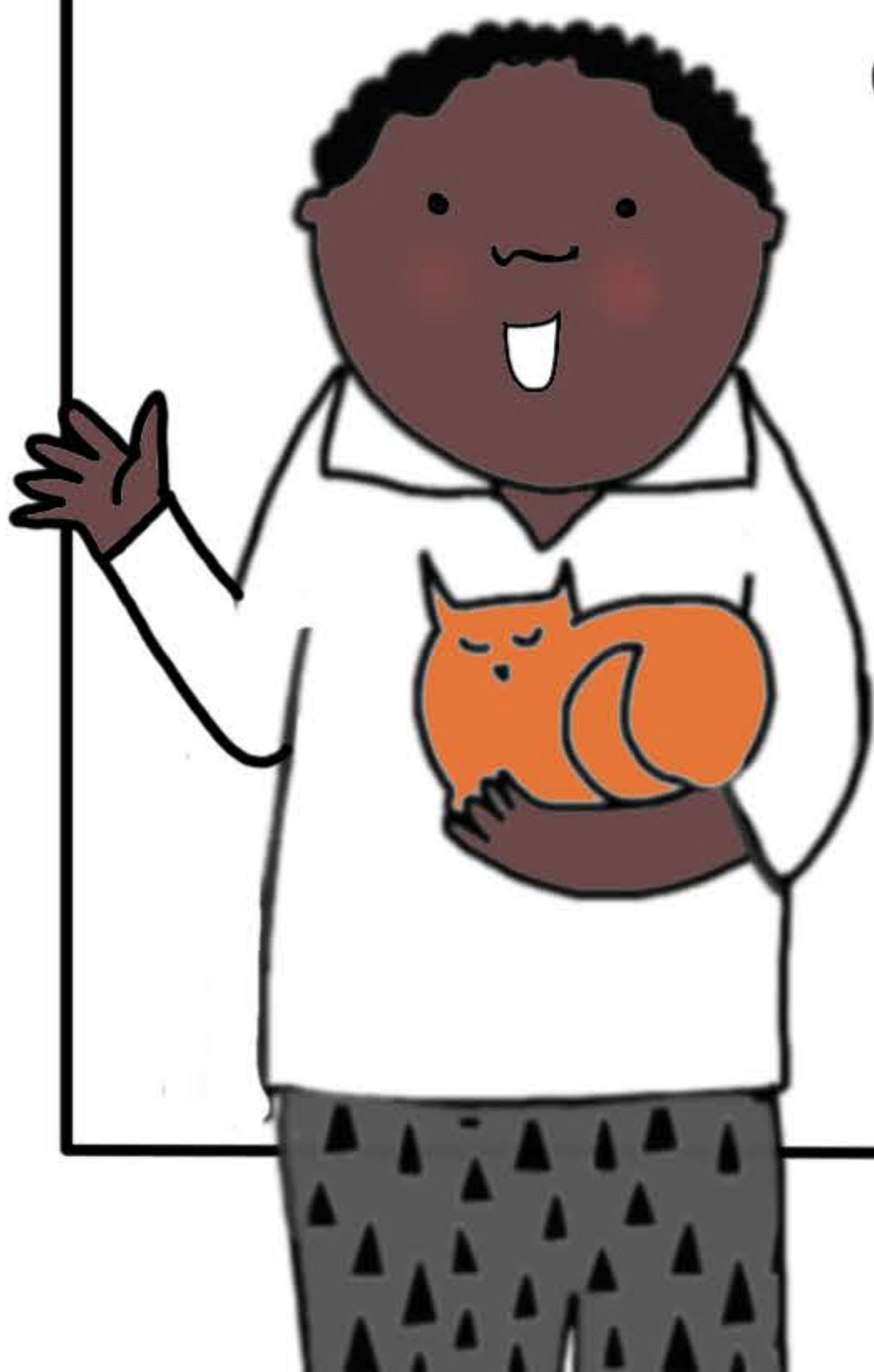
It is kind of like a sparkling star inside me!

Sometimes it is very quiet. Sometimes it is very loud. But it always tells me when something is wrong, even if I don't quite know what that thing is.



What's that, sparkling star?

Oh! I think I understand! It's like with my cat. Last summer Lulu tried to crawl under the house. She got in a little ways, and then she backed out in a hurry!



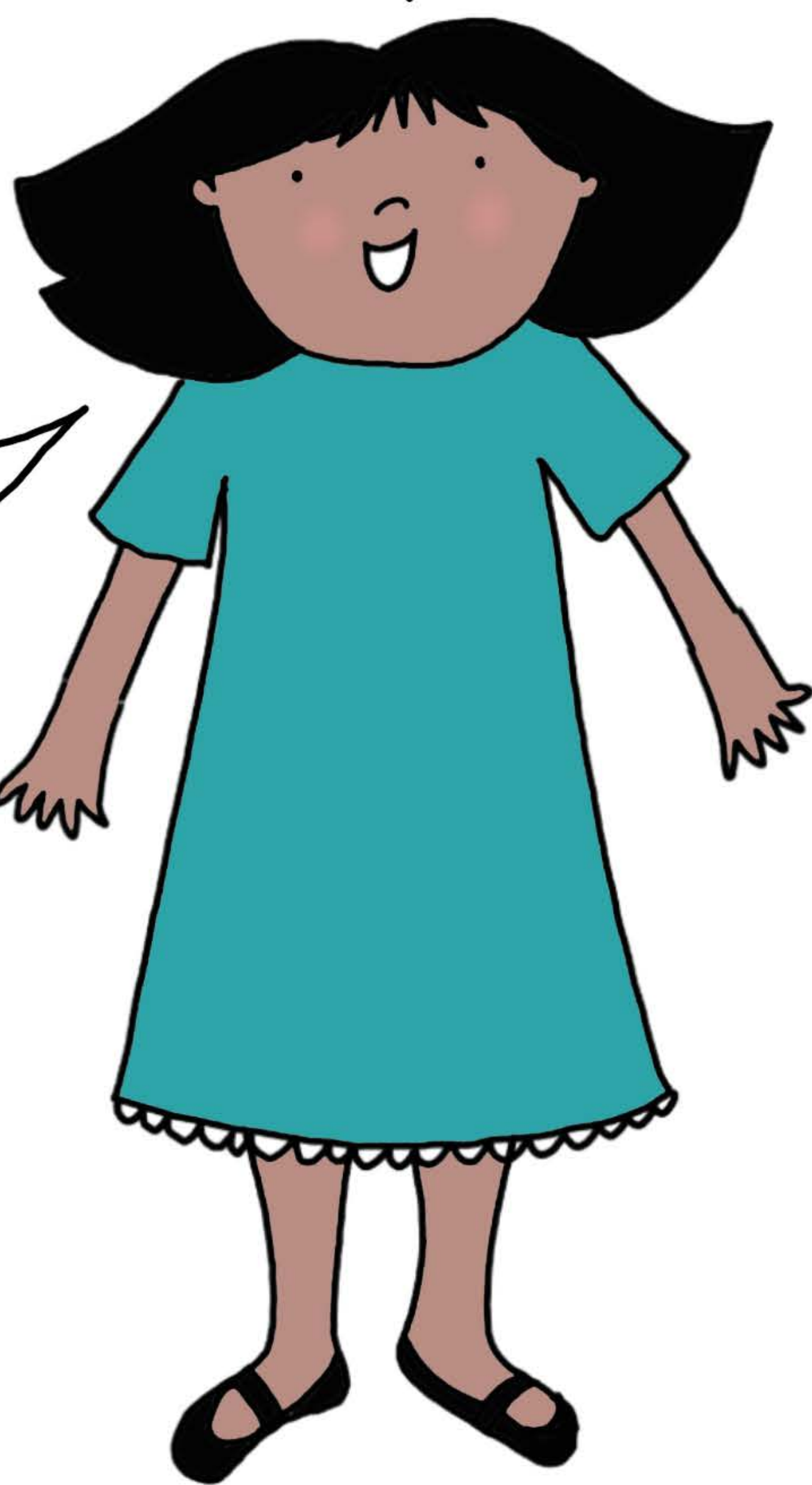


Meow!

Mama says that cats have a sense of what is SAFE and UNSAFE, just like your sparkly star — their whiskers tell them if a space is too small and might be dangerous for them.



My "small voice" is like that. It tells me when something isn't right.



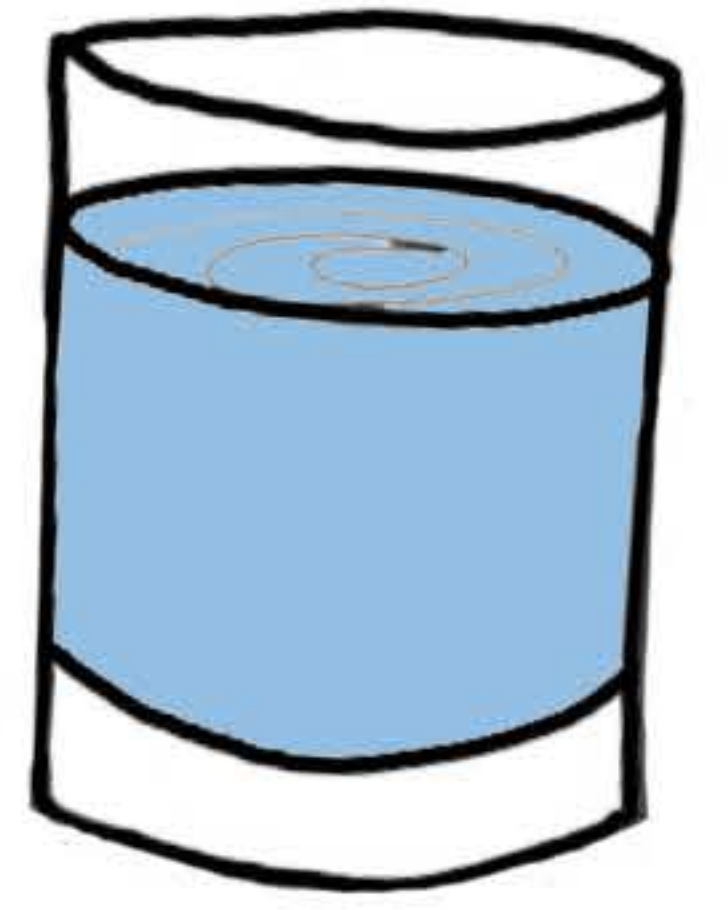
Trust your feelings!

That's how I feel too! Pay attention to your feelings. Your feelings give you information.

Talk about your feelings! Talking about and naming your feelings is healthy.

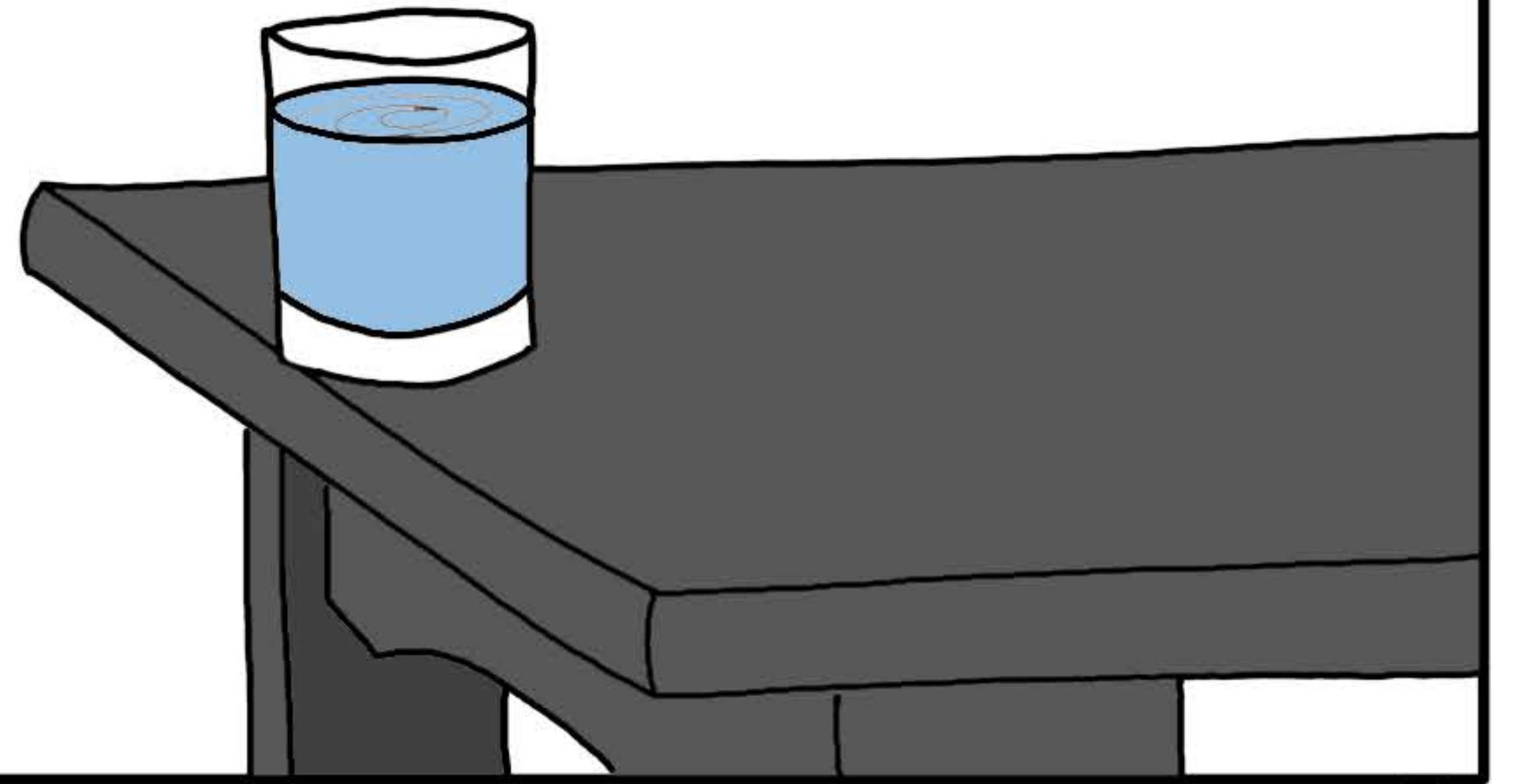


And sometimes you might have a hard time naming your feelings. But you still know when something feels **SAFE** or **UNSAFE**. Let's practice with those feelings! Here is a story to help you understand.



Last week Auntie Faye came to our house. She wasn't paying attention and put her water glass very close to the edge of the table.

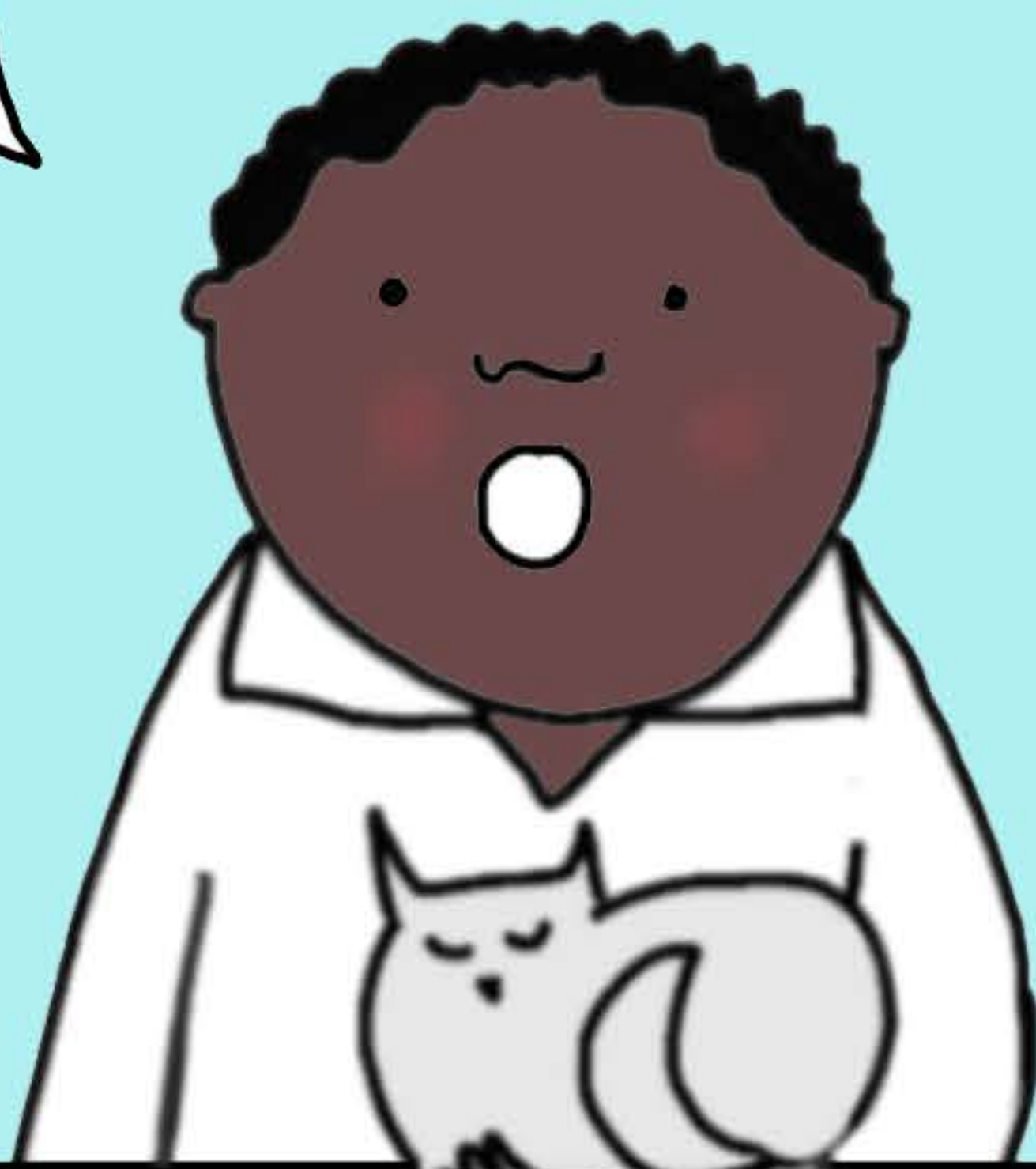
It looked like it might fall off onto the hard floor. It might spill or break!



I listen to my feelings!

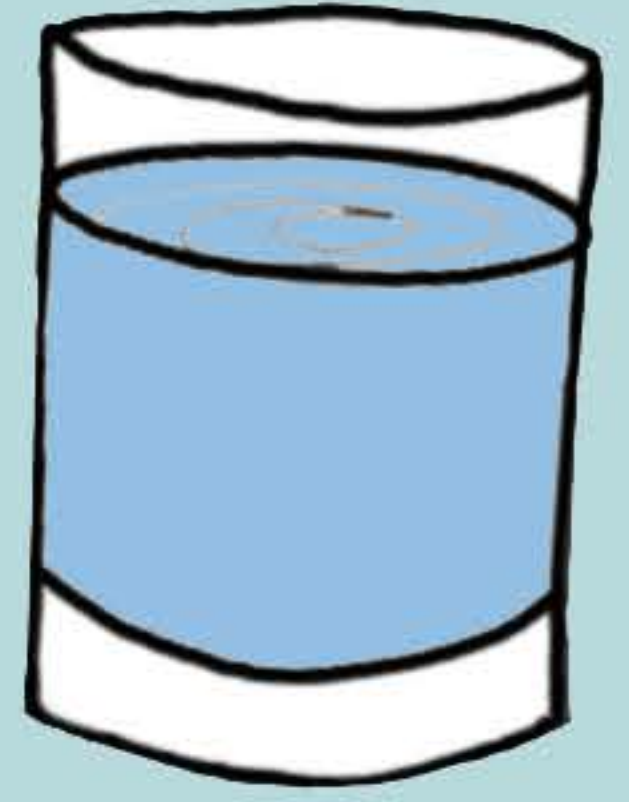


Wow! I have an **UNSAFE** feeling when the glass is on the edge — but then I feel **SAFE** when it is in the middle of the table.

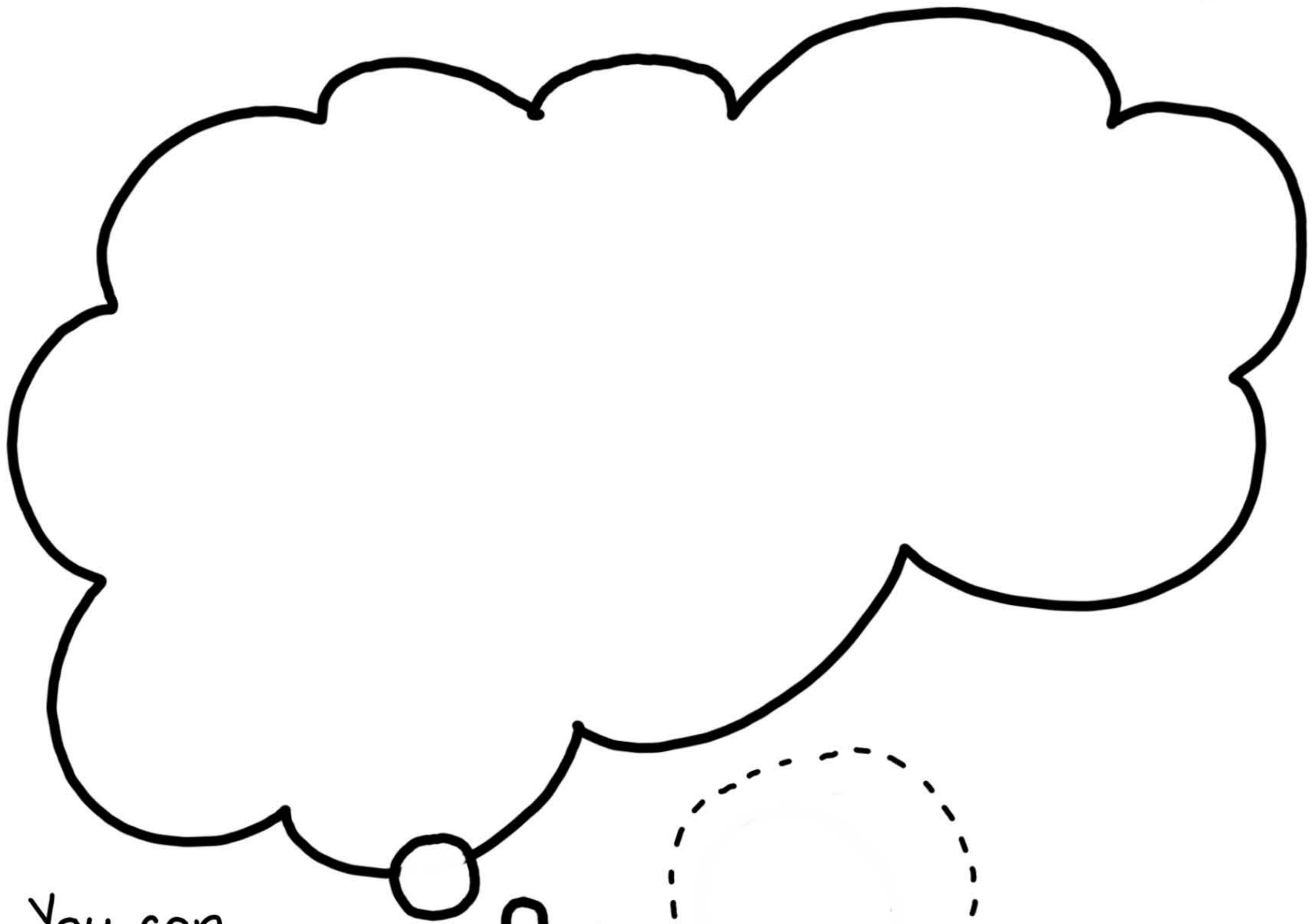


Let's all stop right now and
imagine what feels

SAFE!

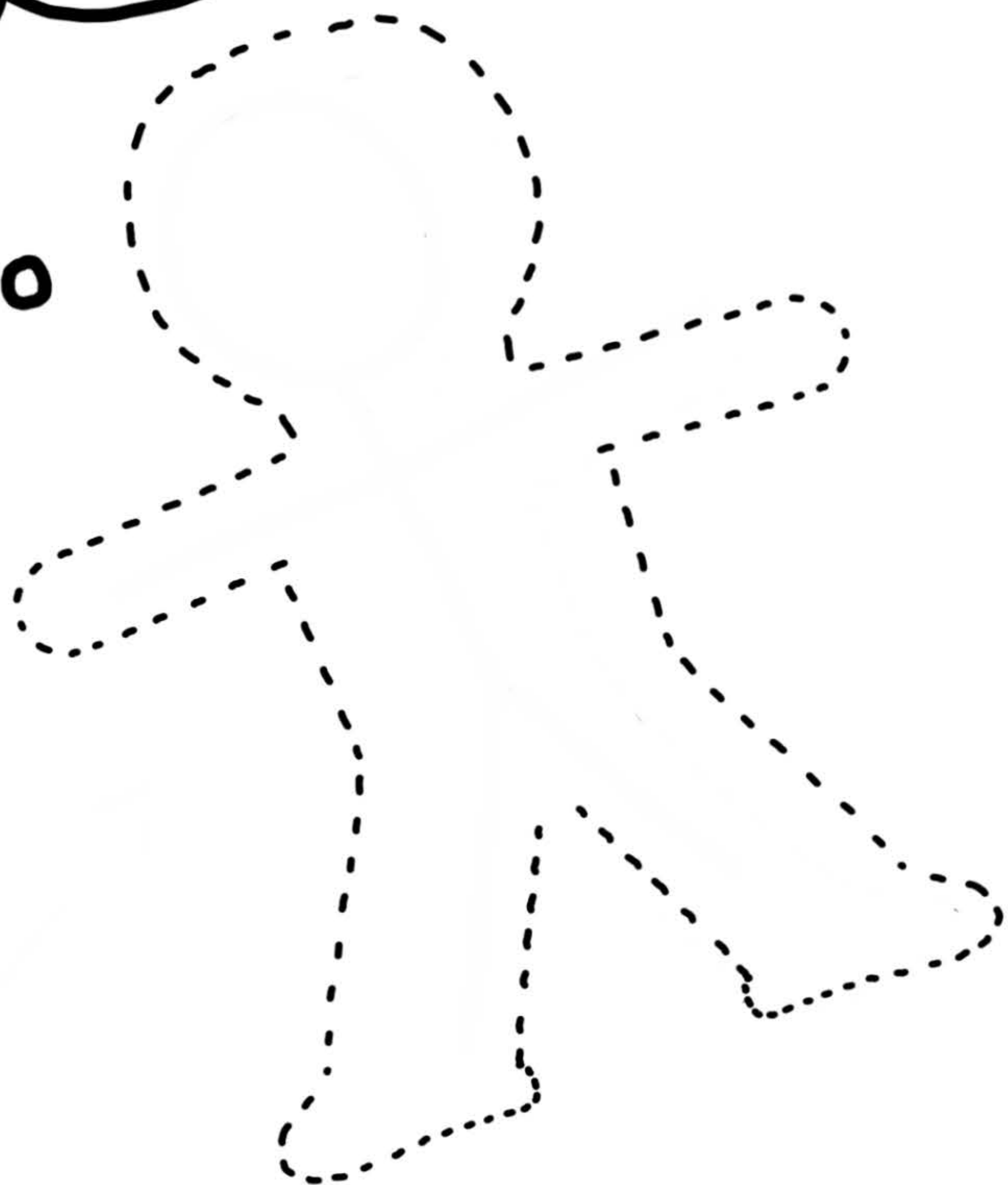


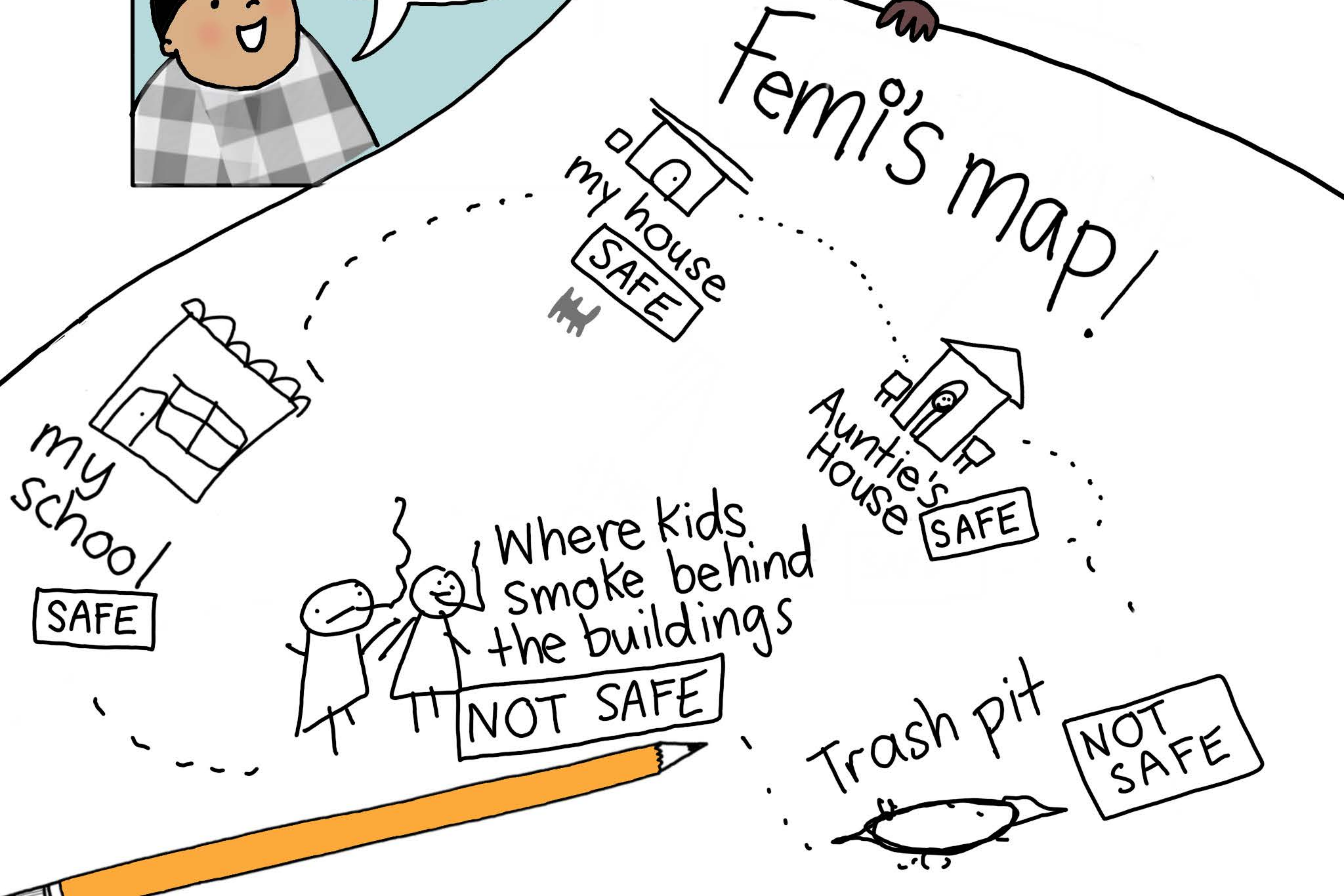
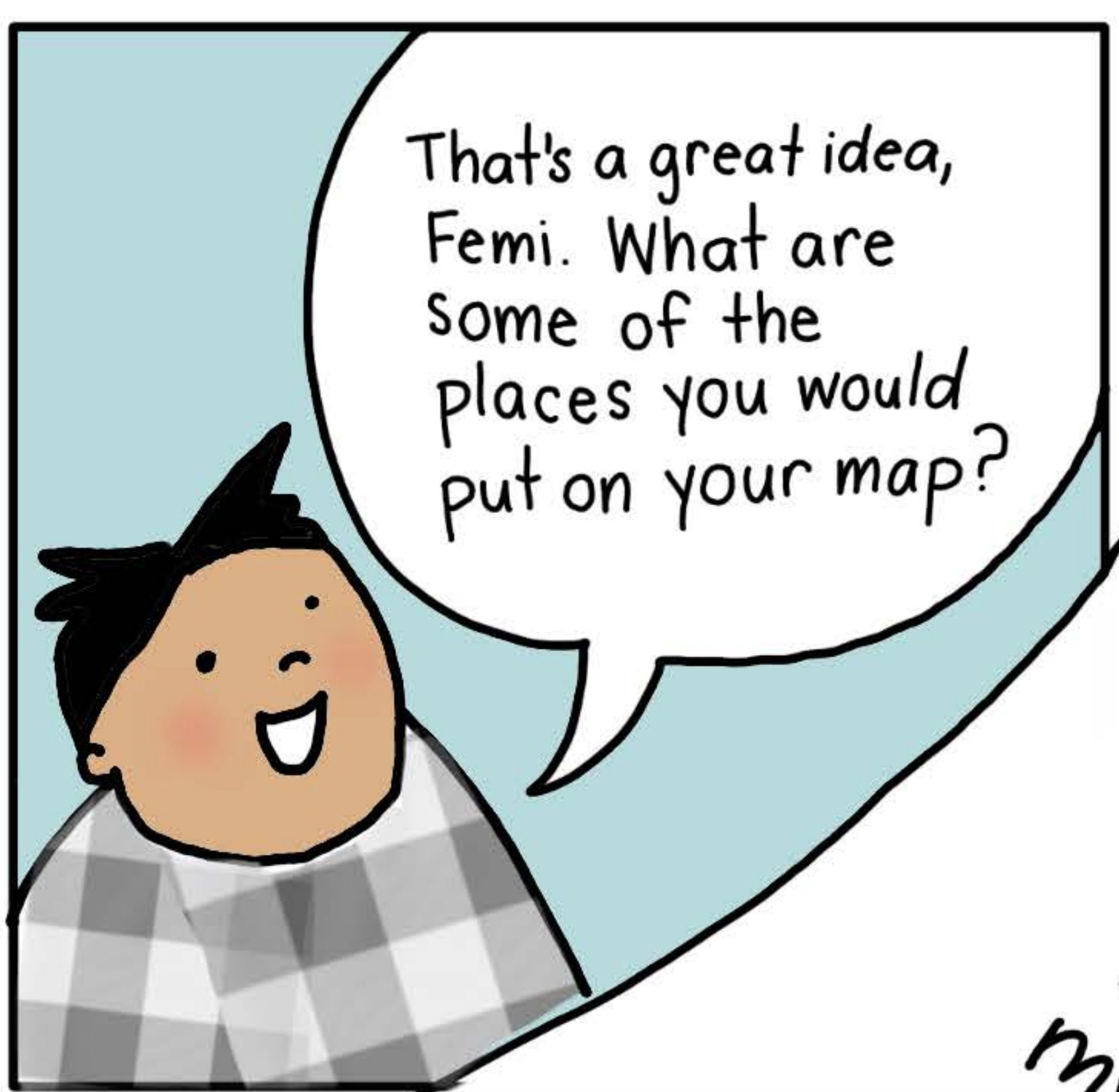
Now you try!



You can
close your eyes
and imagine what
feels safe, too.

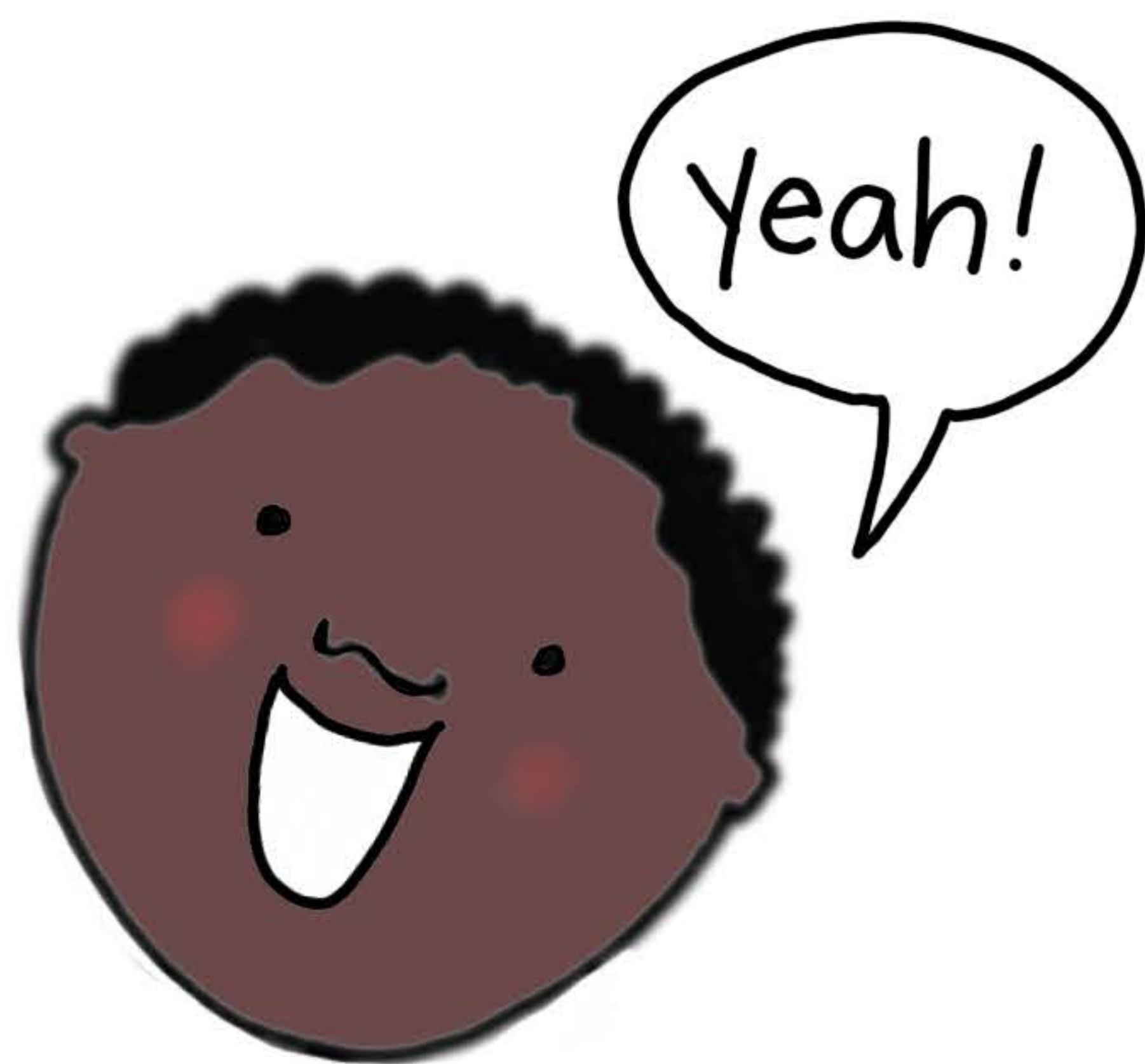
Draw yourself
and what
feels **SAFE** to
YOU.



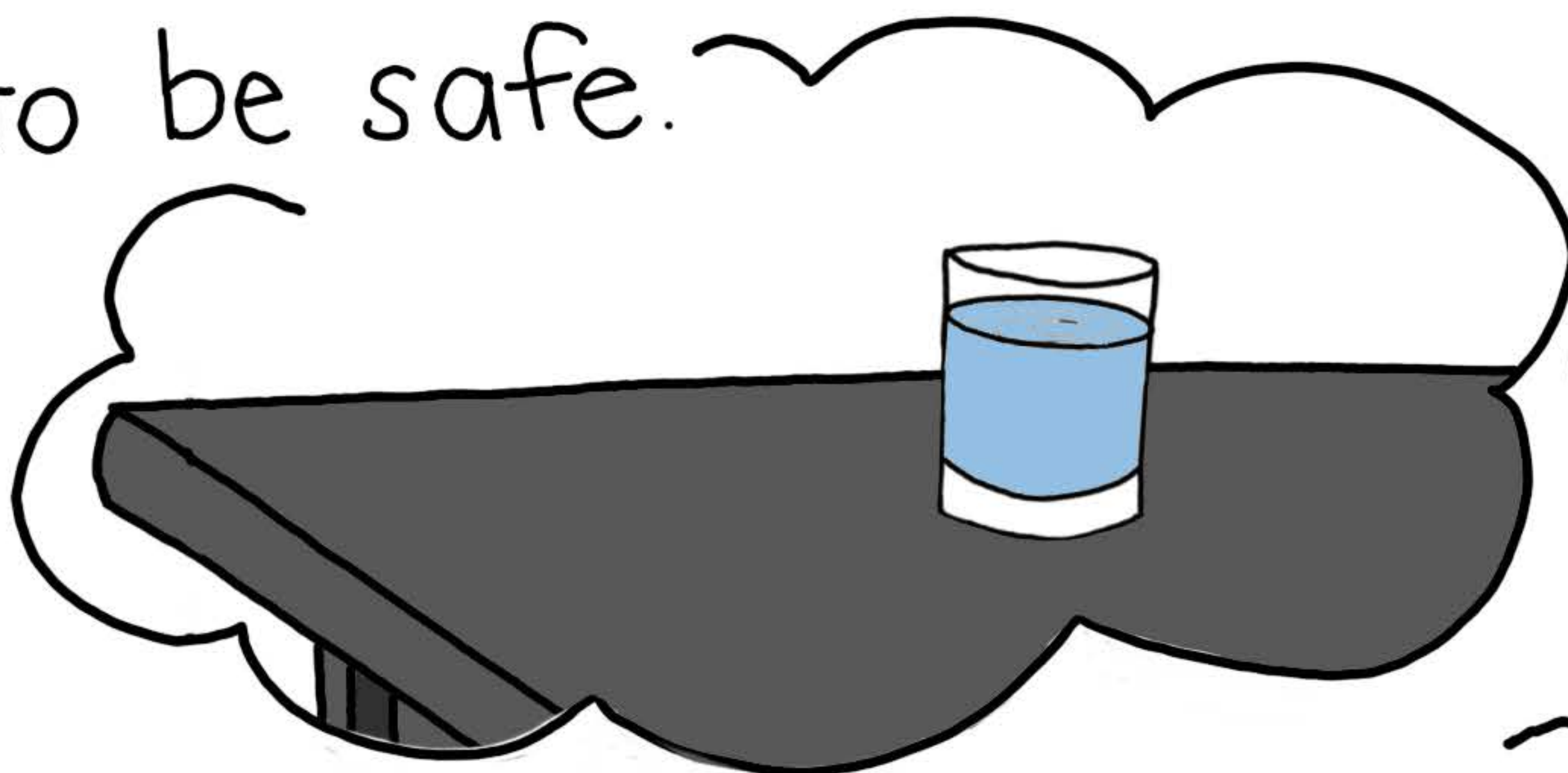


Now you try!

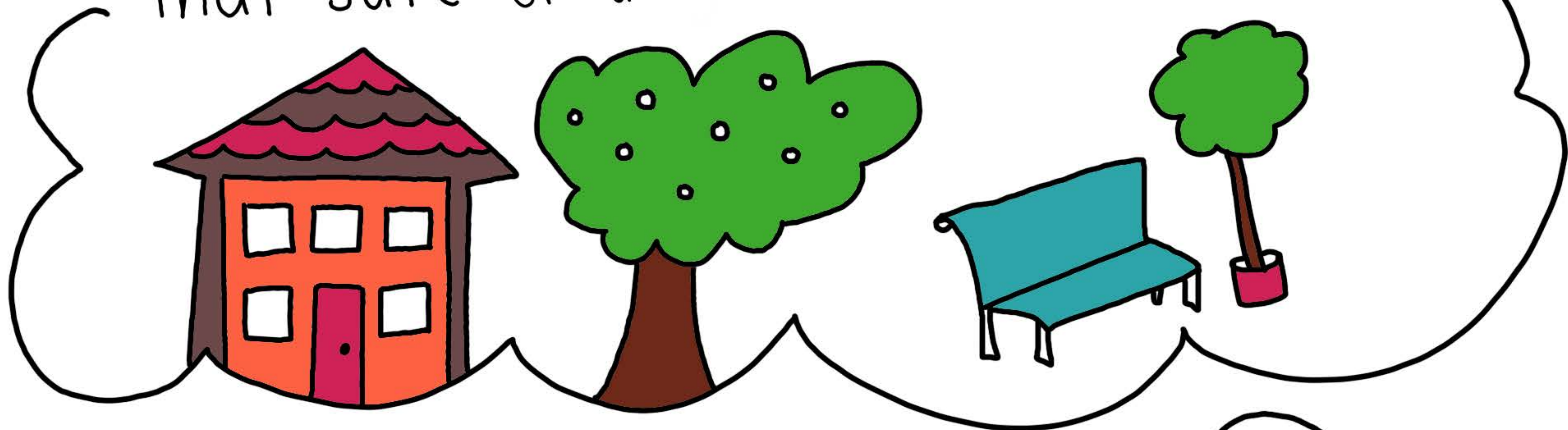
make a map of SAFE and UNSAFE PLACES in your community, just like Femi did.



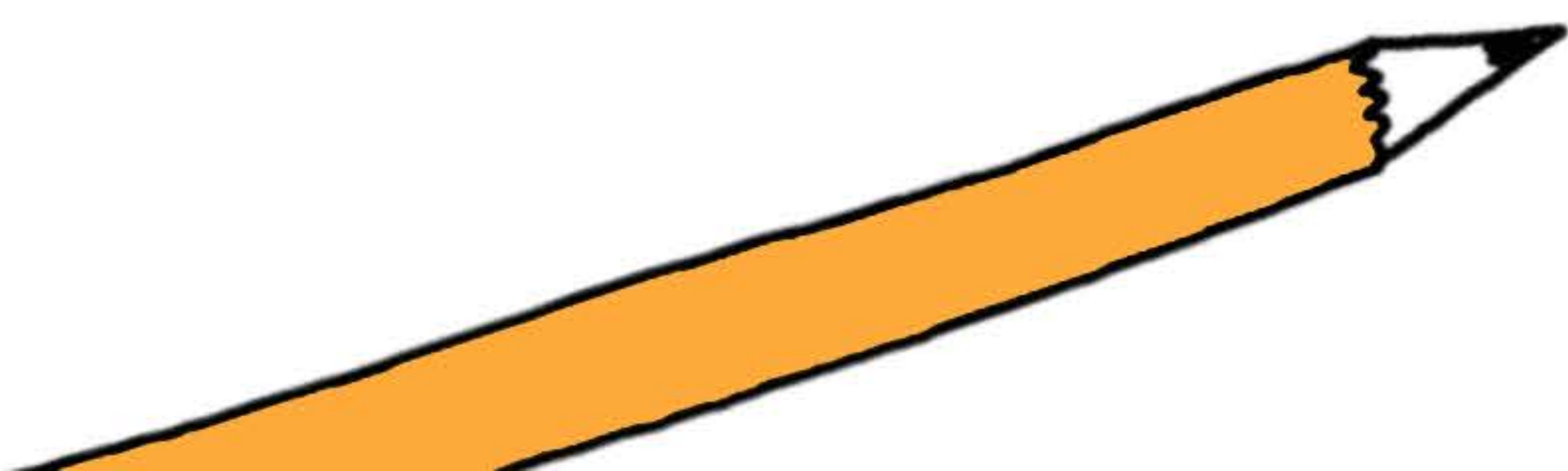
1. Think about how it feels to be safe.



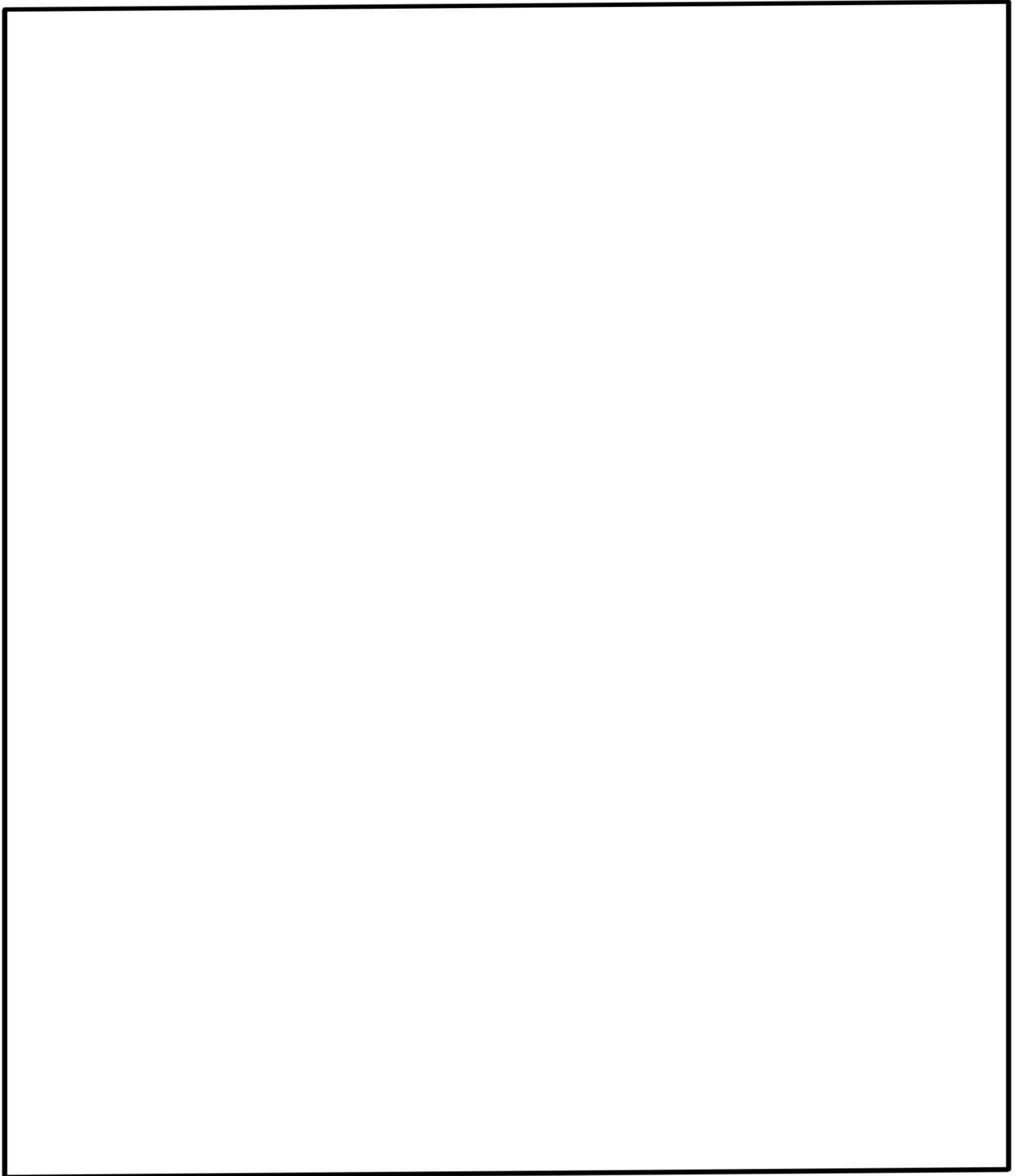
2. Think about places in your community that give you that "safe" or "unsafe" feeling.



3. Draw your SAFETY MAP. You might even write a few words to tell how you feel in each place.



My Safety Map



Draw your map here.



My safe places sometimes feel safe because of the adults who are there.

These people are some of my TRUSTED ADULTS. If I am ever feeling scared or confused or unsafe, I will listen to those feelings and go find one of my trusted adults for help.



You can talk about your feelings with your trusted adult. They will help you!



There can be lots of trusted adults. For lots of children, their trusted adults are people in their families, but there are also other trusted adults in our communities.

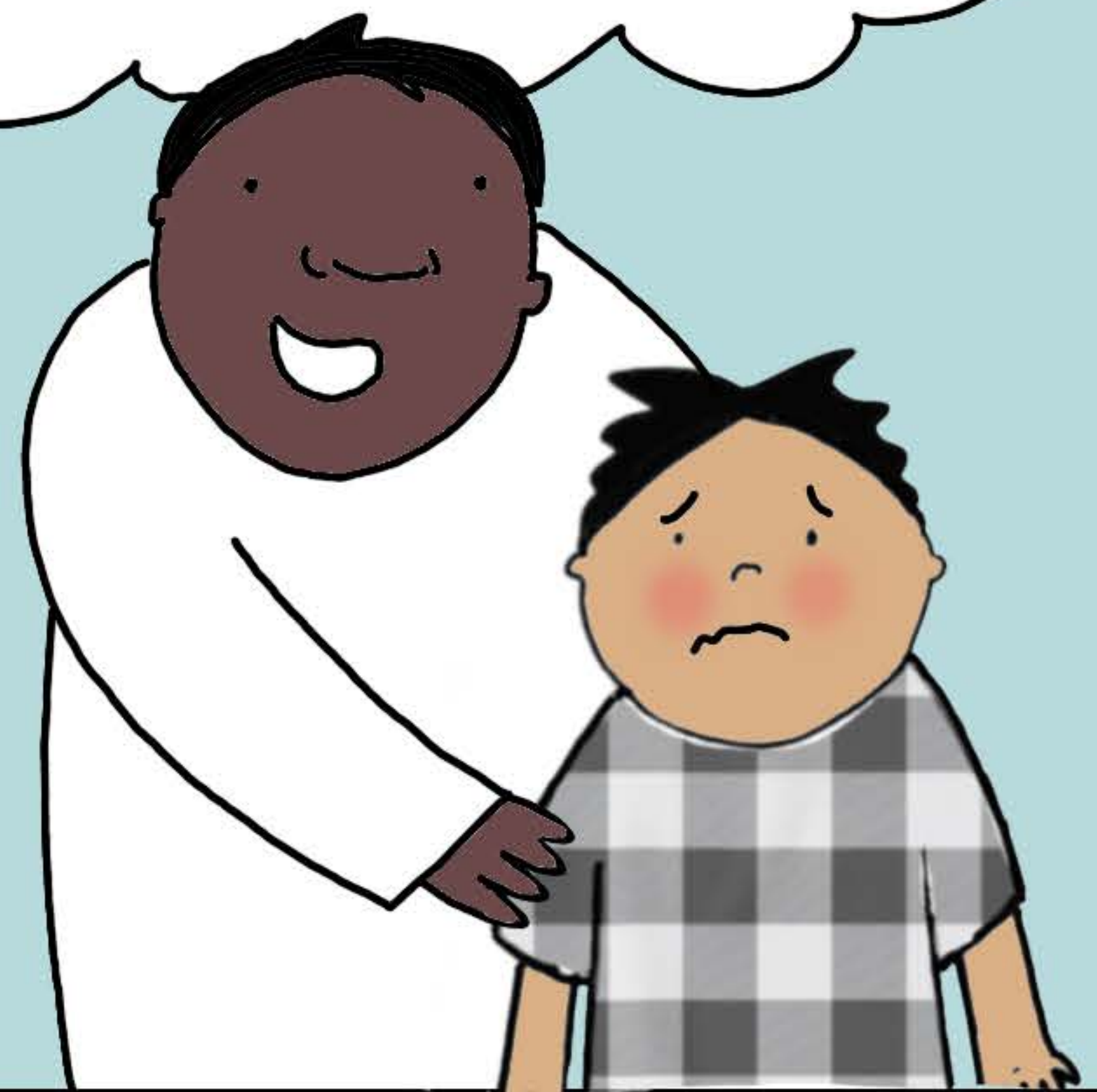


Who are your trusted adults?

I had a fight with my friend at school, but I talked to my teacher about it, and I felt much better. She is one of my trusted adults.



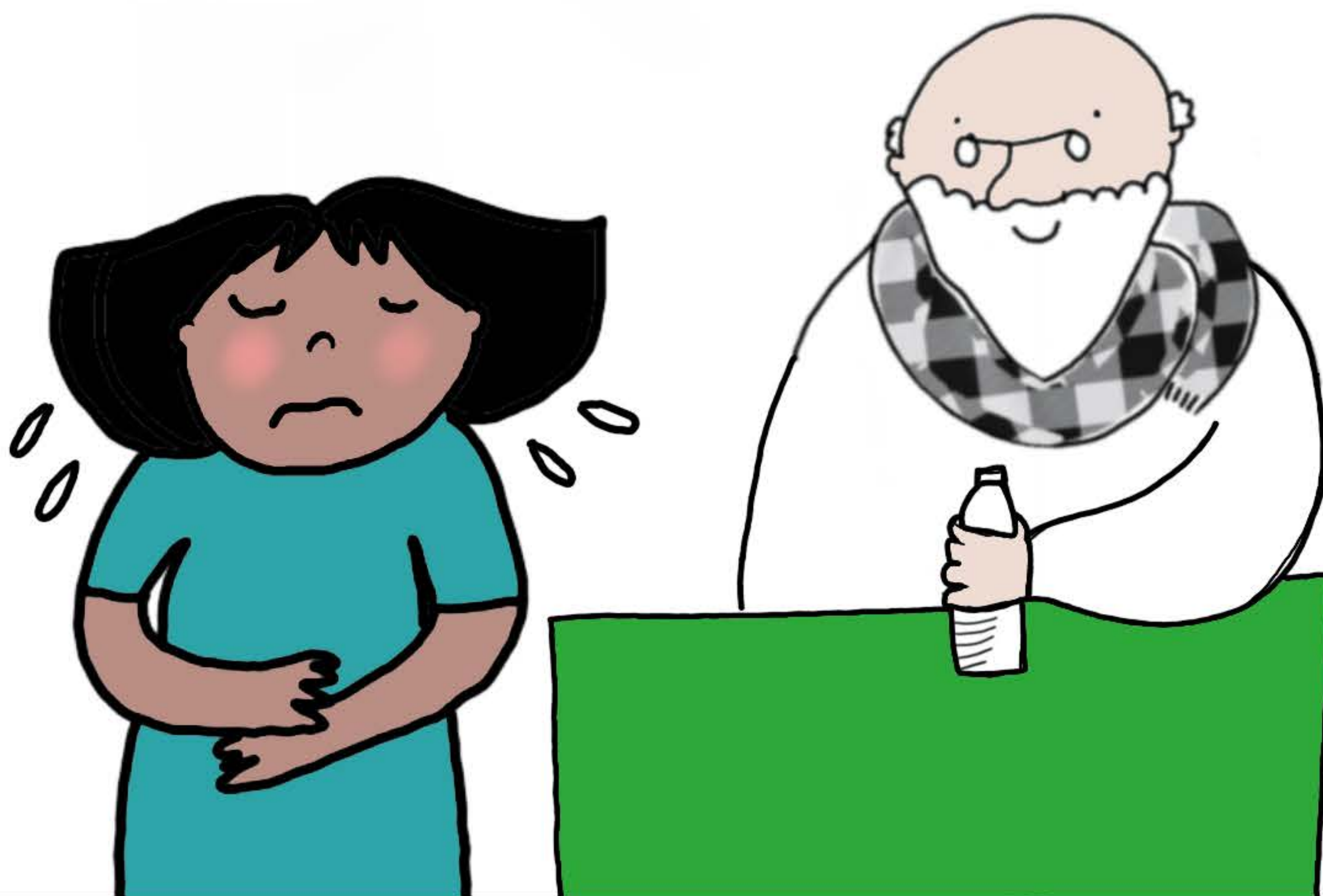
I saw a scary thing on my walk to school and felt afraid. My dad helped me talk about it. He is a trusted adult.

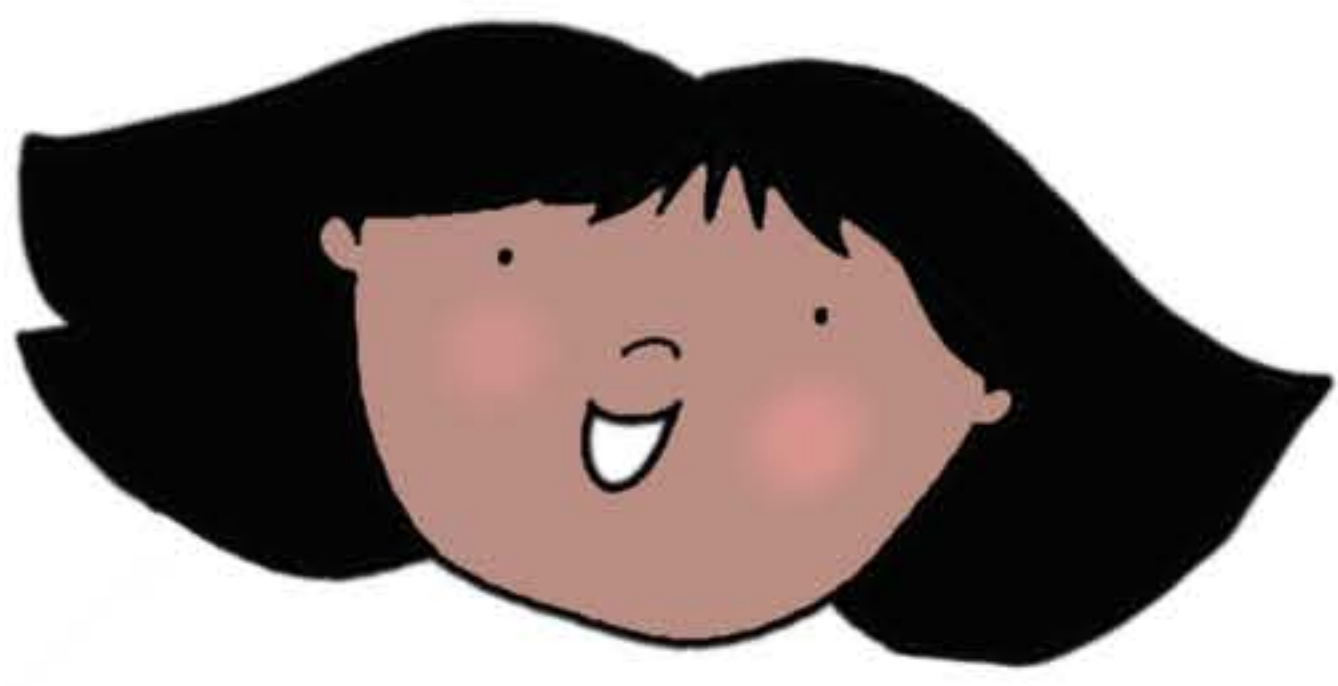


I fell and hurt my arm while I was playing at Jamila's house. Her grandmother called my mom and took care of my injury. She is a trusted adult.



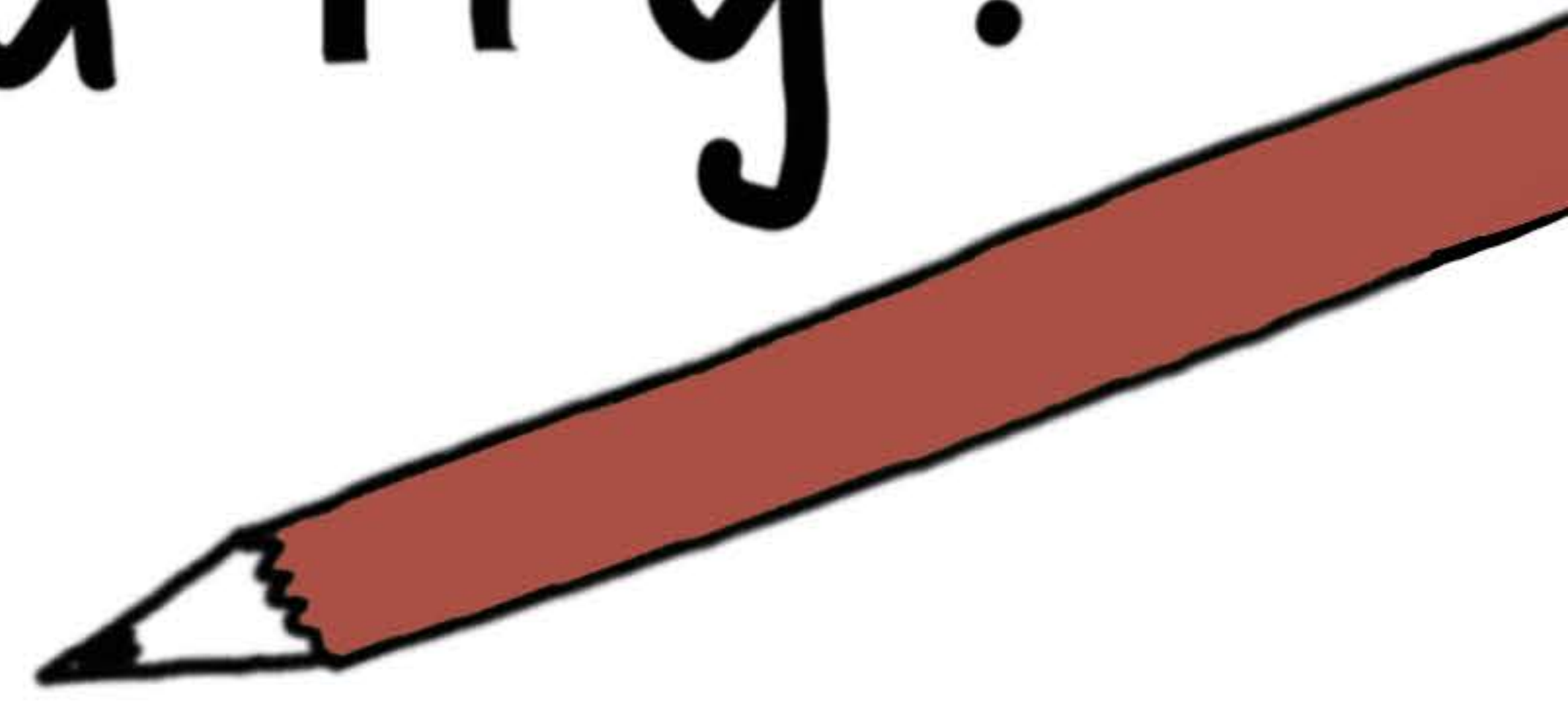
I felt sick walking home from school. Mr. Mansour let me rest and drink water in his shop, then called my dad. He is a trusted adult.



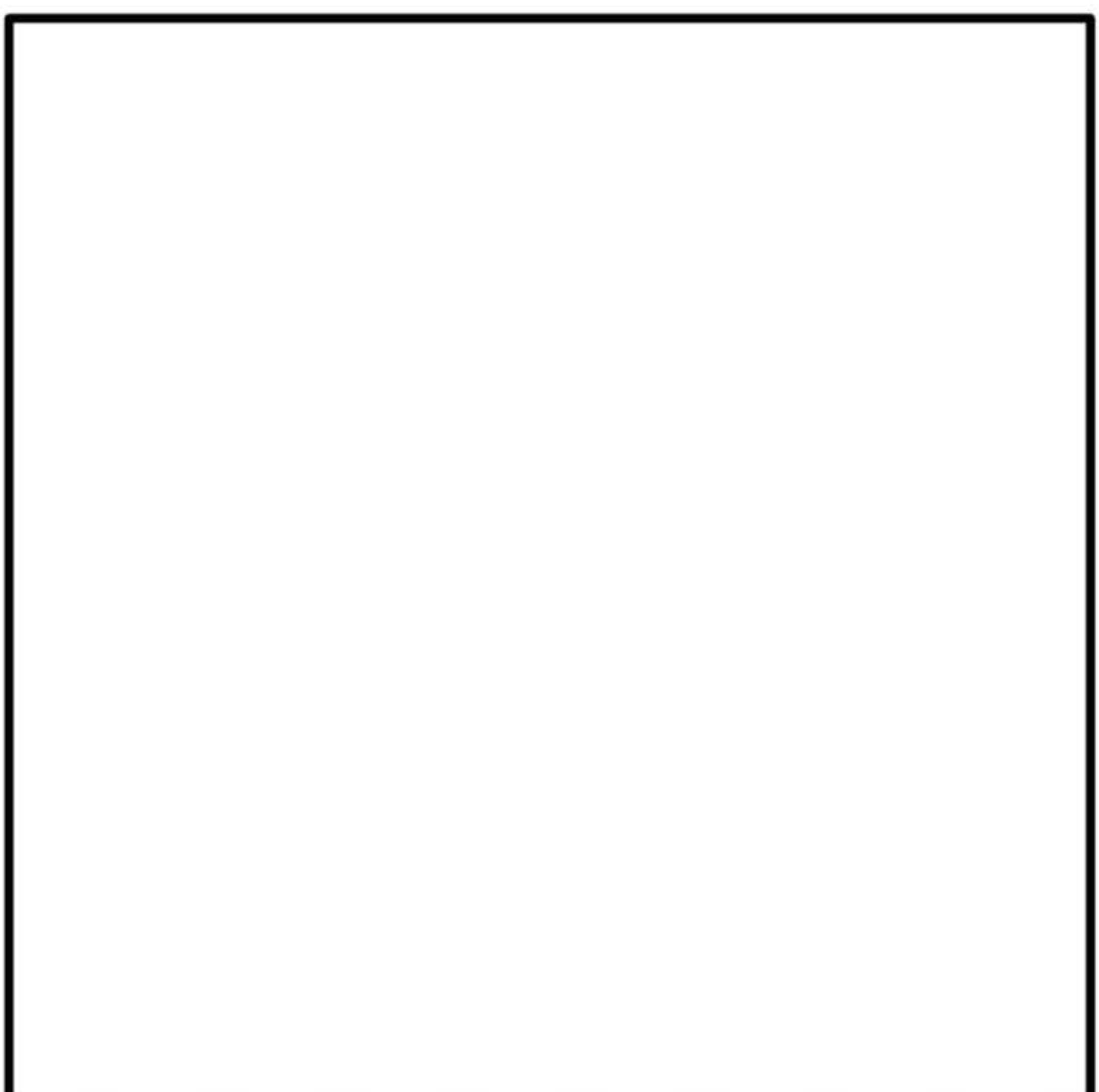
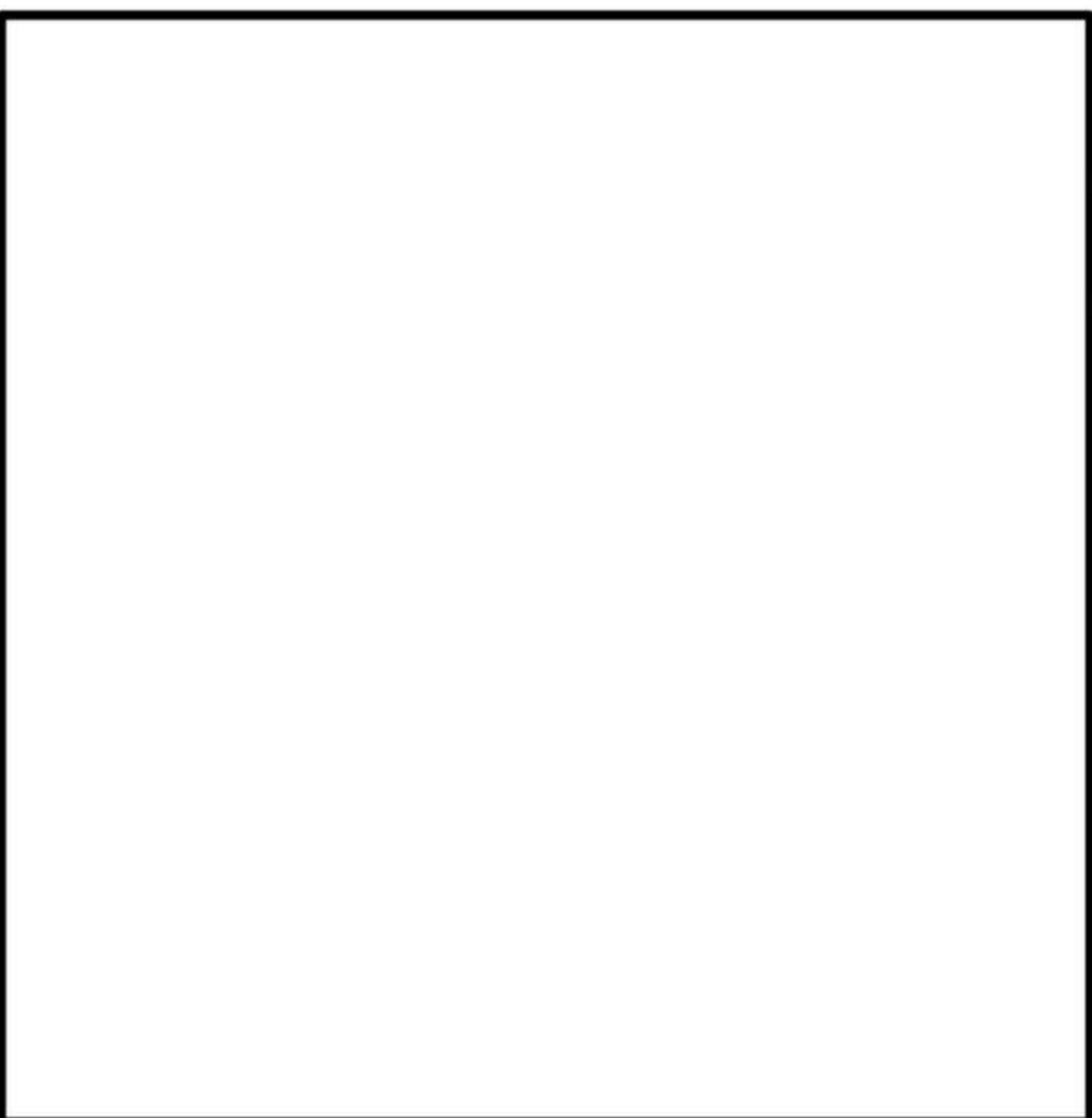
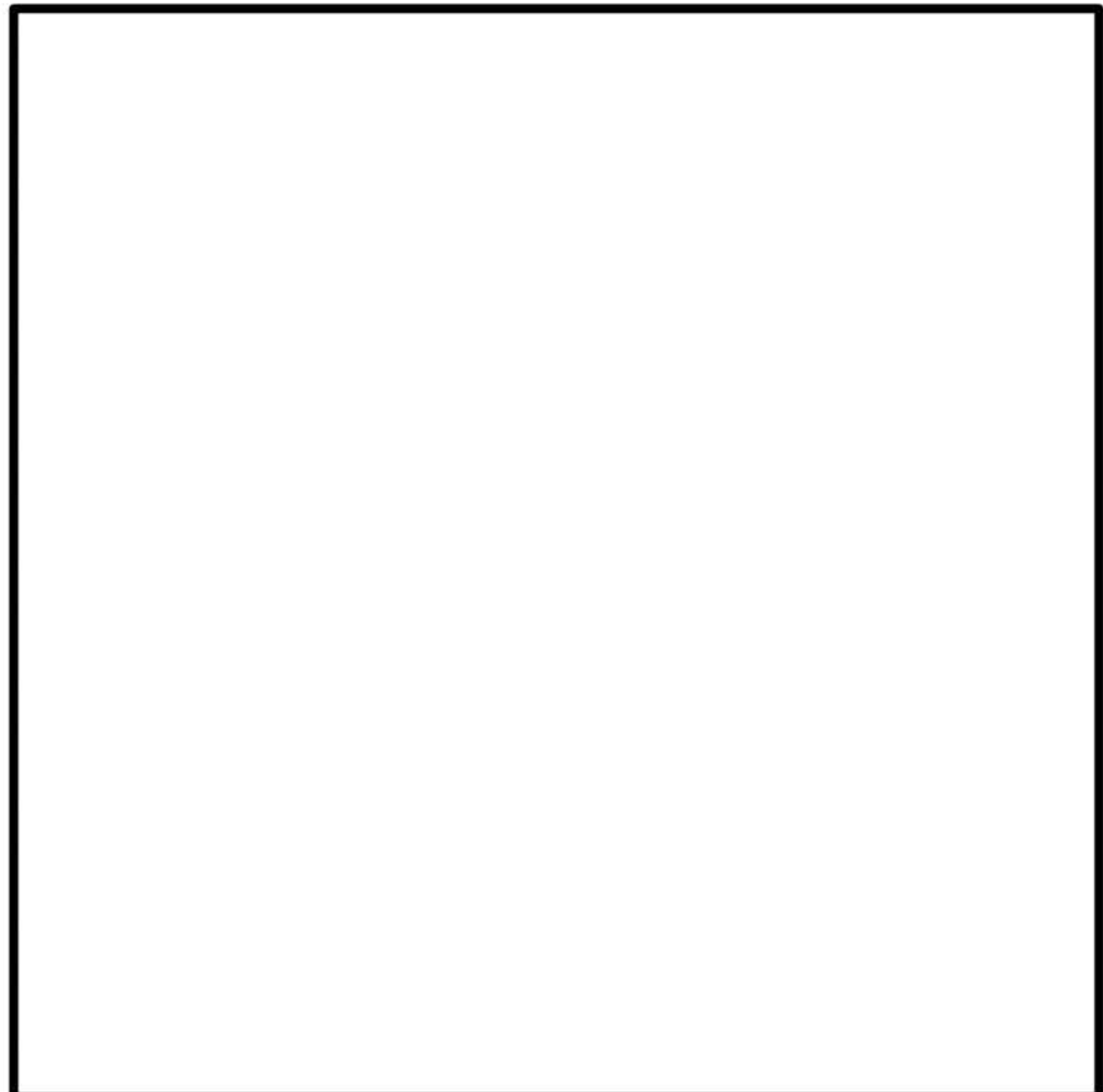
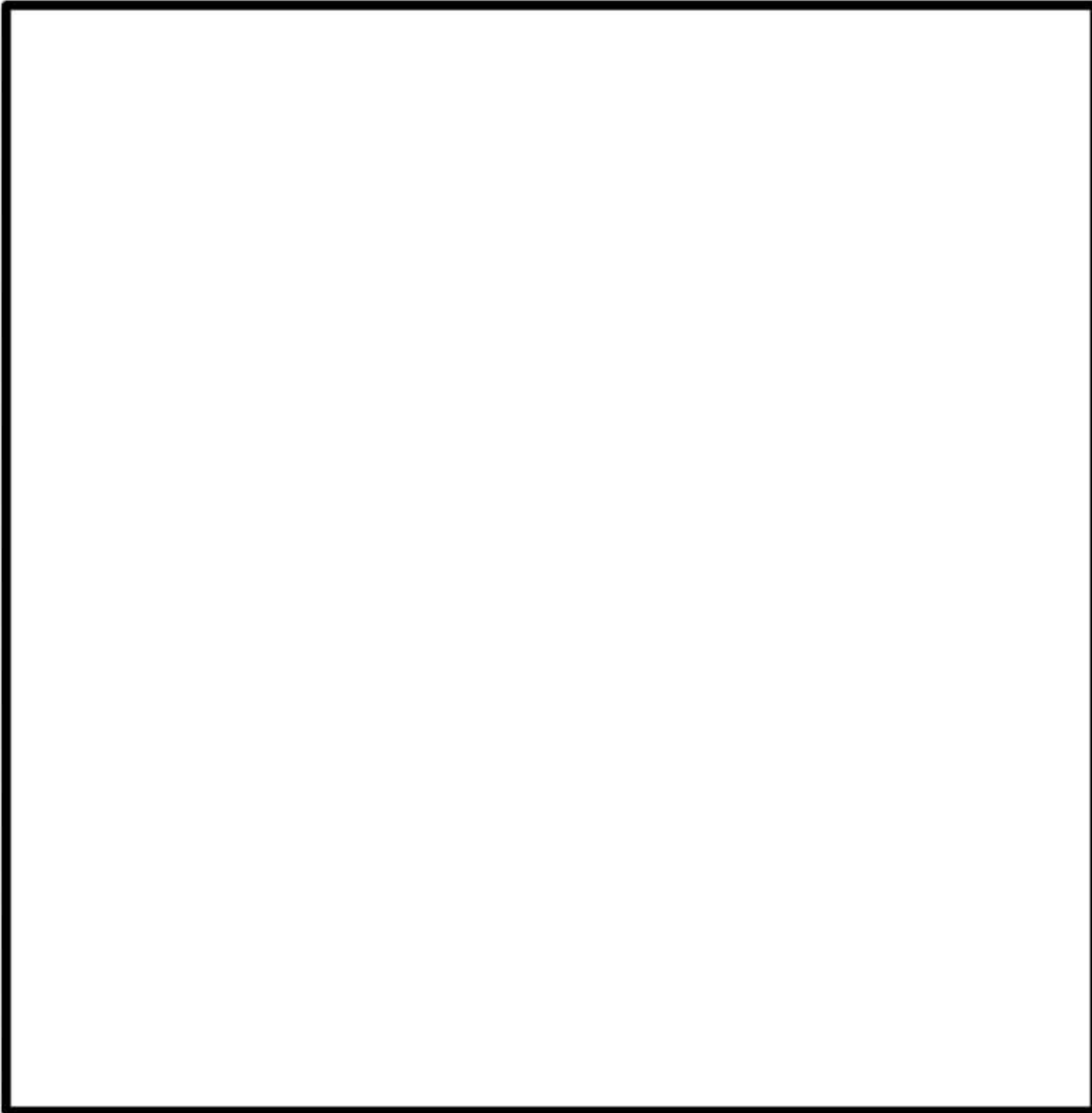


Now you try!

Think about YOUR trusted adults.
Draw their pictures in this portrait
gallery!

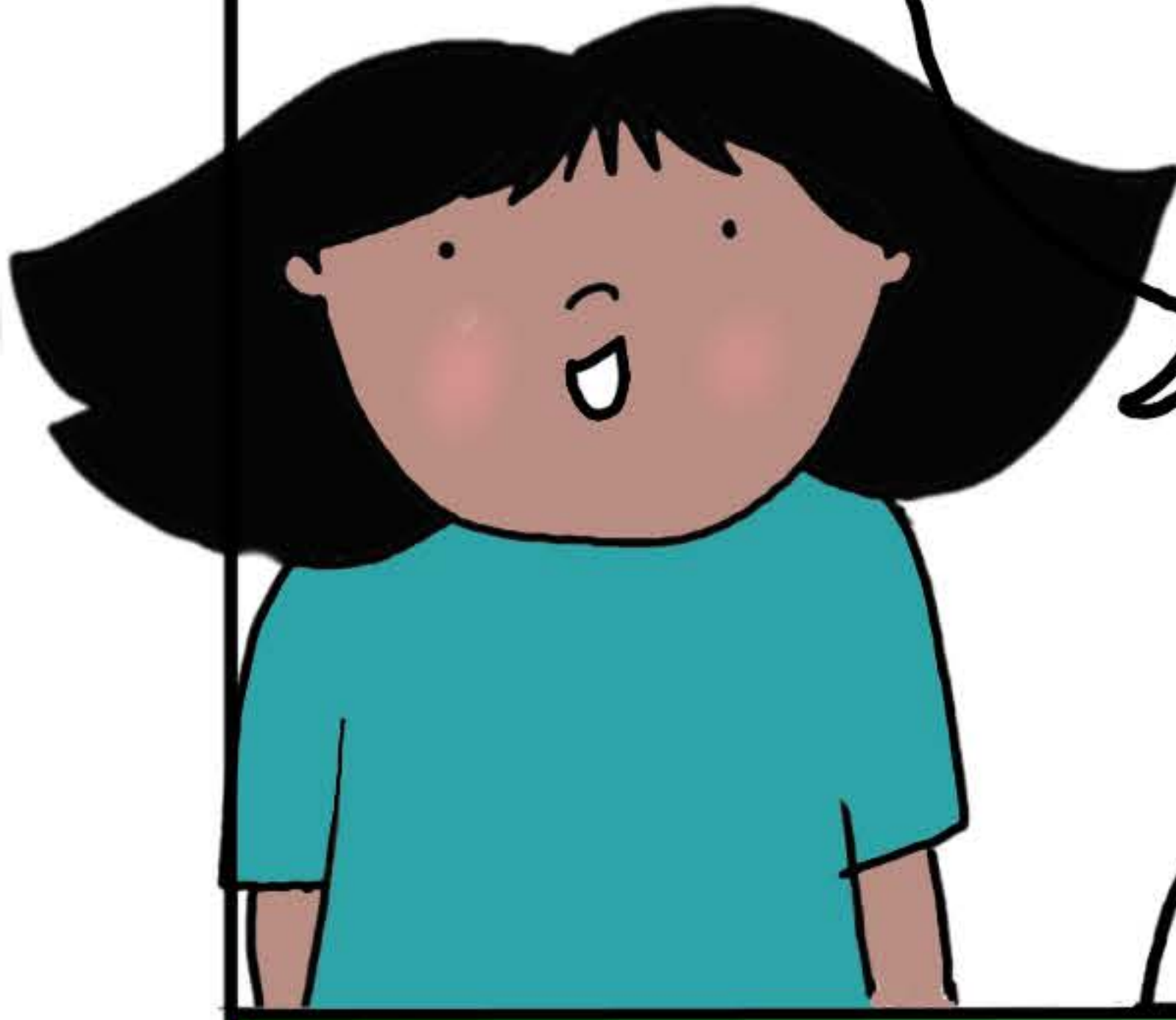


★ ★ MY TRUSTED ADULTS ★ ★

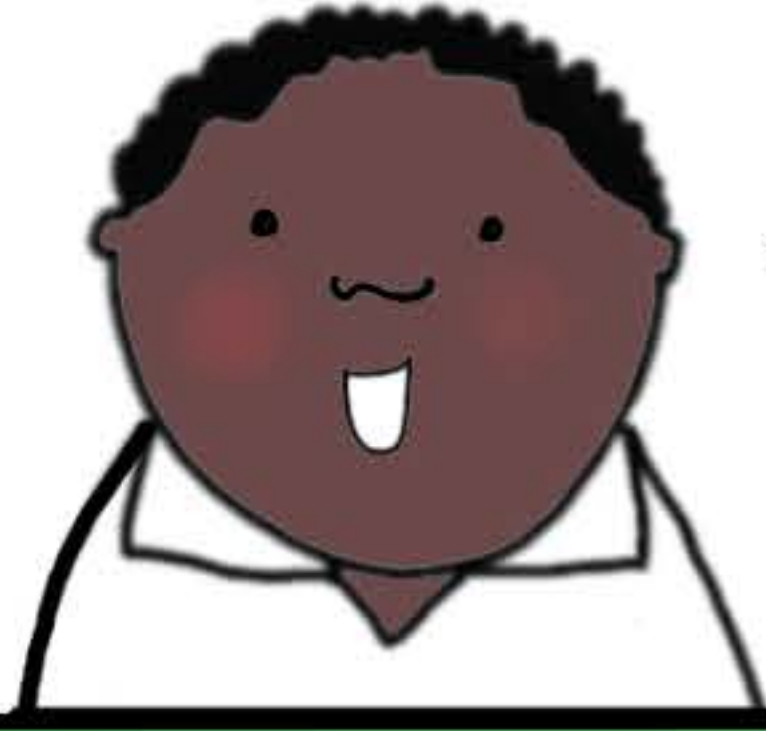


You can use another page if you need more room!

What is Abuse?



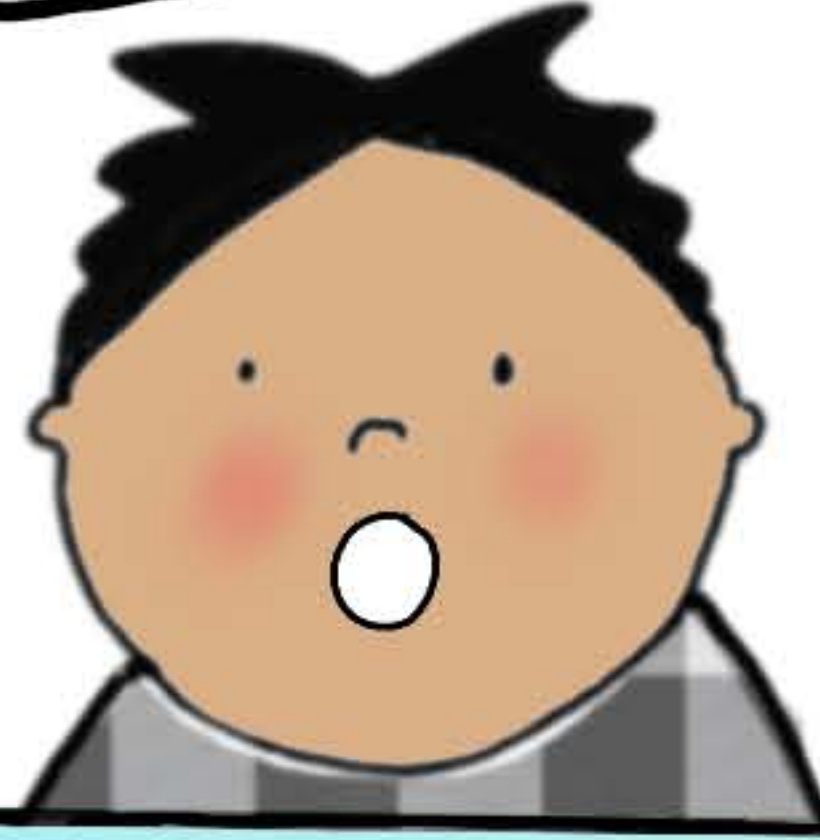
Do you remember when we learned that children have rights?



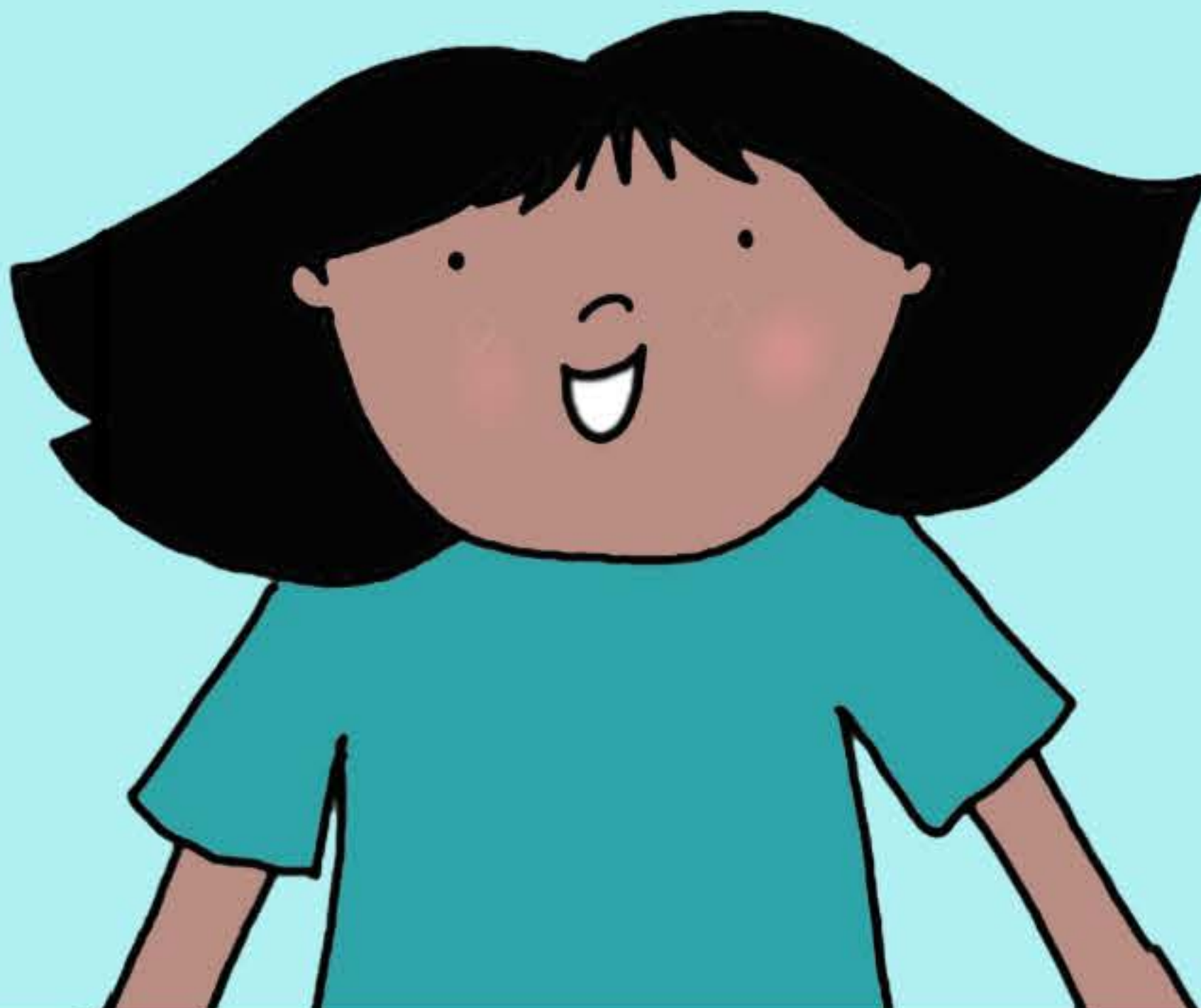
One of the rights you have is the right to be safe from harm. When a child is harmed it is called ABUSE.

Child Abuse can be

- physical
- emotional
- sexual



You can protect yourself and your friends by knowing what abuse is...



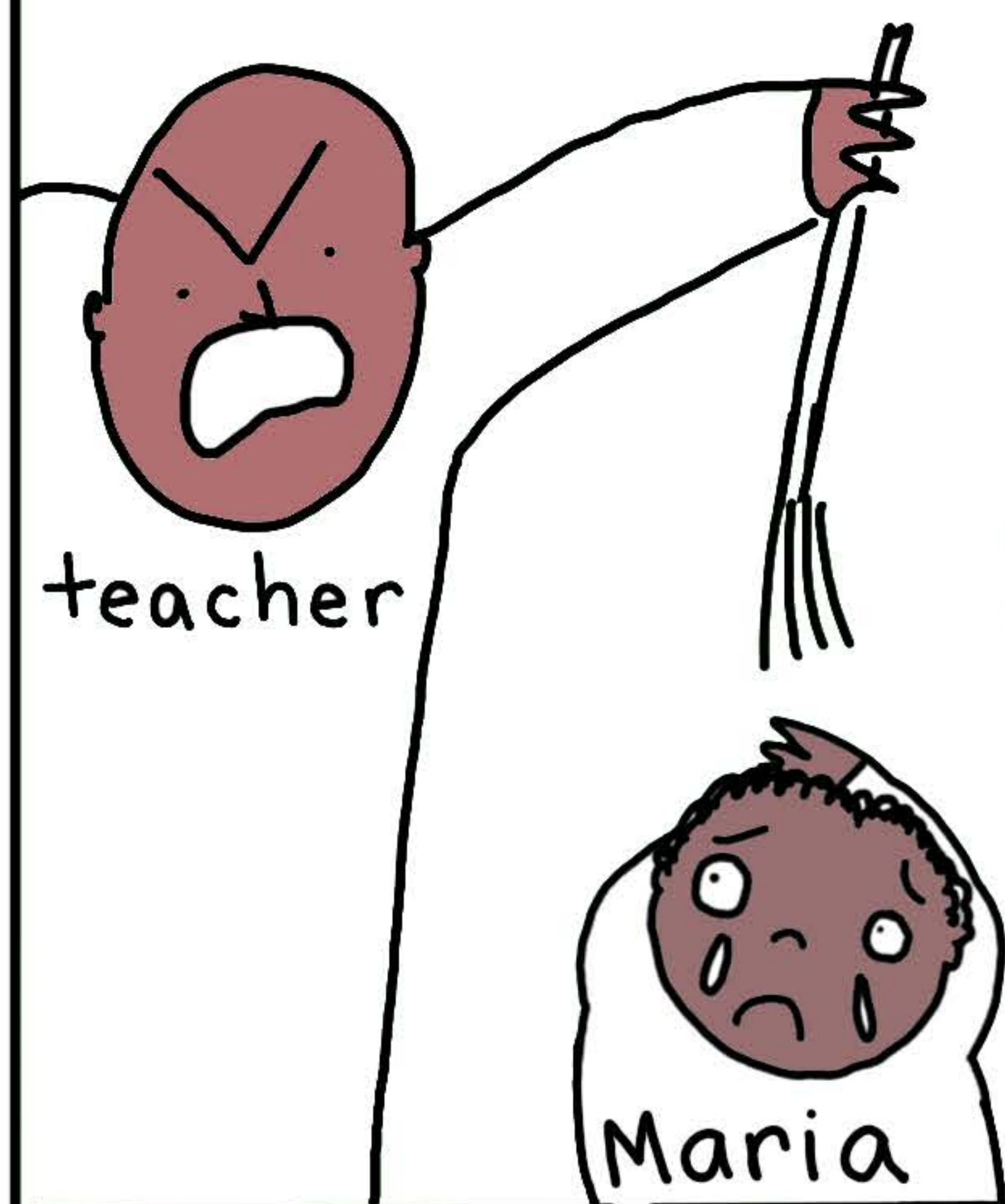
...and by knowing how to TELL your trusted adults to help you STOP abuse.

Physical Abuse

is hurt to a child's body - like hitting. Physical abuse can happen at home, school, or in other places.

My cousin Maria was physically abused by her teacher.

The teacher hit children with sticks and made them afraid.



He thought that because he was an adult and a teacher, it was okay for him to hurt children's bodies. One day Maria was late to school and the teacher hit her very hard with a stick. He also made children kneel on the edge of a step, or stand against a wall on their tiptoes for a long time. This hurt them.

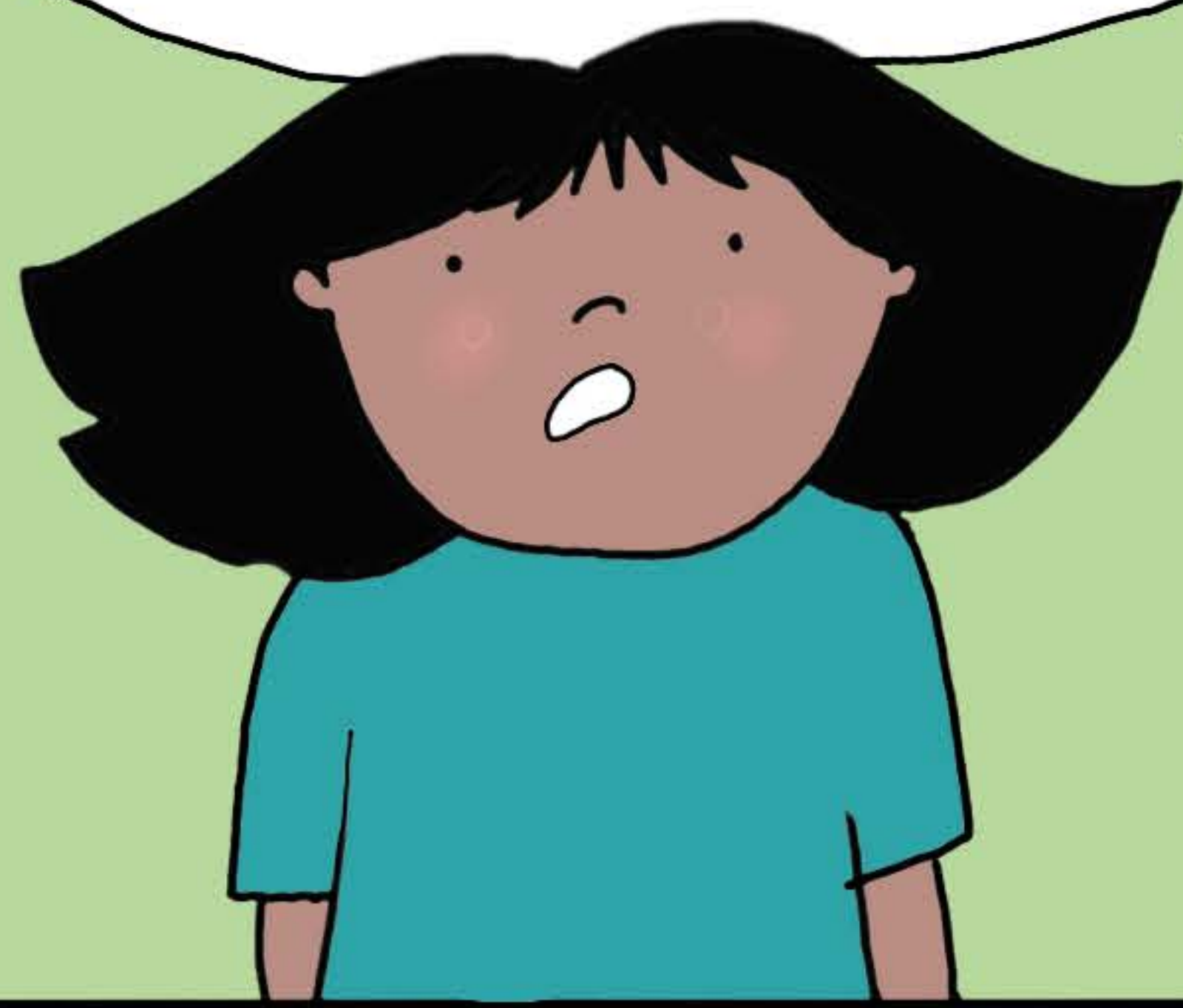
One time he made a little boy drink salt water for disobeying in school. This hurt his body.



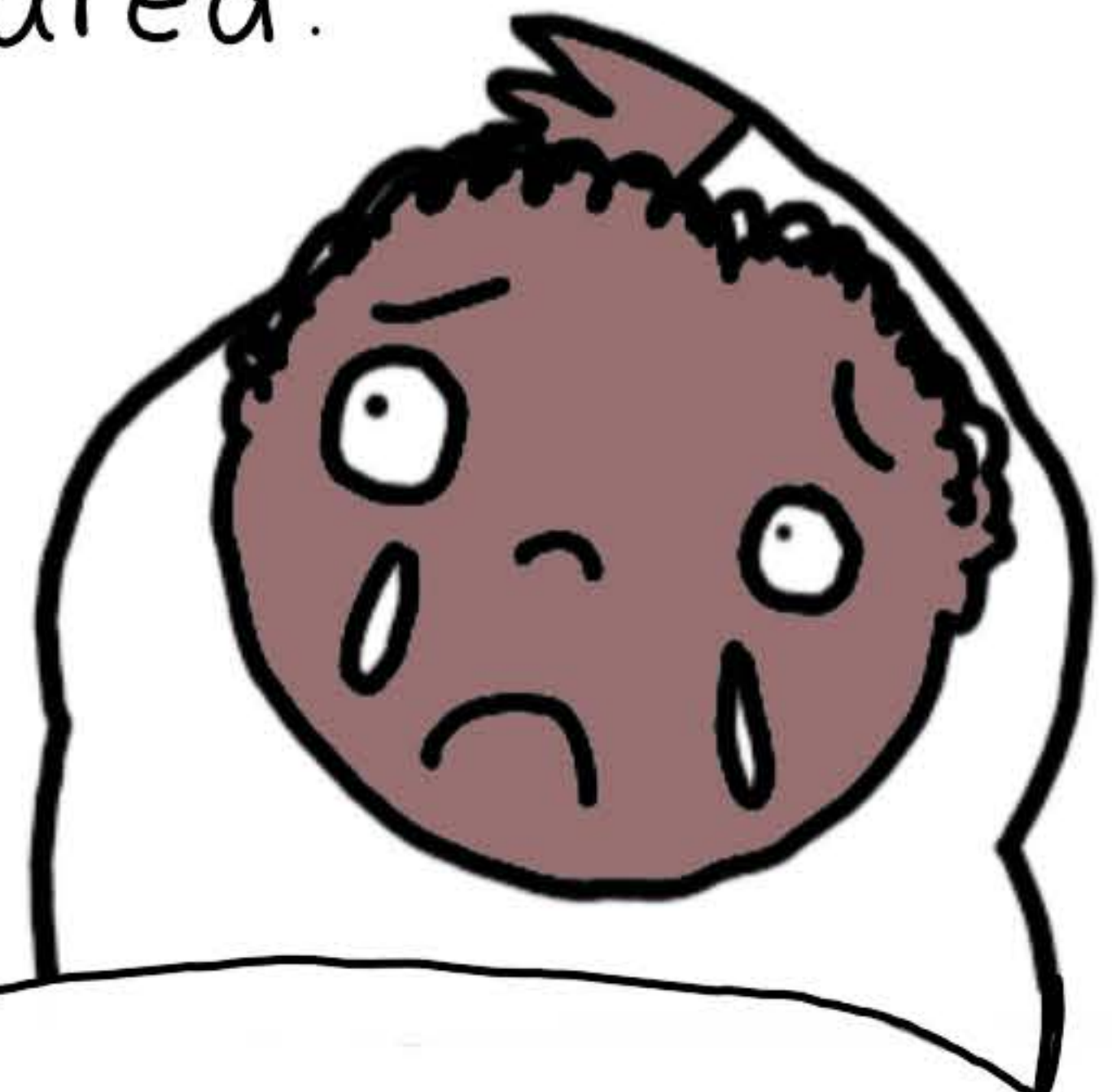
The children must have been sad and scared. Did they TELL a trusted adult?



The children were confused. Maria felt guilty for not listening in school and knew she had to obey and respect the teacher.

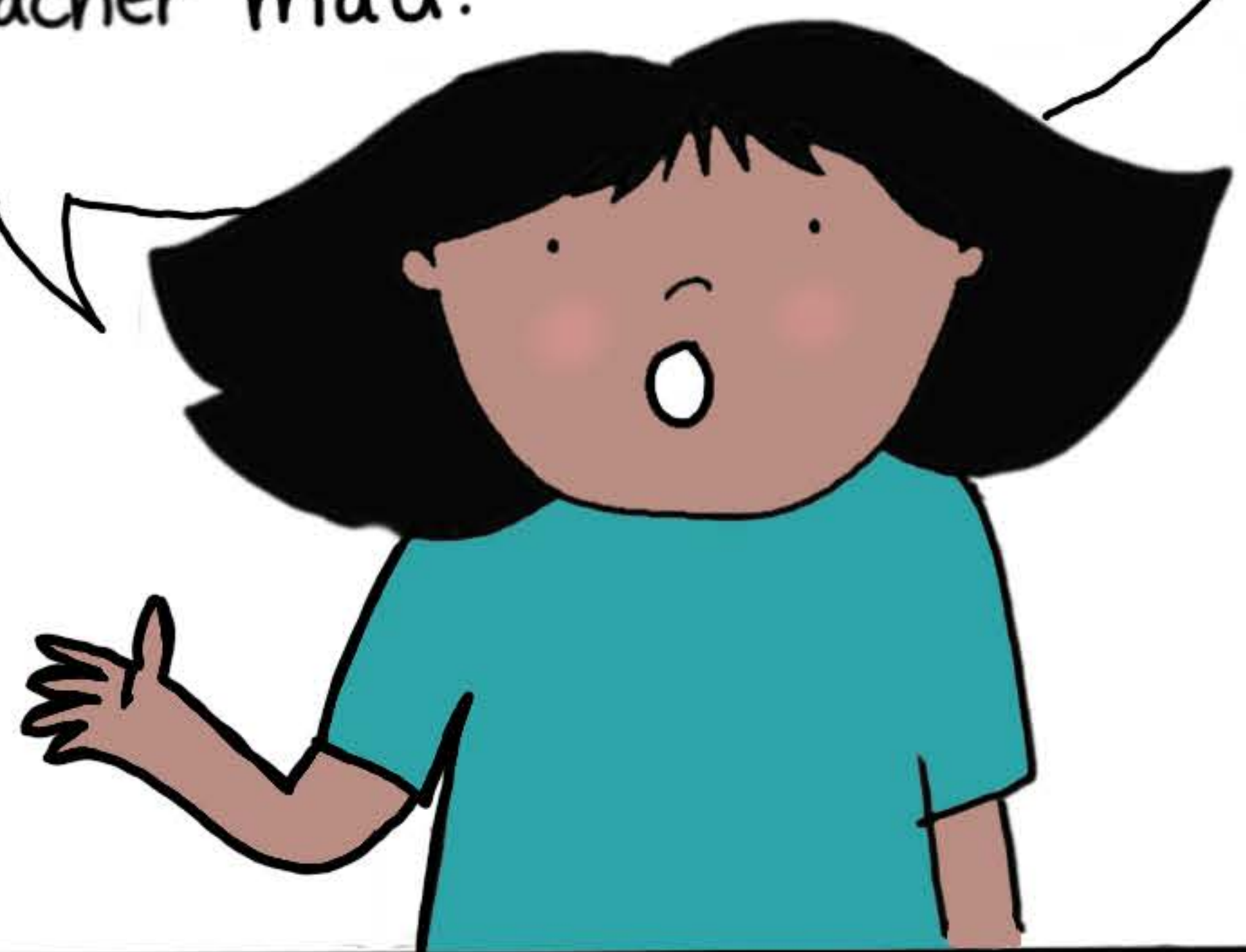


But this didn't seem right. Maria was confused, and she felt bad. She was scared.

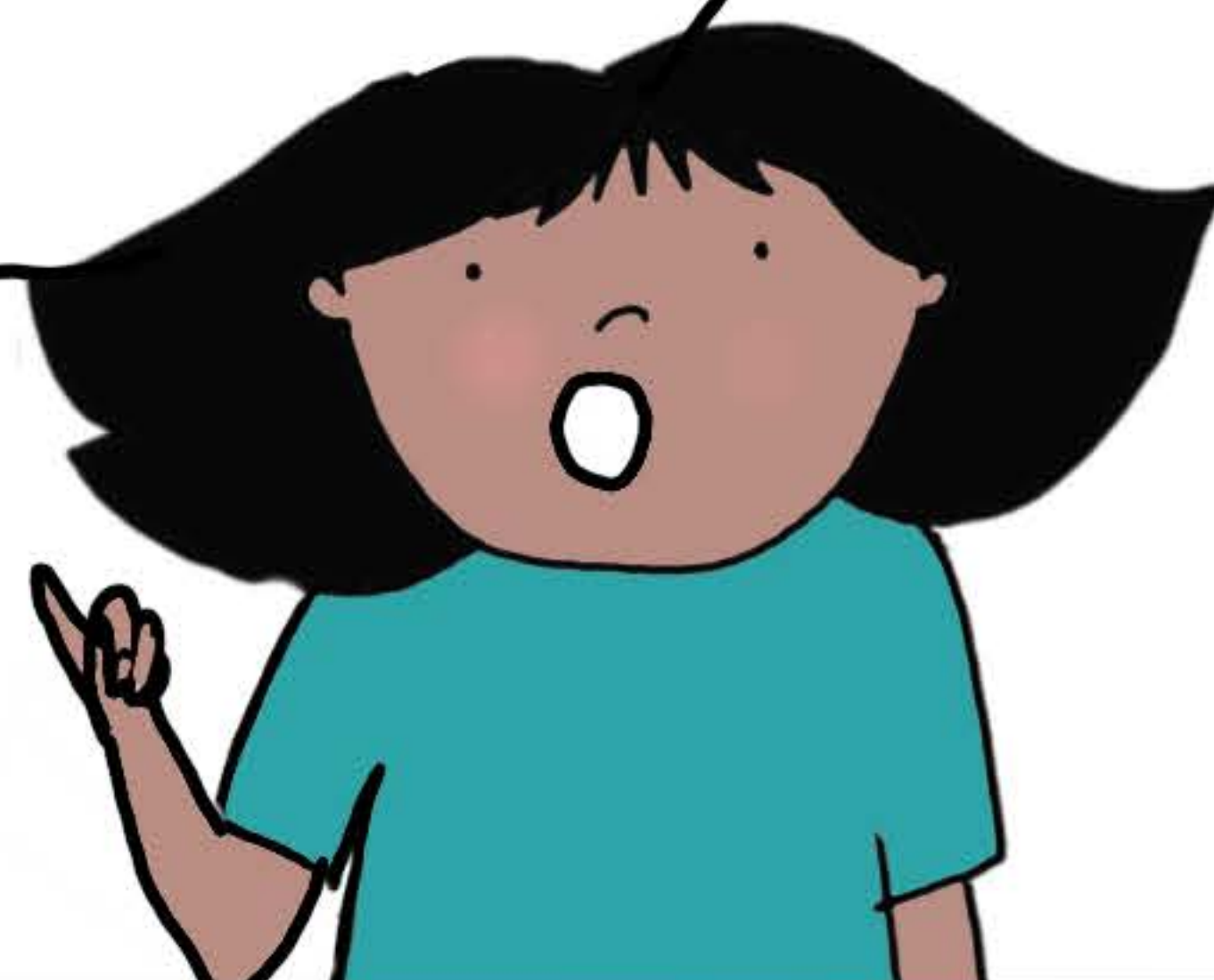


It's important to do your best in school, but even if you don't, adults should not hurt us. Some of the children were afraid to tell their parents because they thought they would be angry for making the teacher mad.

Maria was not safe!



But not even a VERY naughty child should be abused. Abuse is never okay and it is never a child's fault.



Maria was scared but she TOLD her mother what had happened. Her mother listened and helped her to be SAFE.

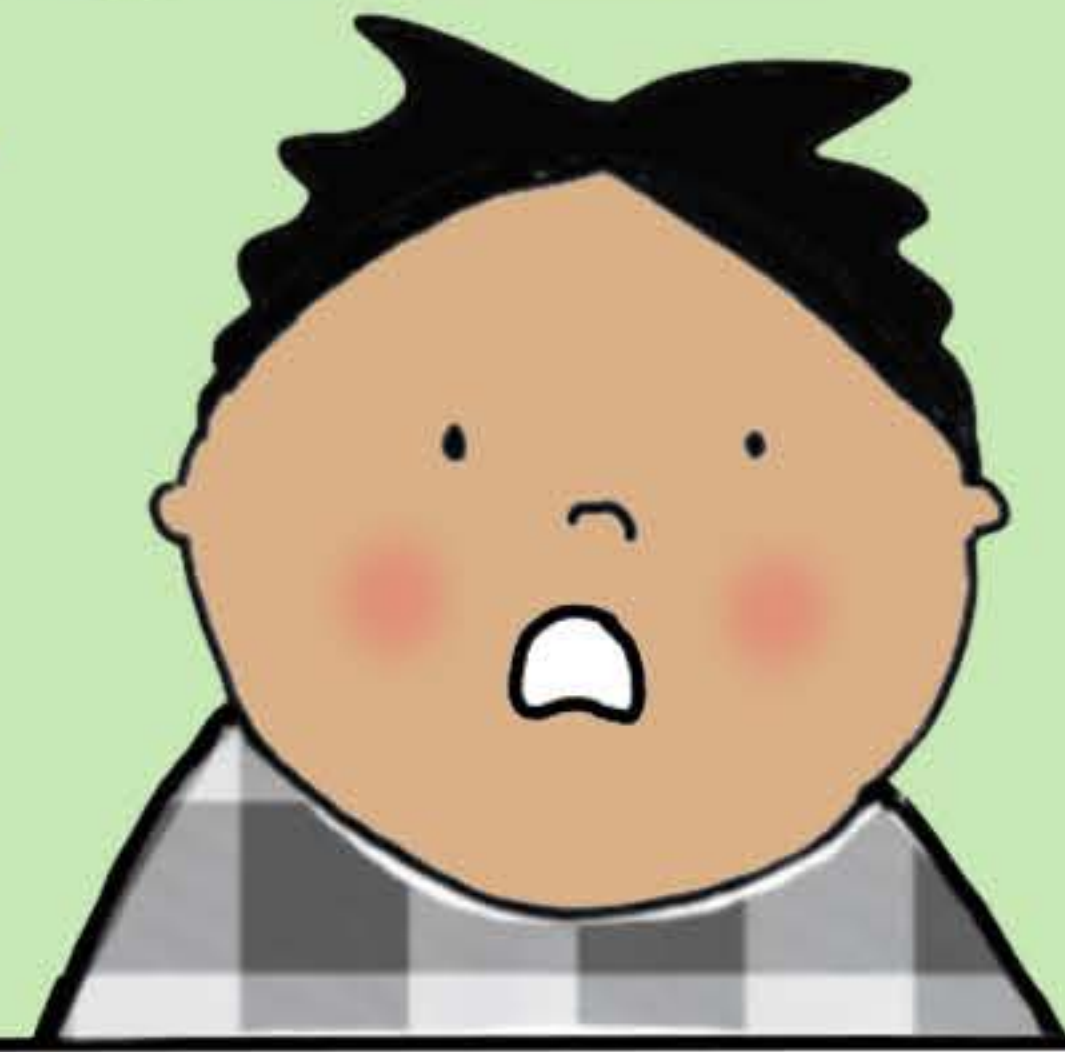


Teachers are supposed to teach us - not hurt us. Just because they are adults in charge does

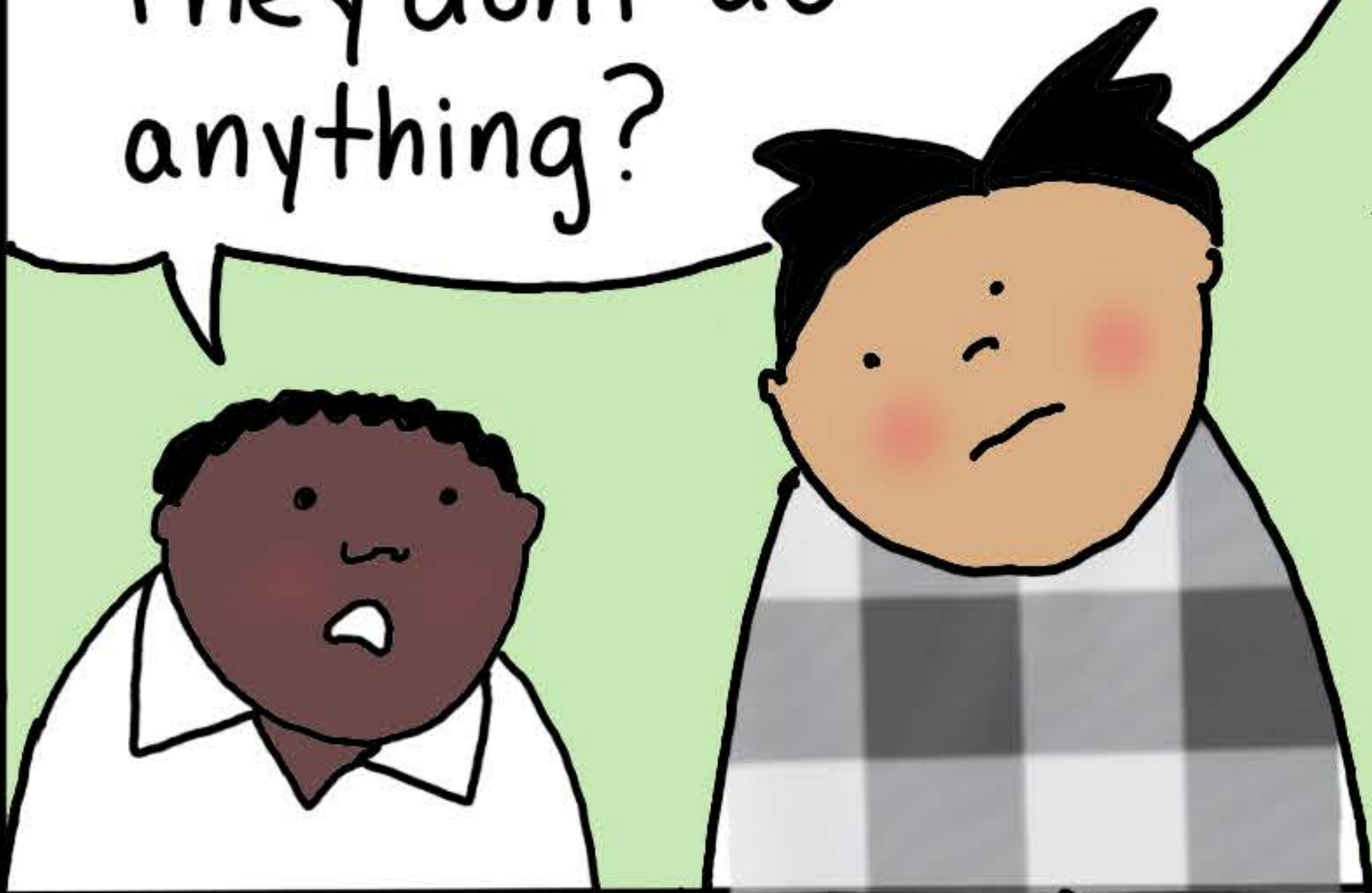
not mean they can hurt us!



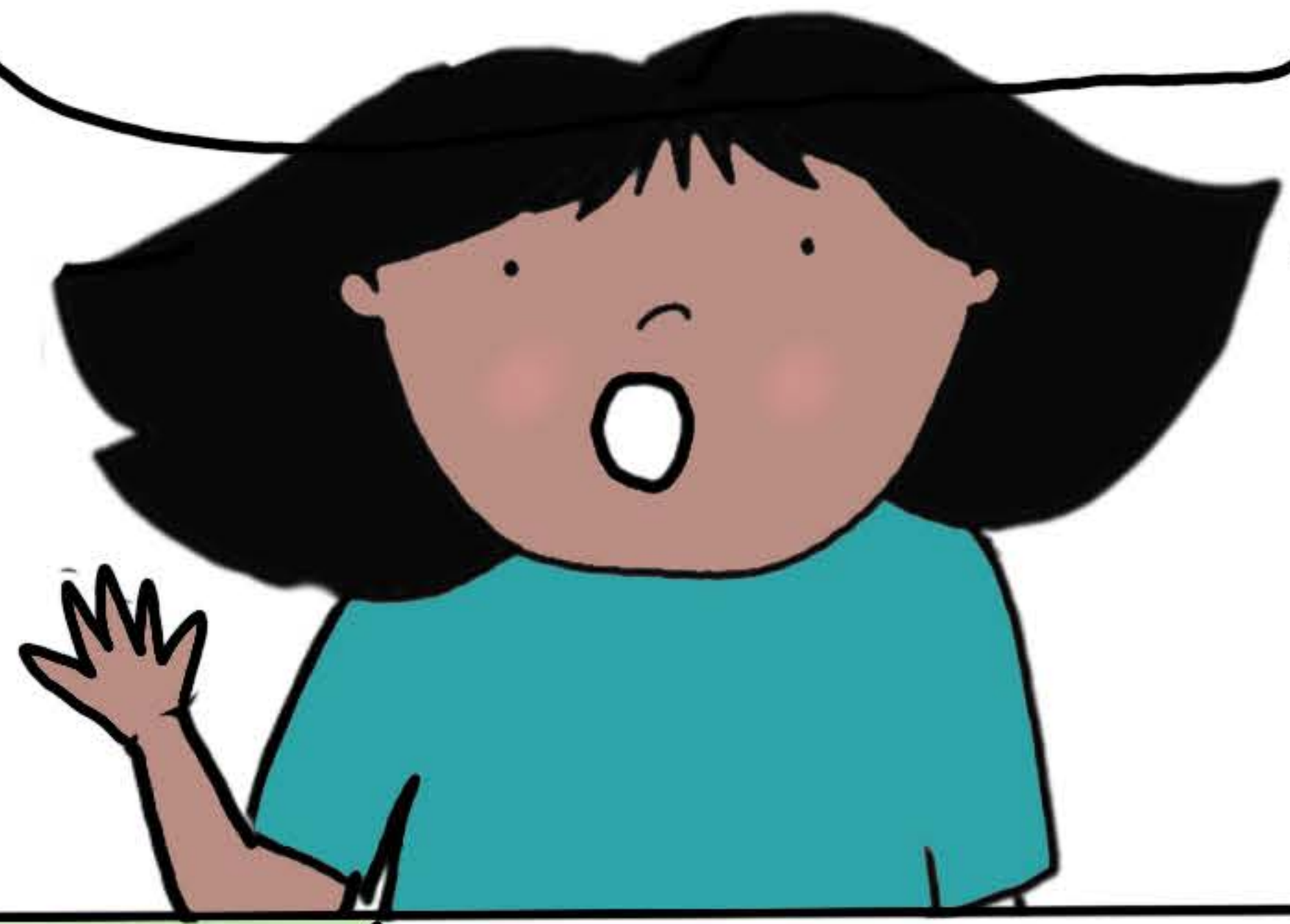
Abuse is never okay! Not even when moms and dads hit their children.



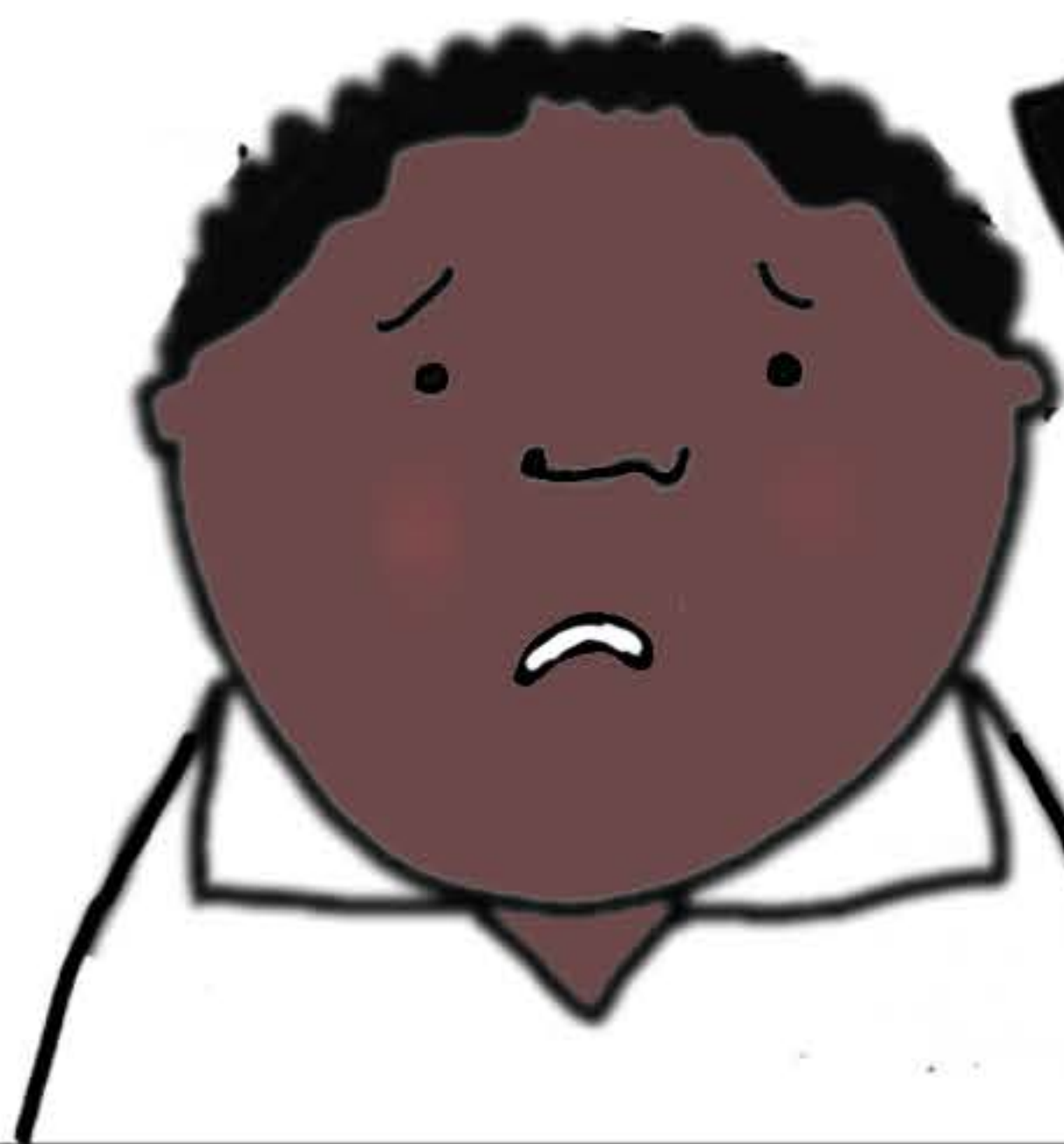
But what if you tell a trusted adult and they don't do anything?



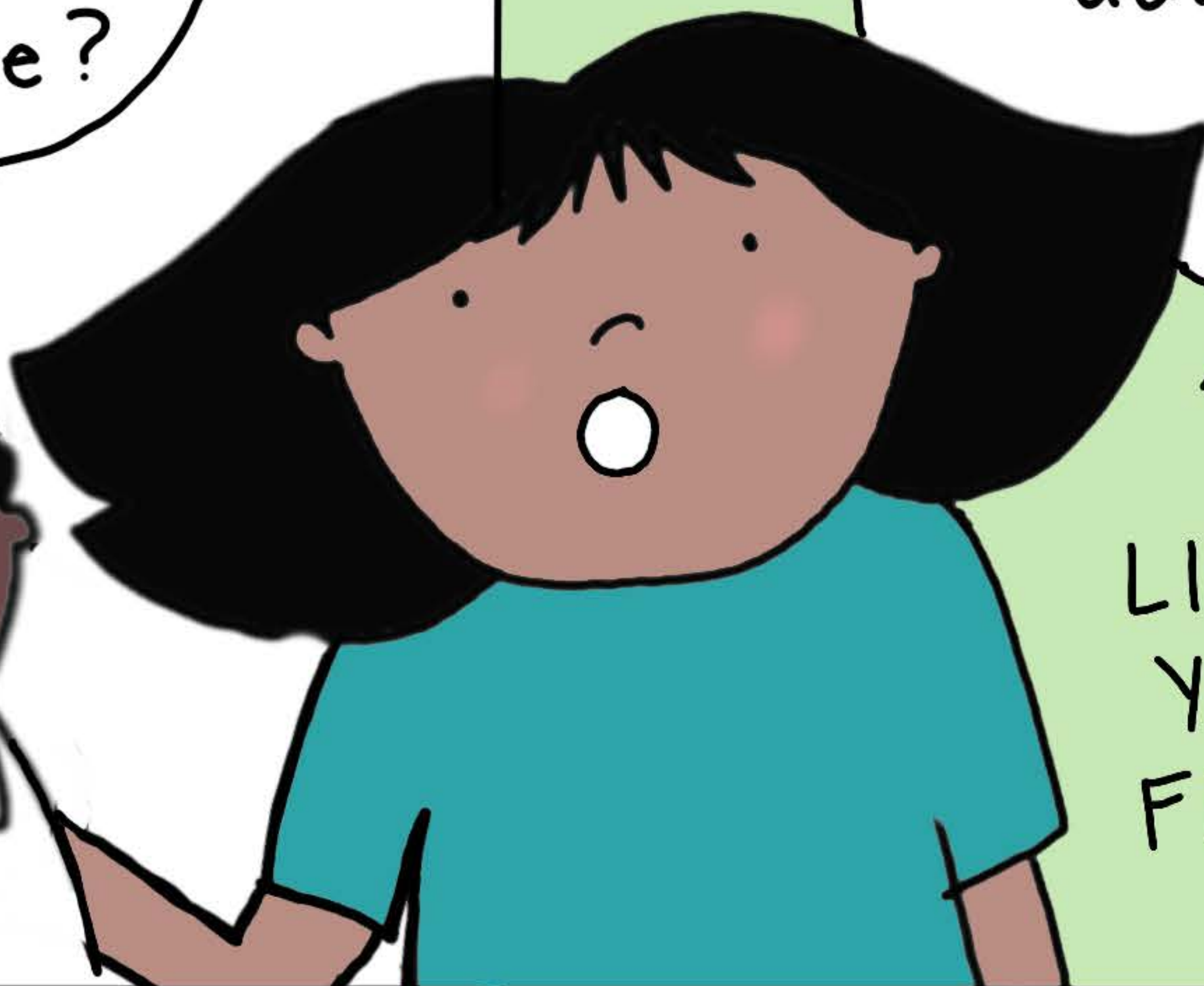
Then you **KEEP TELLING!** TELL until an adult listens. Do not STOP!



But what if my trusted adult does not believe me?



TELL another adult or a friend or call a hotline!



LISTEN TO YOUR FEELINGS!

Emotional Abuse

is saying things to a child that makes them feel afraid or worthless, over and over again.

Sometimes my mother is very tired at the end of the day, and sometimes she gets frustrated with me. One night I left dirty dishes everywhere. She got angry.

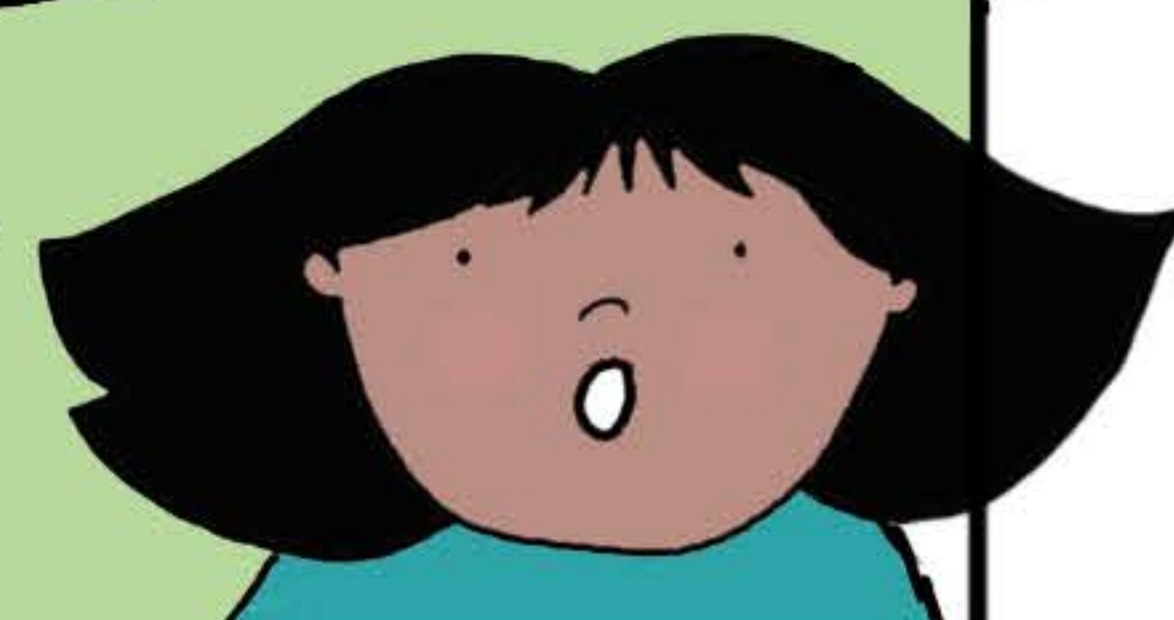


My mother apologized for losing her temper and helped me clean up.

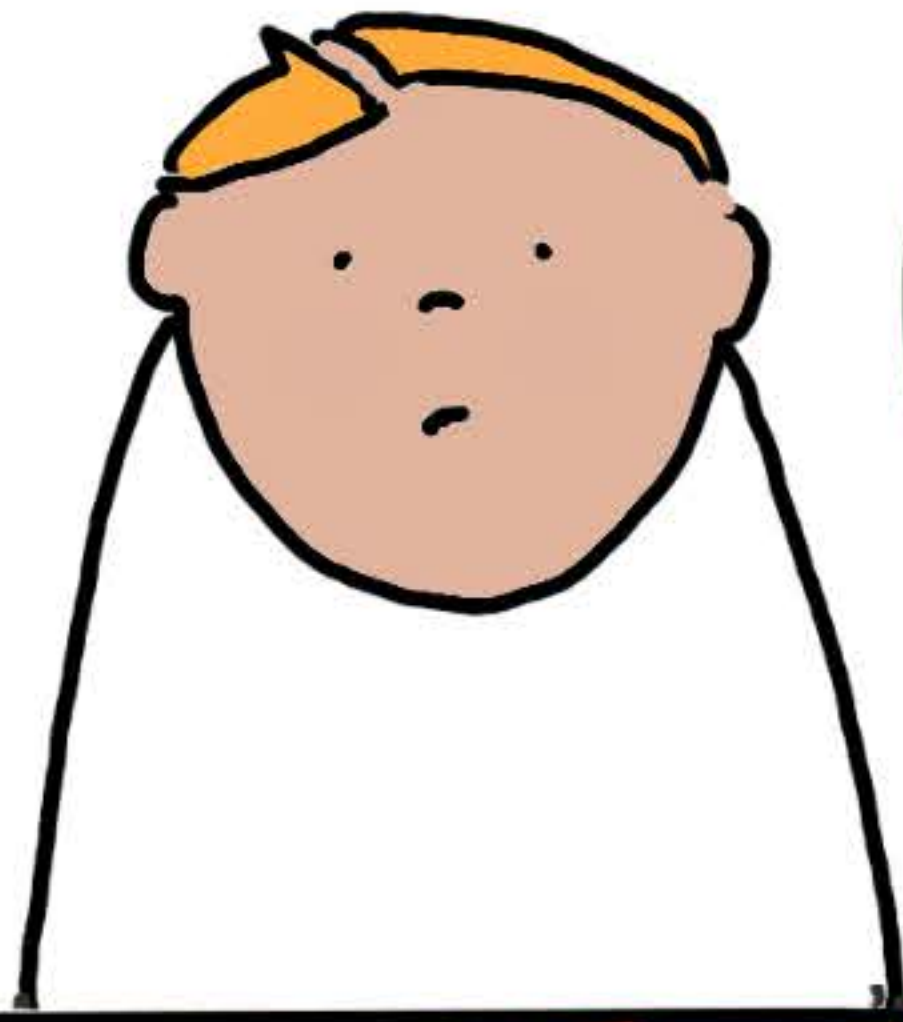


Parents are people too, and will lose their tempers – but an adult getting angry and maybe even yelling at a child is not the same thing as emotional abuse.

When I think of emotional abuse, I think of something very different. I think of my friend, Dov.



Dov lived in the apartment upstairs from me with his Aunt.



She yelled horrible things at him all the time.



You are BAD and all your friends would be happy if you DIED and the whole family is embarrassed by you. We hate you!

Dov cried.



One time Dov wet his bed and his Aunt made him wear an embarrassing sign.

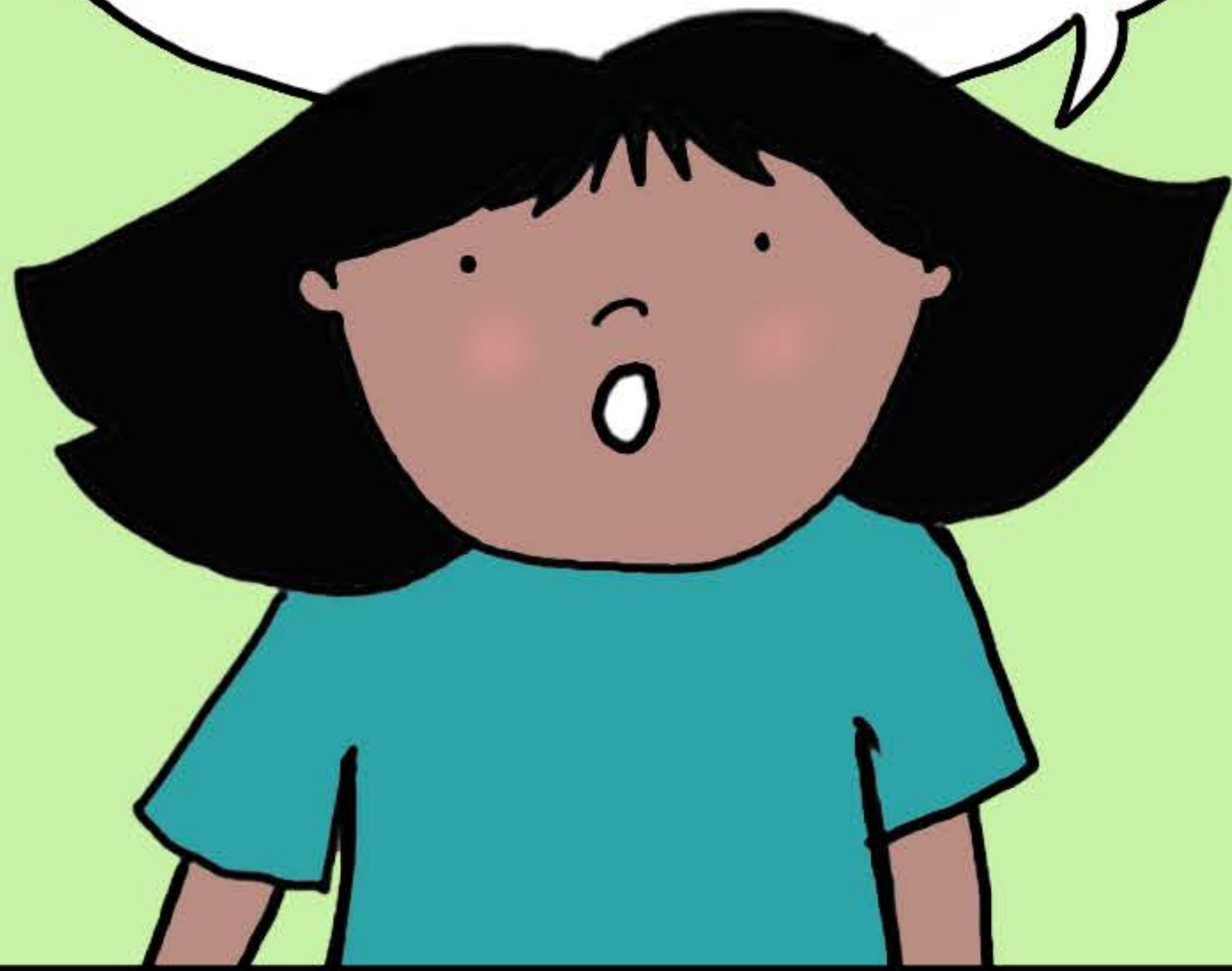
Dov started to believe he was really worthless like his Aunt said. He was even too ashamed to tell anyone.



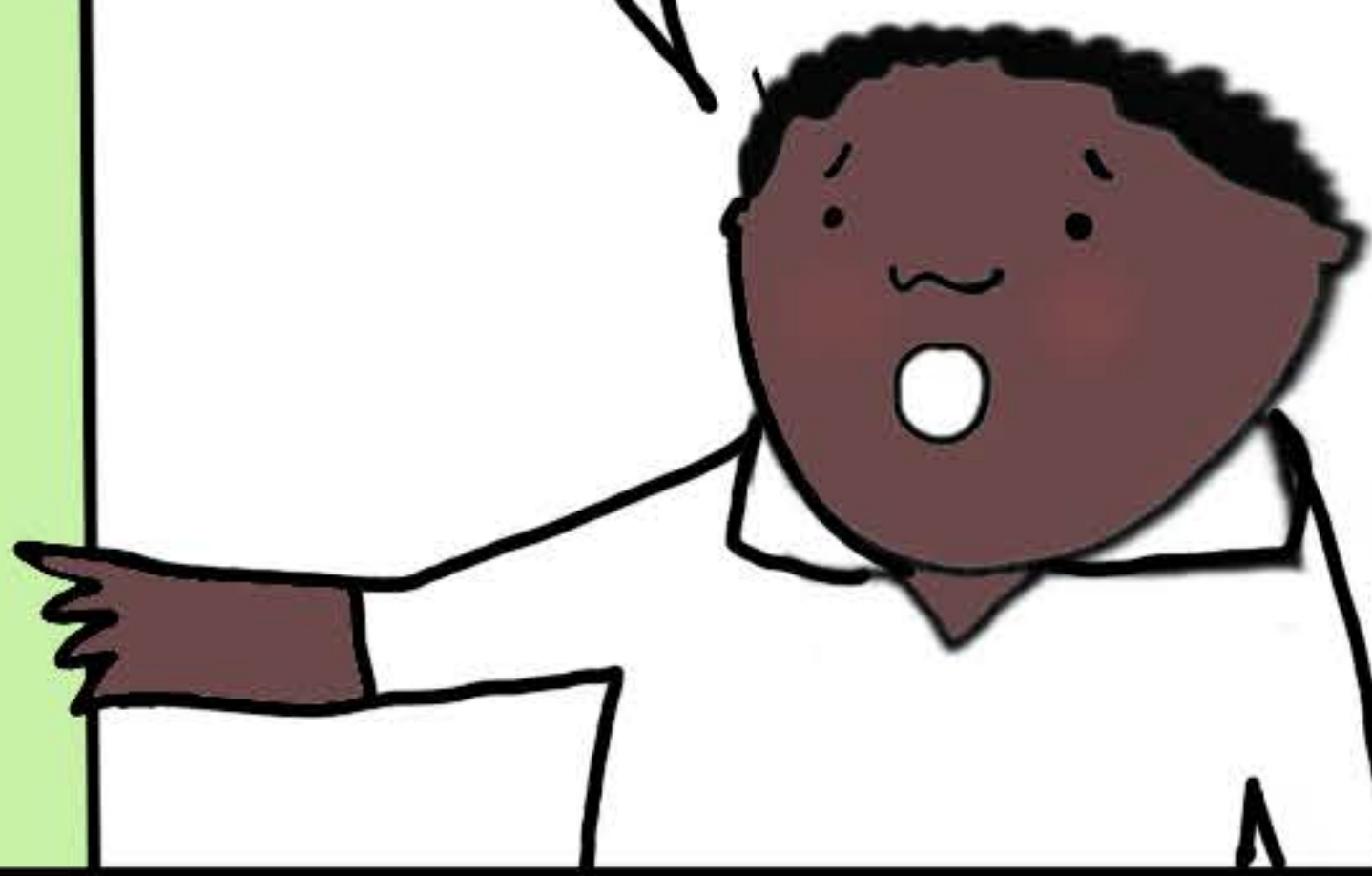
But this is ABUSE! Dov needs to TELL and to keep TELLING!



Right, Femi. This is Abuse. Abuse doesn't always leave marks on your body that others can see.

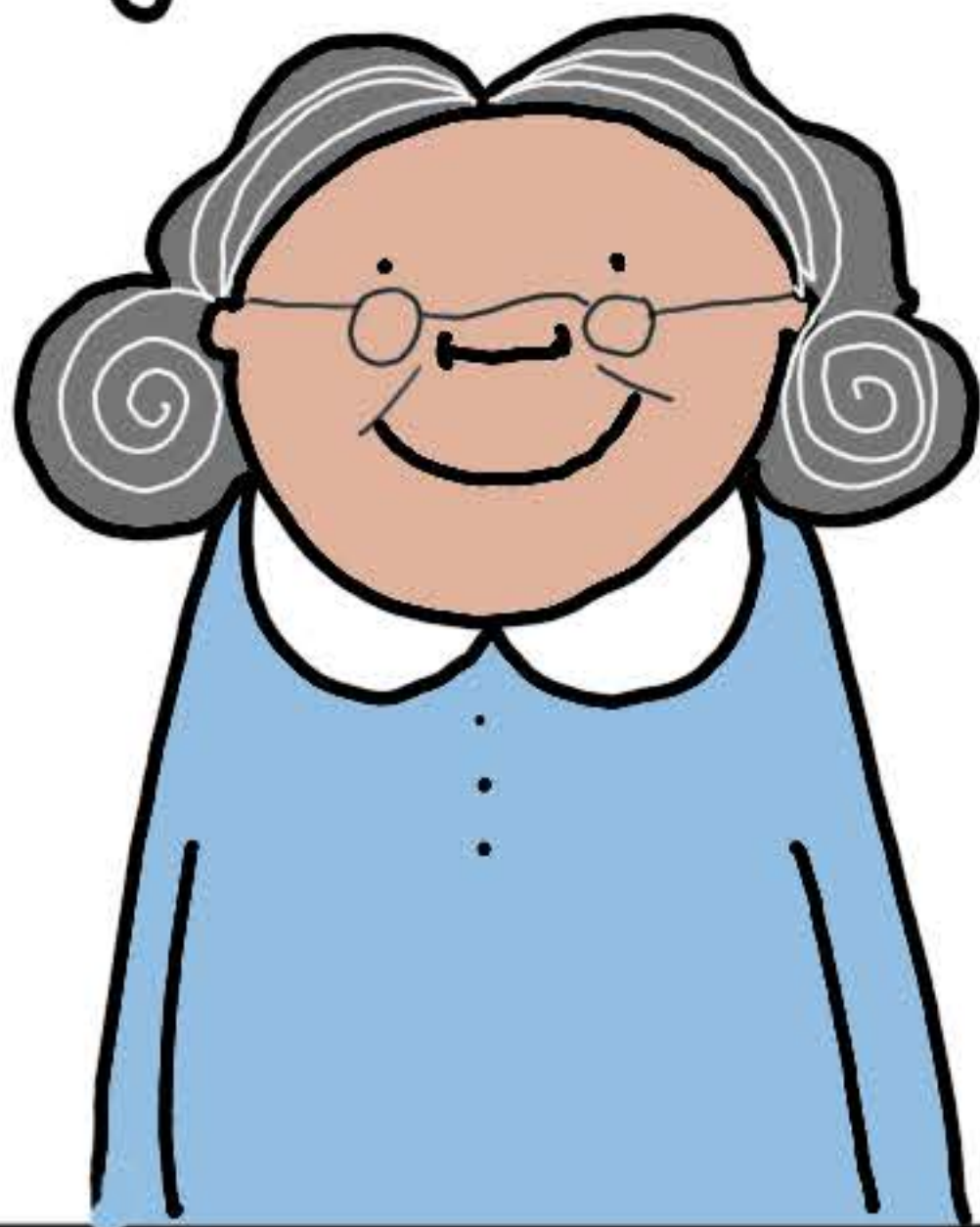


Emotional abuse is still abuse. Did Dov finally get help?

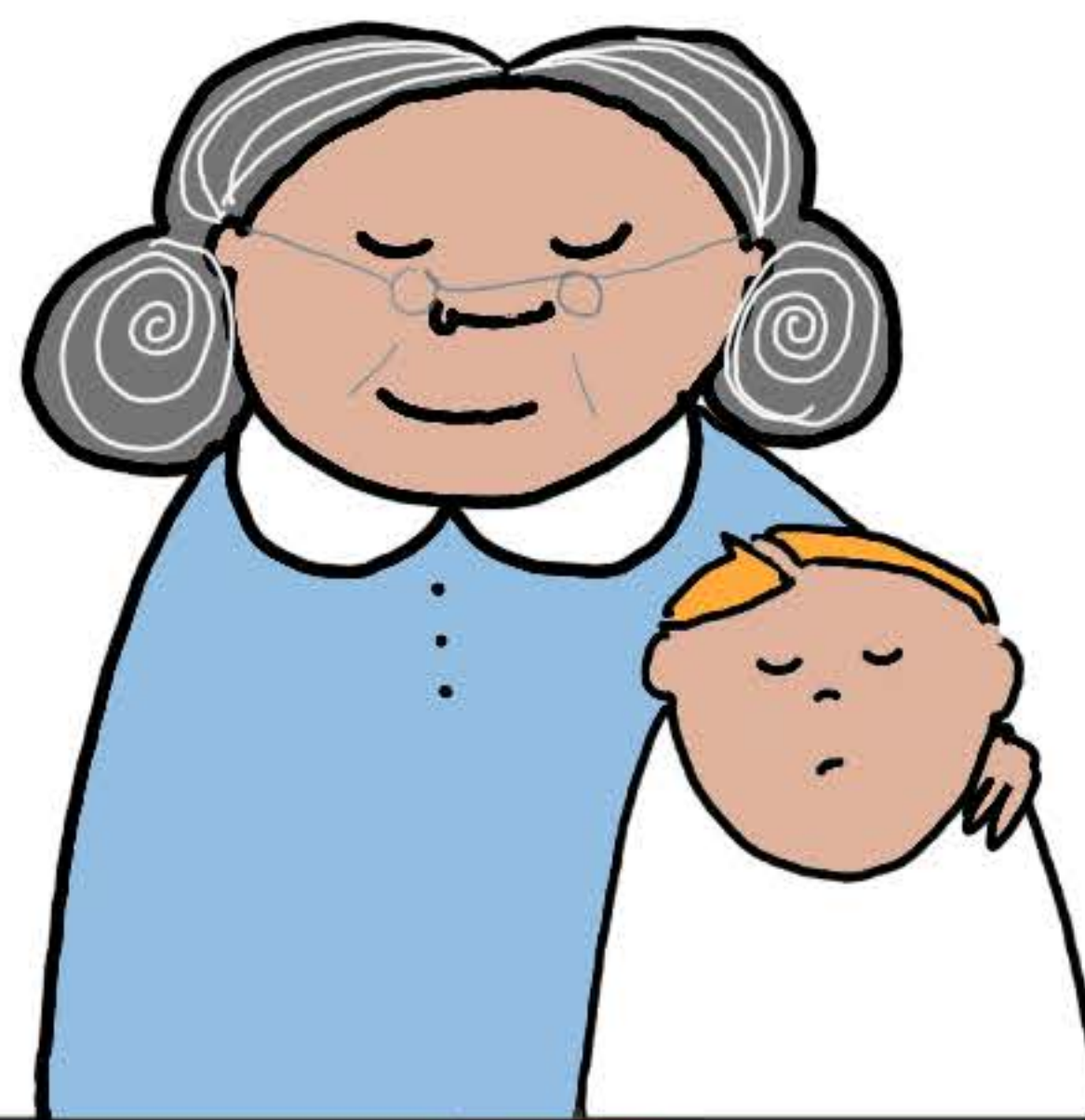


He needs to TELL!

Good job, Femi. One of Dov's trusted adults was his neighbor, Mrs. Mora.



Dov TOLD her what was happening and she helped.



Nobody was angry with Dov for telling. The trusted adult helped Dov.

Dov kept himself SAFE!

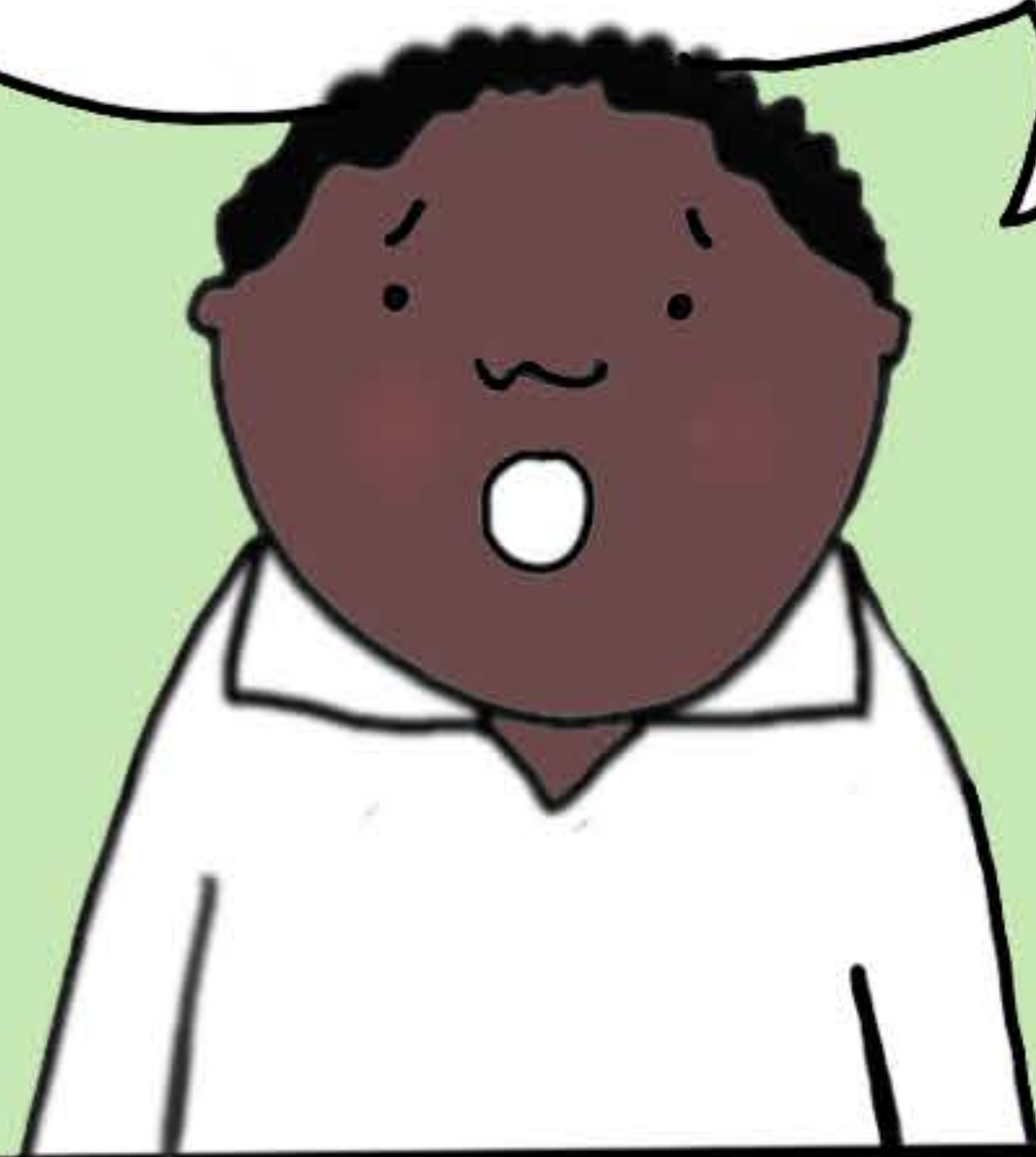


Sexual Abuse

is any sexual contact or the threat of sexual contact with a child.

That means things like touching children's bodies, or taking pictures of children without their clothes on. Sexual touching can feel wrong or scary or confusing.

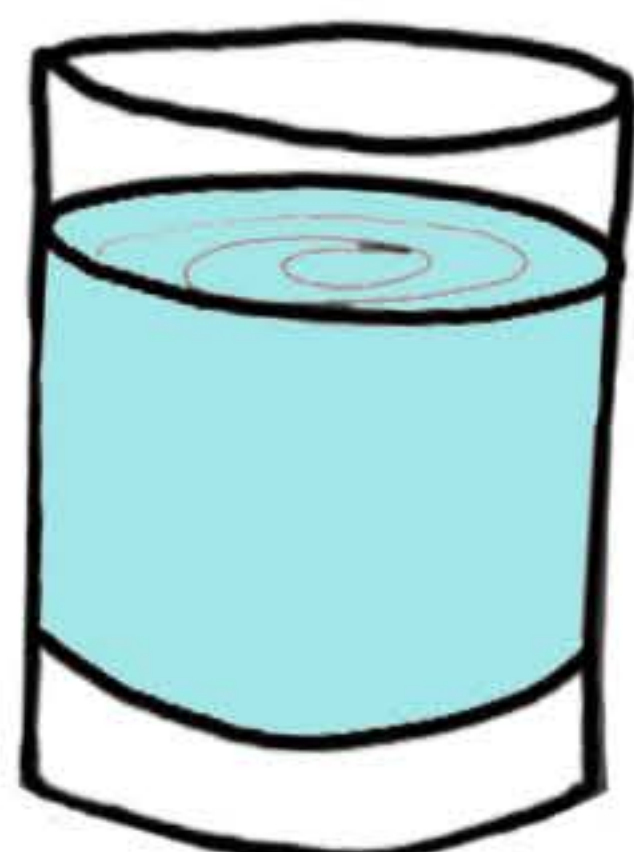
But I like it when I get hugs from my mother, or when Jabari holds my hand. Is that sexual abuse?



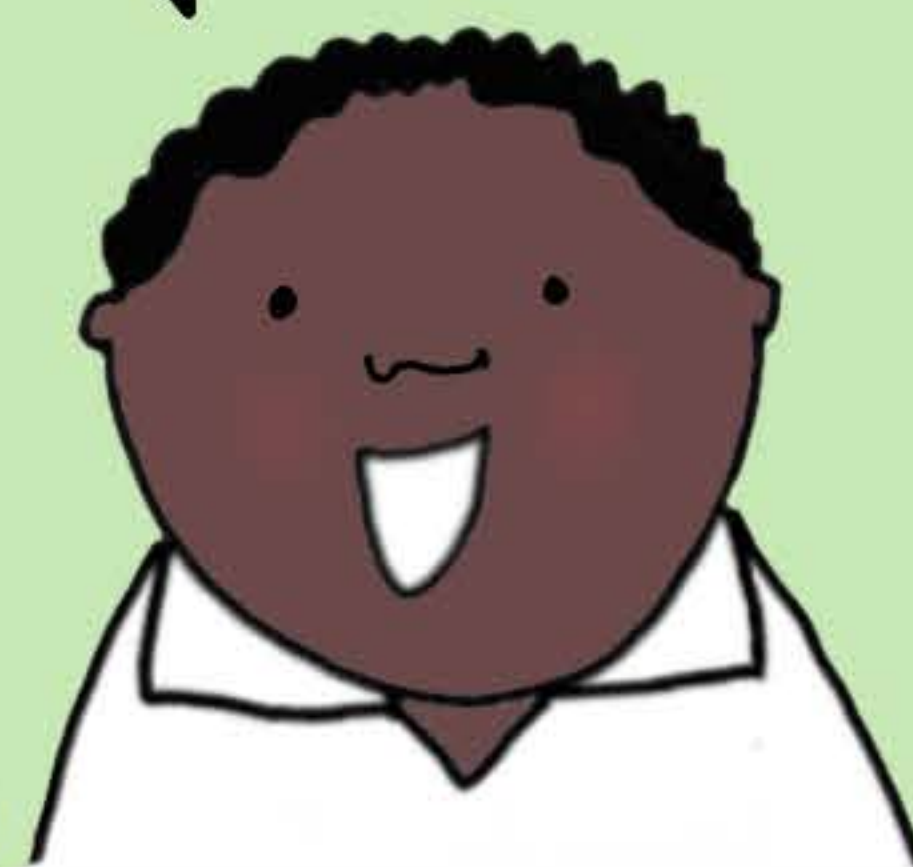
No, Femi. That is NOT abuse. Those are good touches. Do you remember when we talked about the water glass?



Did those touches feel like the water glass on the edge of the table, or the middle?

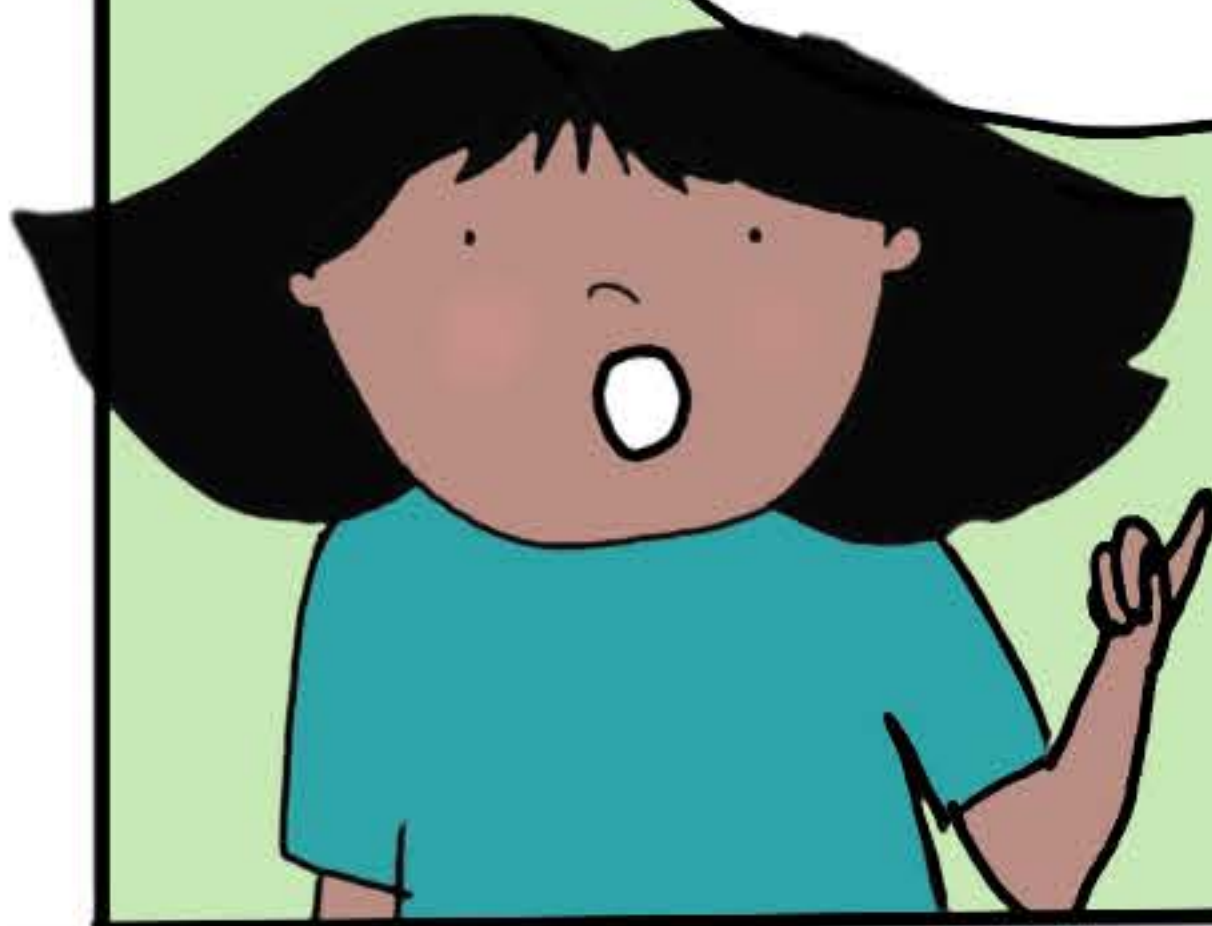


The middle!
Those touches feel SAFE!



Good touches feel SAFE.

Right! And YOU are in charge of who gets to touch your body.



You are in charge of your whole body!



There are some parts of your body that are extra private and where you should not be touched.

All the parts of your body are GOOD!

Your private areas are any area you want to keep private, but they might include your bottom, your genitals, or your chest or breasts.


A doctor or nurse or caregiver may need to touch these parts, but only with your PERMISSION.



If someone touches me in a way I do not like, I will say
NO! I DO NOT LIKE THAT!
STOP!




That's right, Femi! If someone touches you on your private parts or in a way you don't like, you say STOP and then TELL your trusted adults!



STOP! TELL!

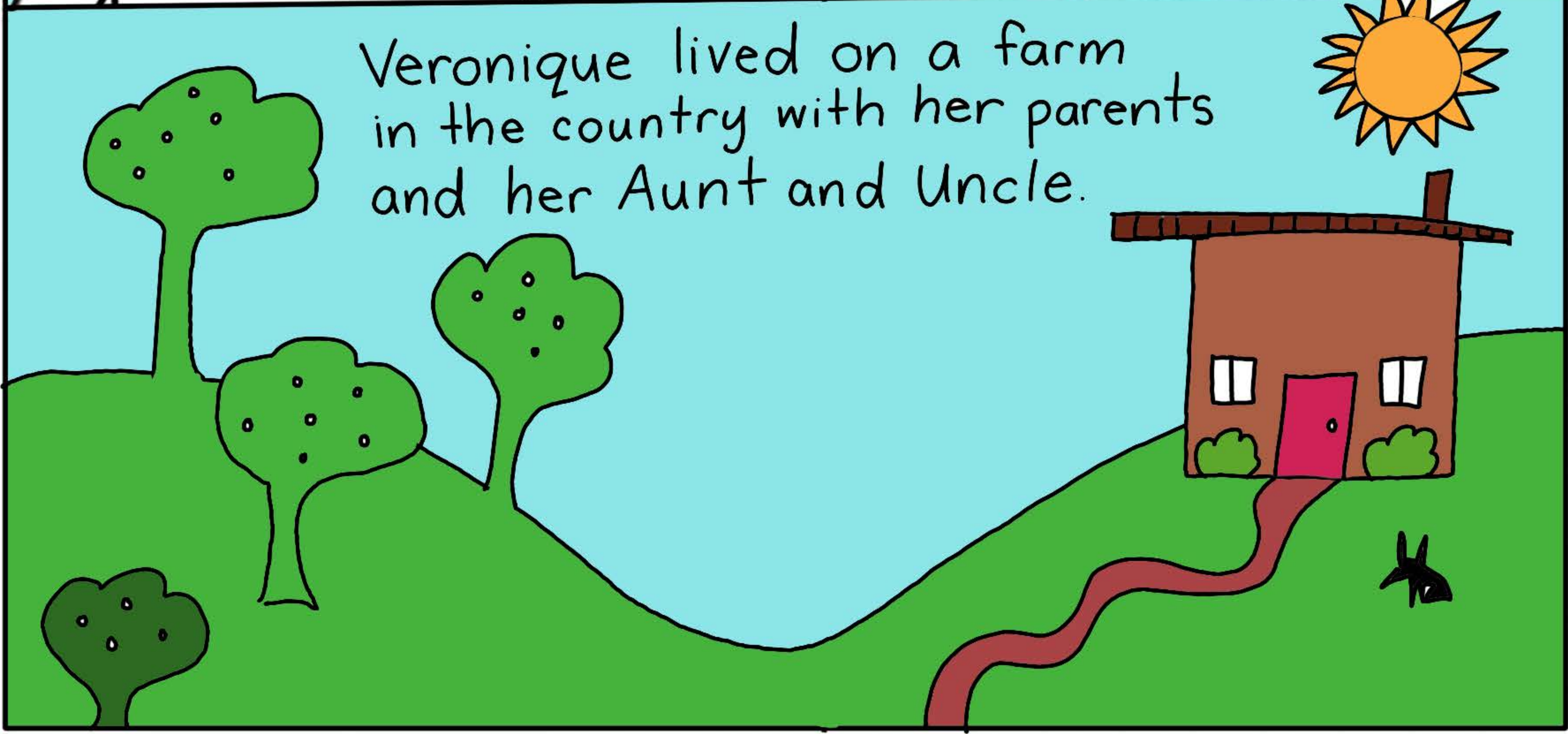
TRUST YOUR FEELINGS

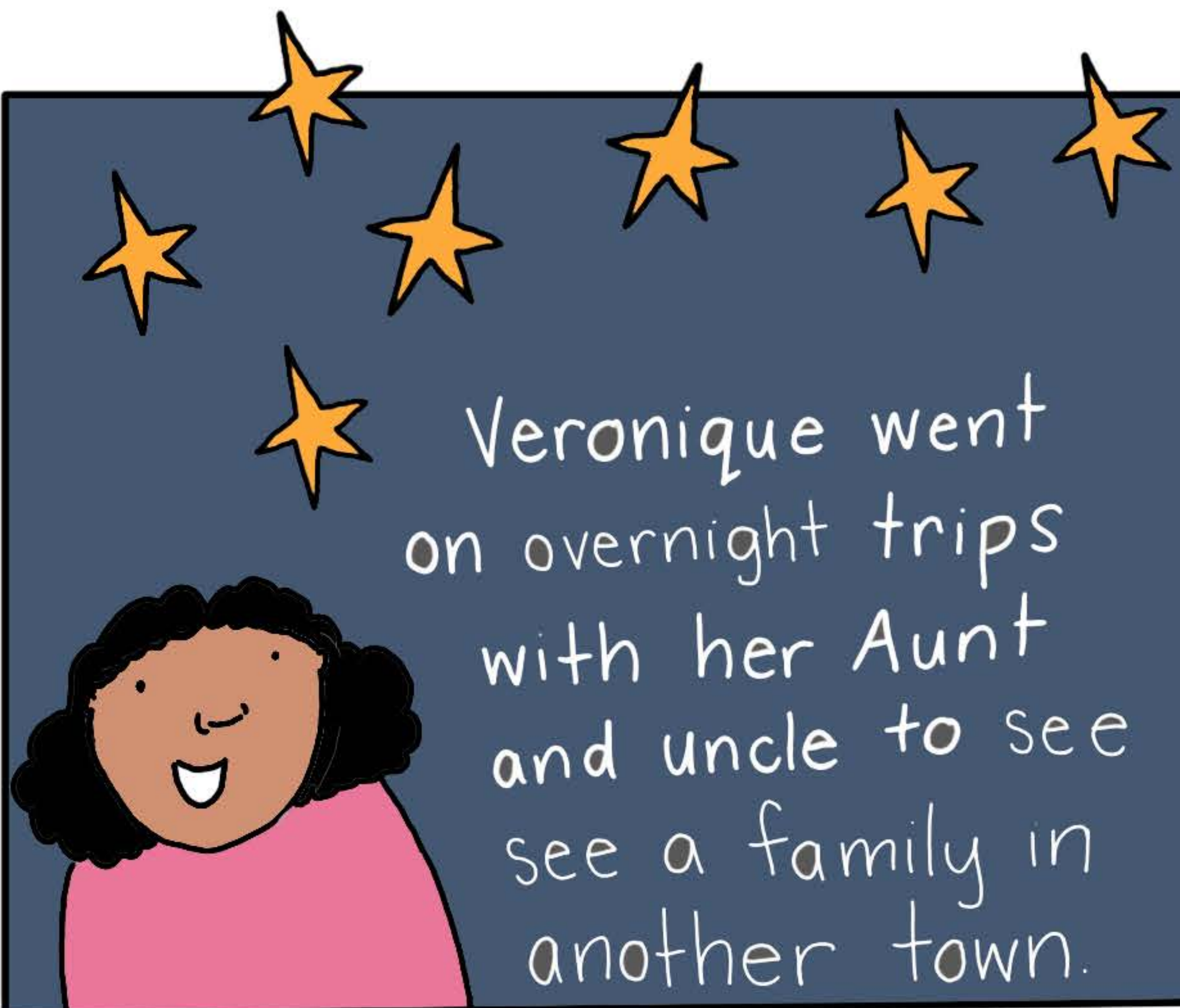


This reminds me of my friend Veronique, and something that happened to her.



Veronique lived on a farm in the country with her parents and her Aunt and Uncle.

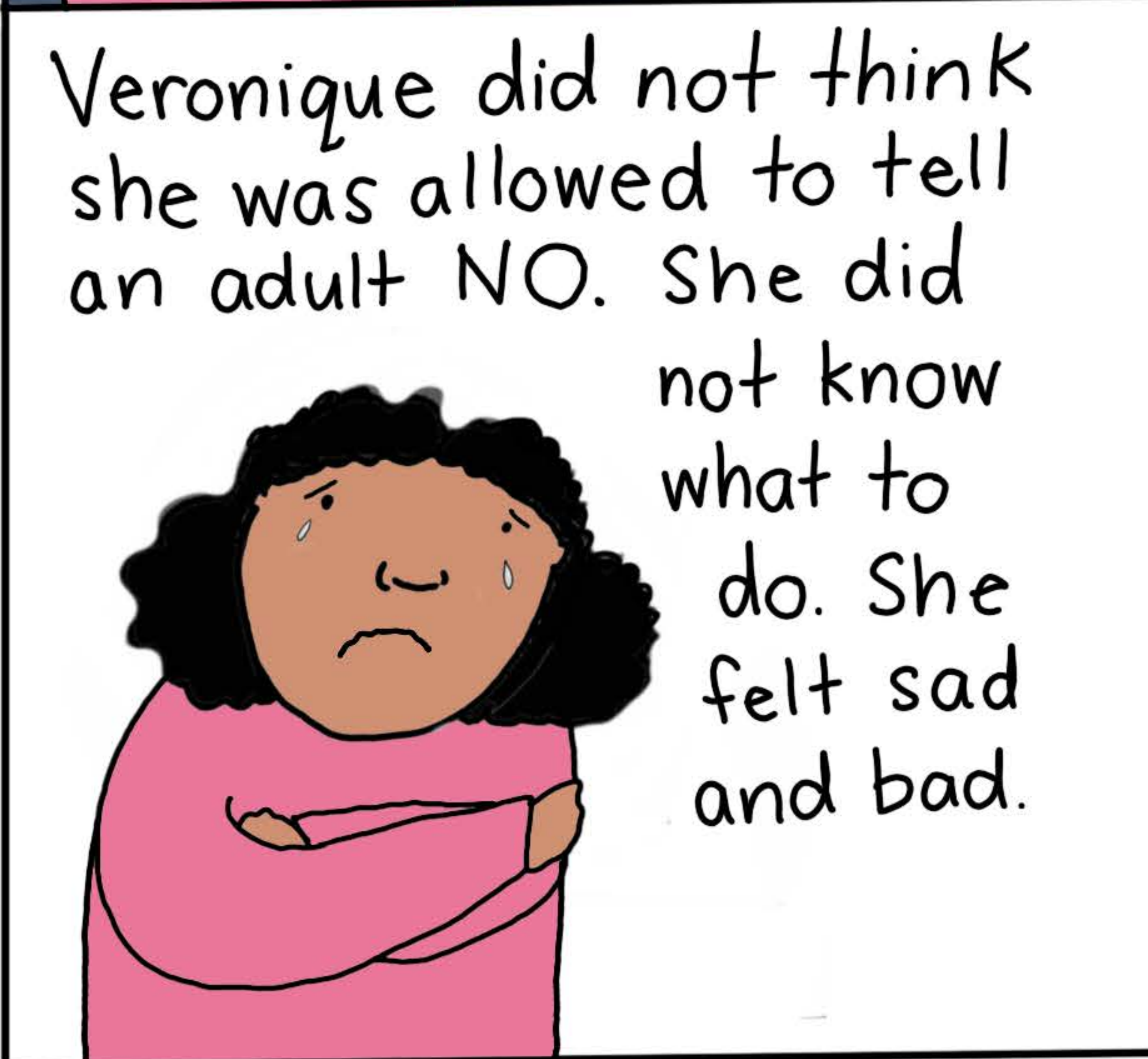




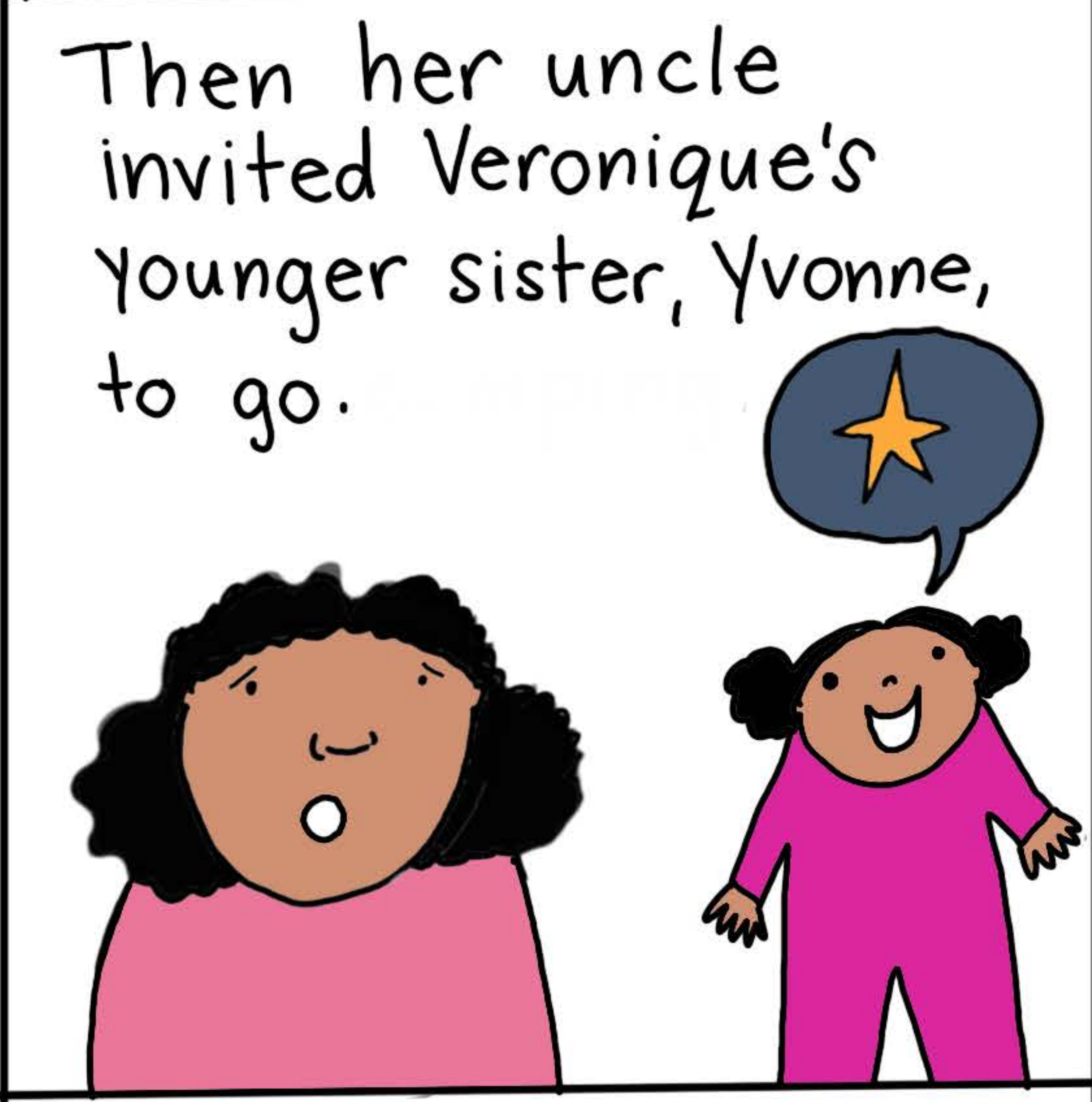
Veronique went on overnight trips with her Aunt and uncle to see see a family in another town.



But one night her uncle came into her room. He touched her body in a way that felt wrong and scary.



Veronique did not think she was allowed to tell an adult NO. She did not know what to do. She felt sad and bad.



Then her uncle invited Veronique's younger sister, Yvonne, to go.

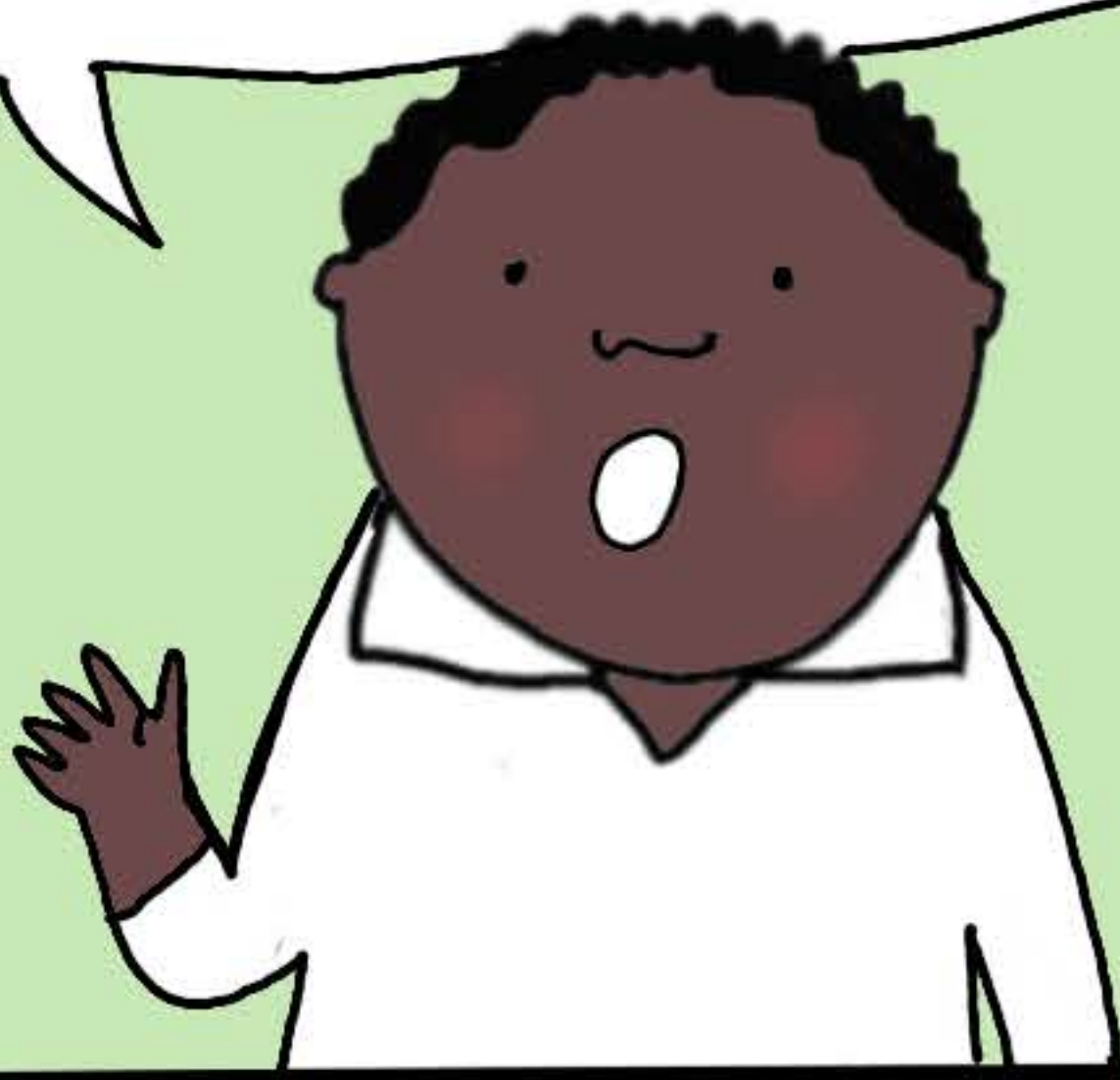


Veronique knew she had to keep her sister SAFE. She knew what she had to do. She had to tell a trusted adult!

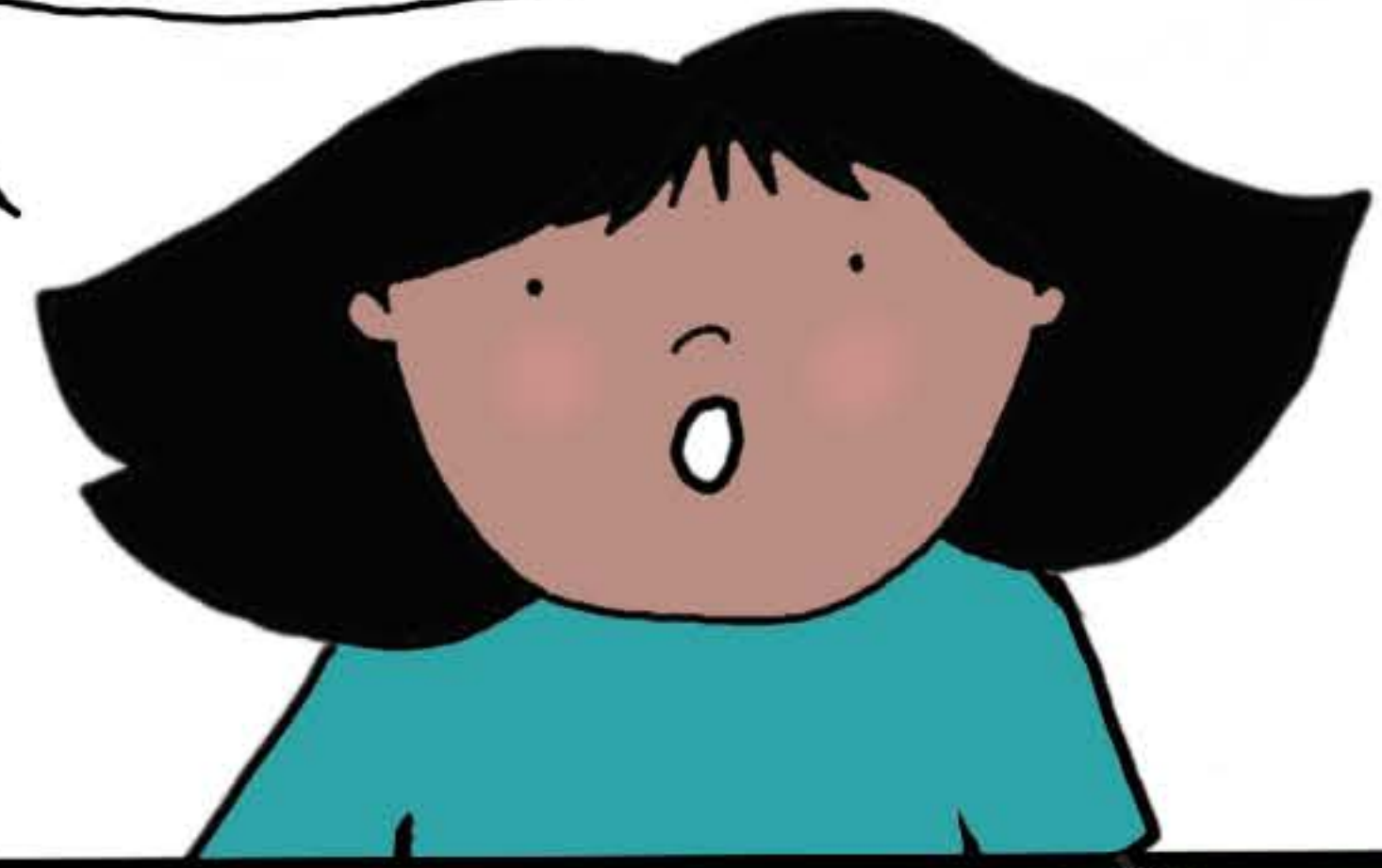


Veronique protected herself and her sister! She told her mother. Her mother was not angry. Her mother made the abuse stop.

There are lots of kinds of abuse: Physical abuse, emotional abuse, and sexual abuse.

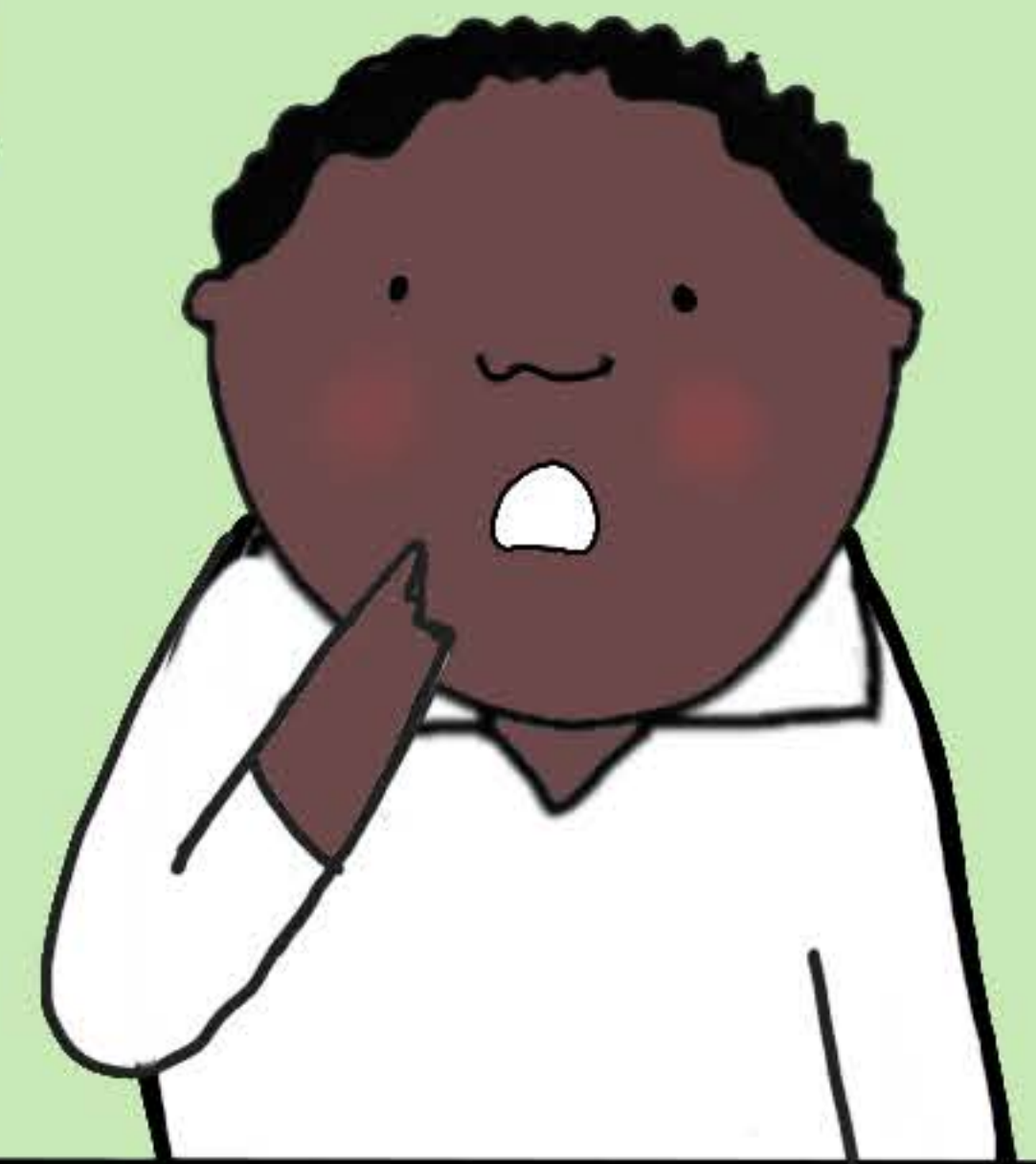


And there is one other kind of abuse. It is a little bit tricky. It is called **Neglect**.



Neglect is a kind of abuse where adults deny children the things they need to survive - like food, shelter, warmth, medical care, or education, when these things are readily available.

I'm so confused. Adults can abuse children by doing nothing?

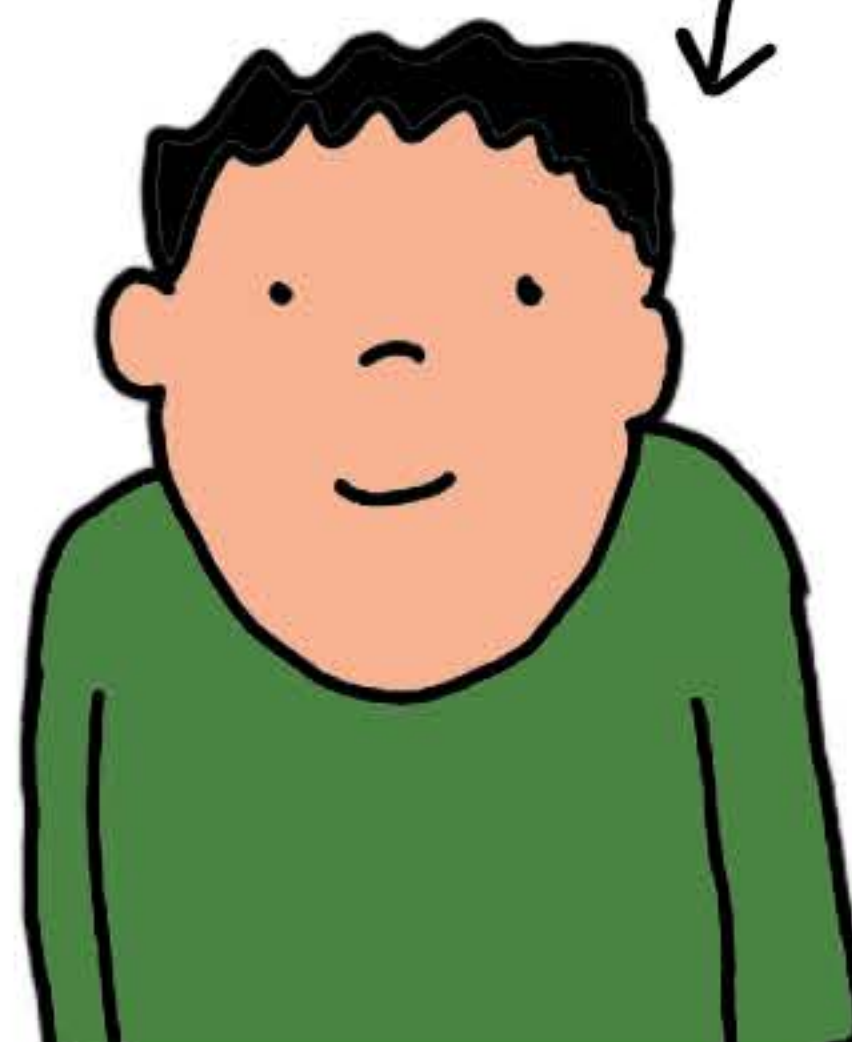


Yes, it is confusing. Remember, children have rights. They have rights to the things they need to live. Adults must provide those things. Not providing those things is abuse.

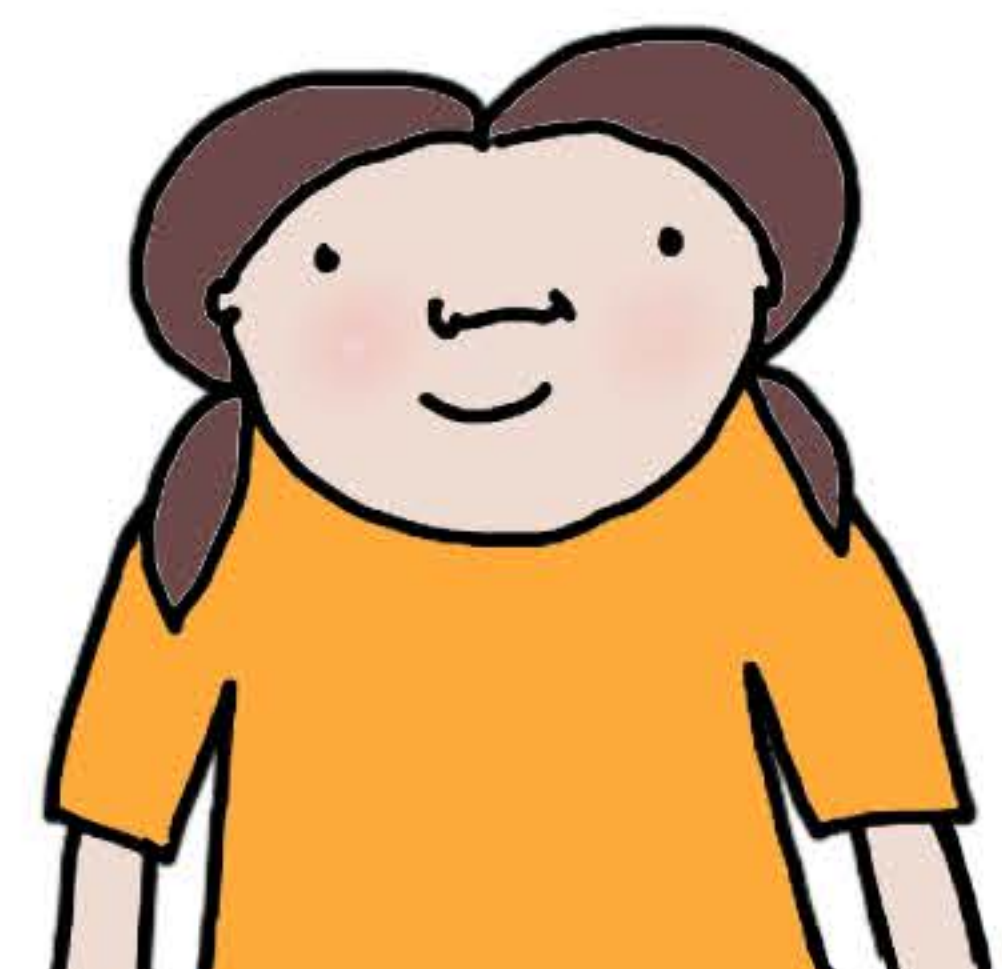


Let me tell you about two of my friends to help you understand.

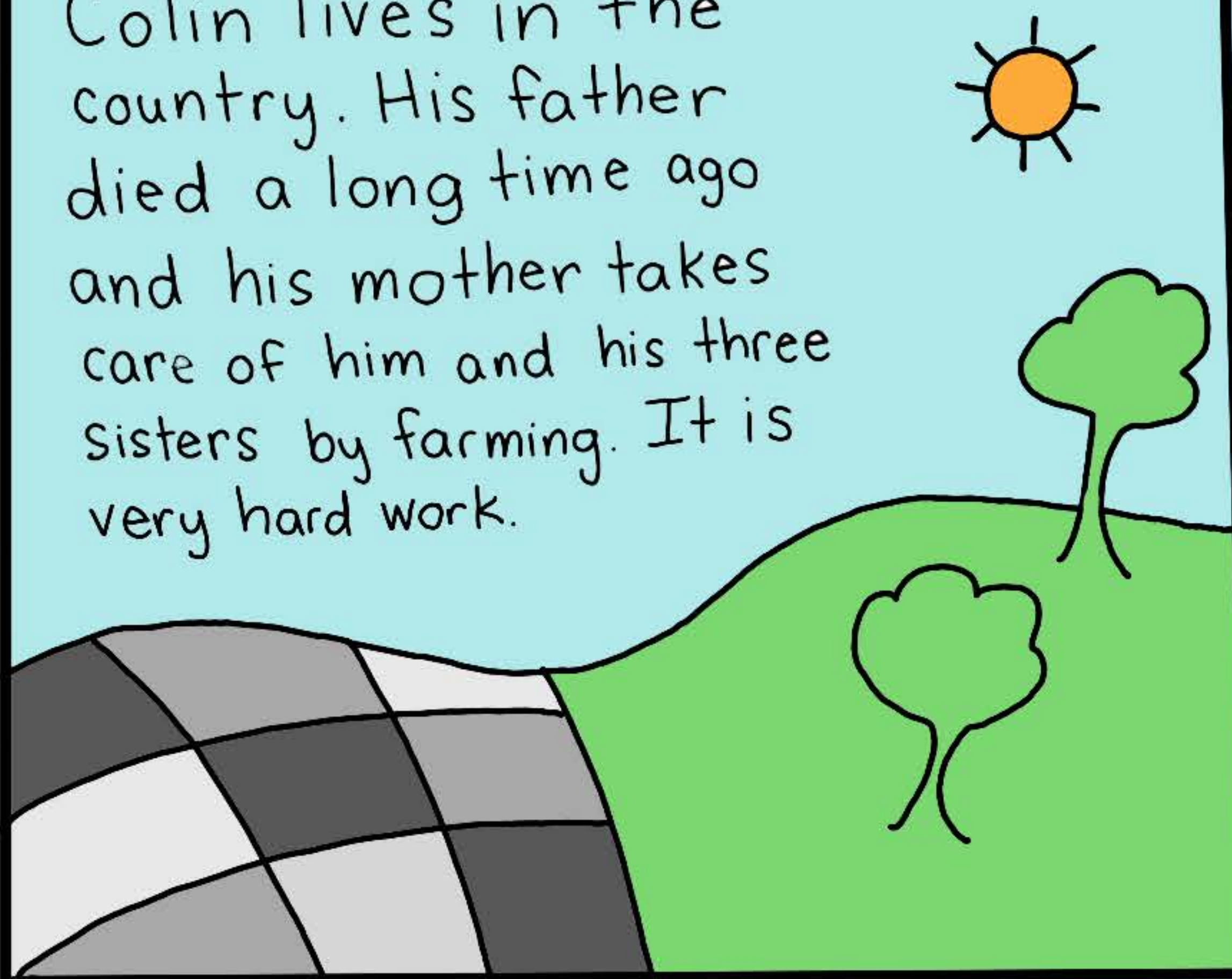
Colin ↘



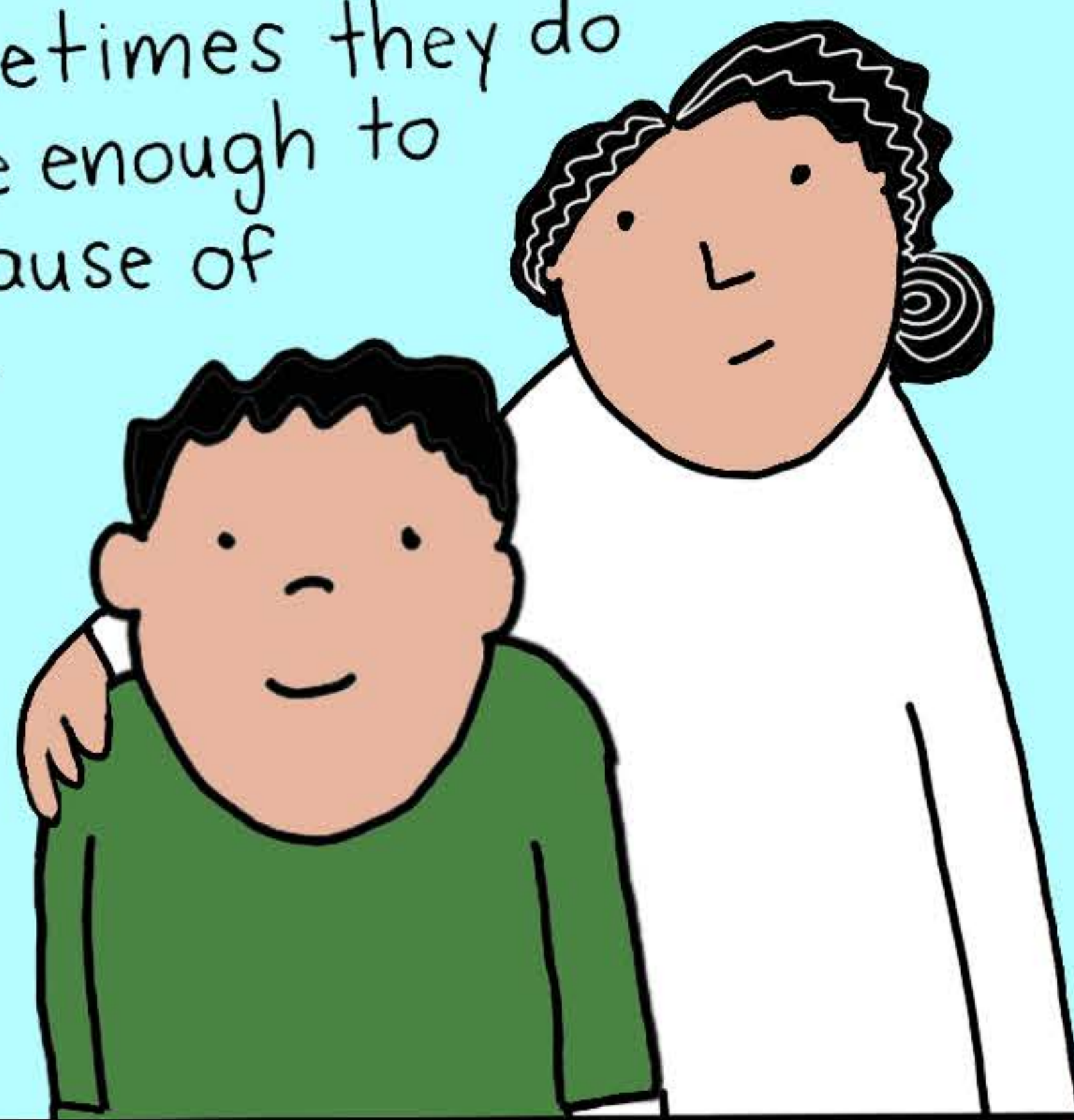
Fatou ↘



Colin lives in the country. His father died a long time ago and his mother takes care of him and his three sisters by farming. It is very hard work.



Colin's mother is kind and loving, but sometimes they do not have enough to eat because of poverty.



Colin's mother gives her children all the food she can, and she works hard to make things better all the time. But Colin is sometimes hungry.



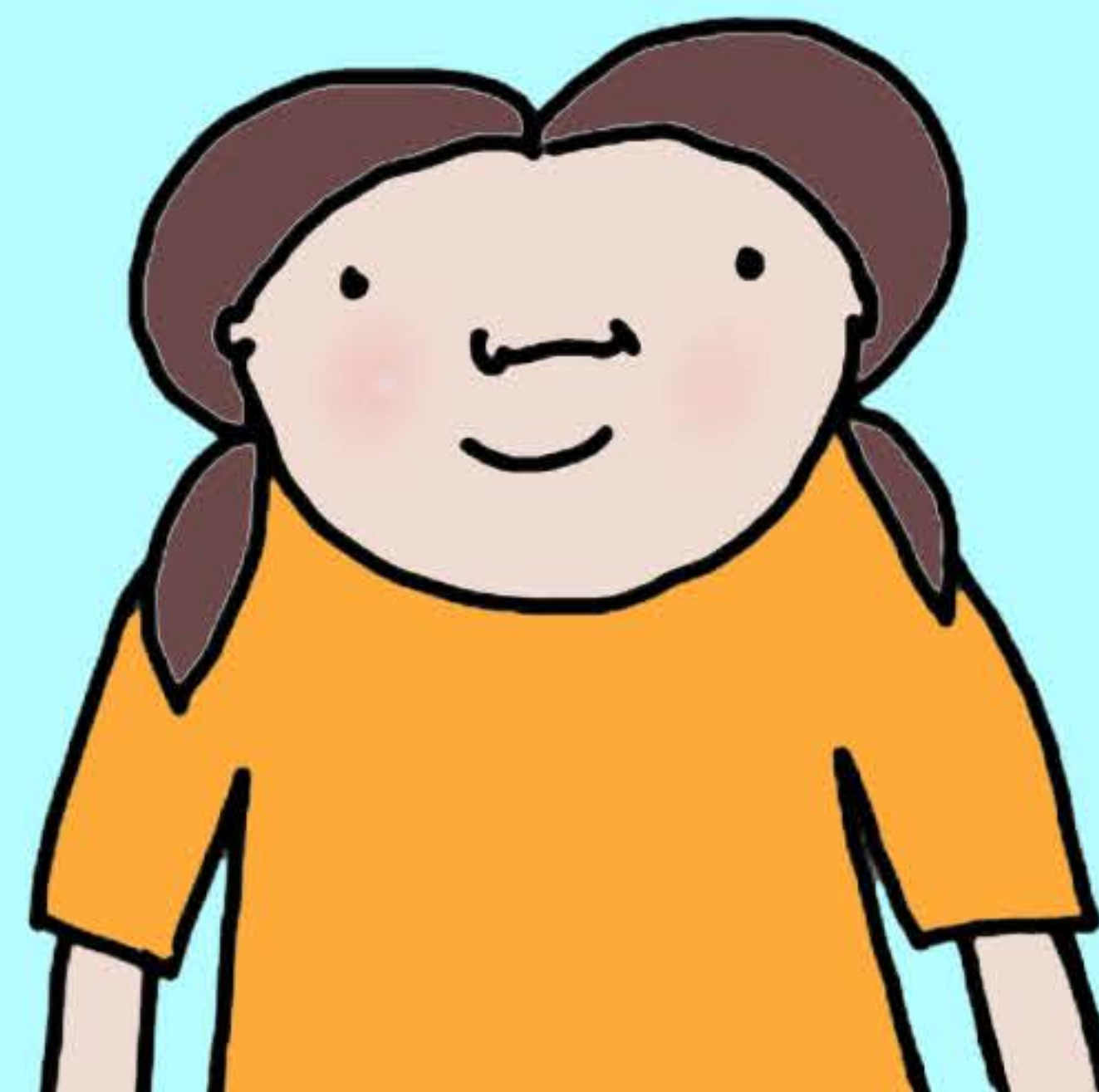
But this isn't neglect, because Colin's mother is giving her children all she can.



Colin's mother isn't withholding things she has from Colin. This is not neglect.



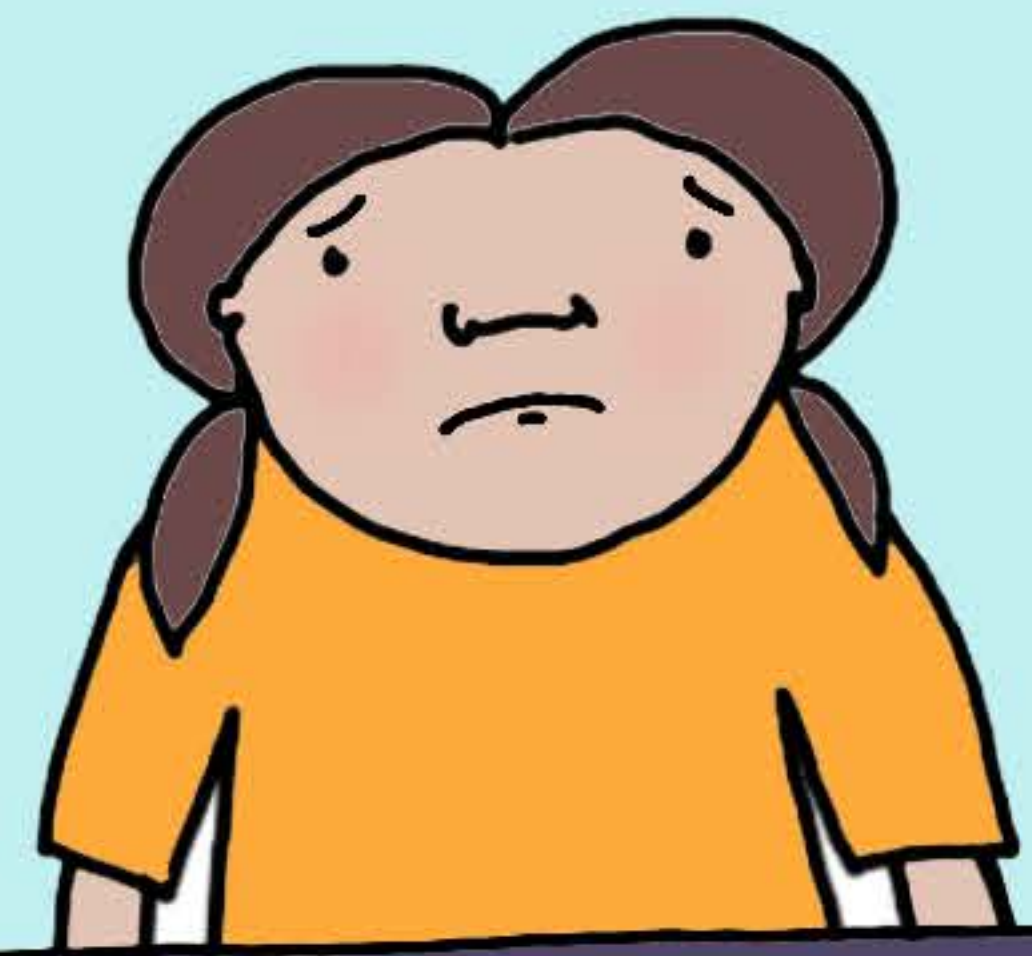
But it is a very different story with Fatou.



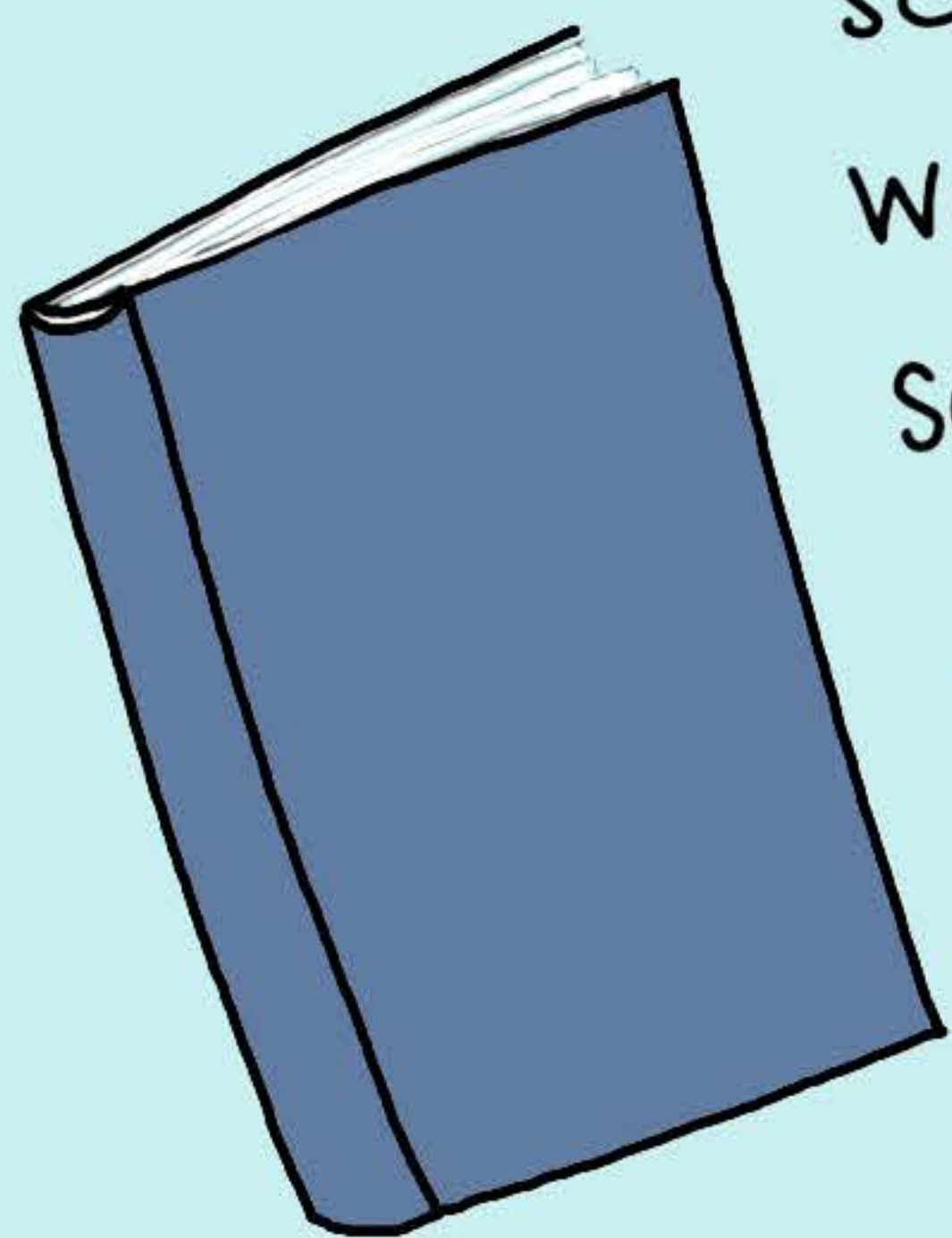
Fatou lives in a house in the city with her parents and brother.



Fatou's parents give her brother all the food and only give Fatou a bit of bread.



Fatou's parents paid for her brother to go to school, but would not send Fatou to school.



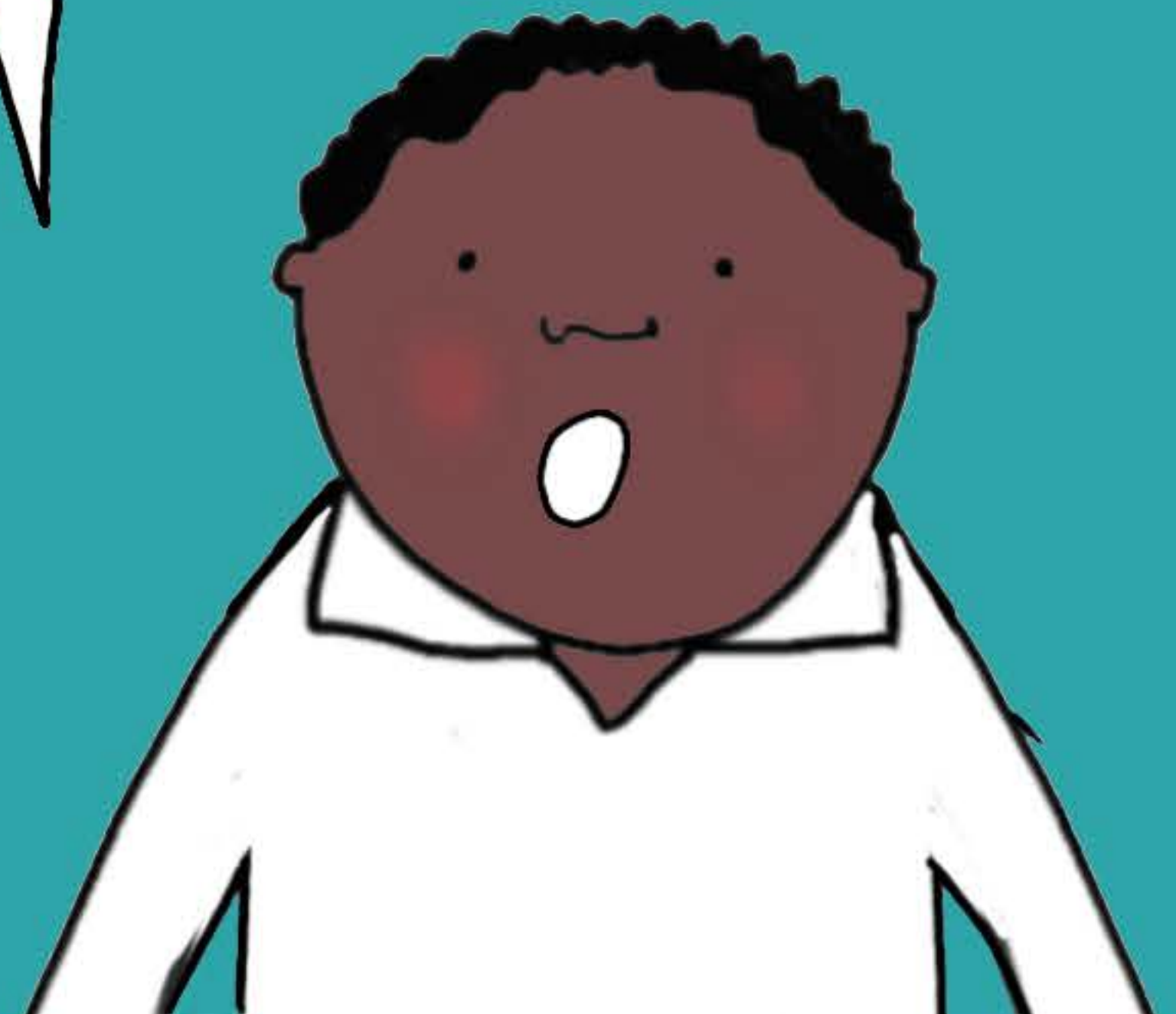
When Fatou stepped on a sharp nail, her parents refused to take her to the doctor. They said she did not deserve medical care.



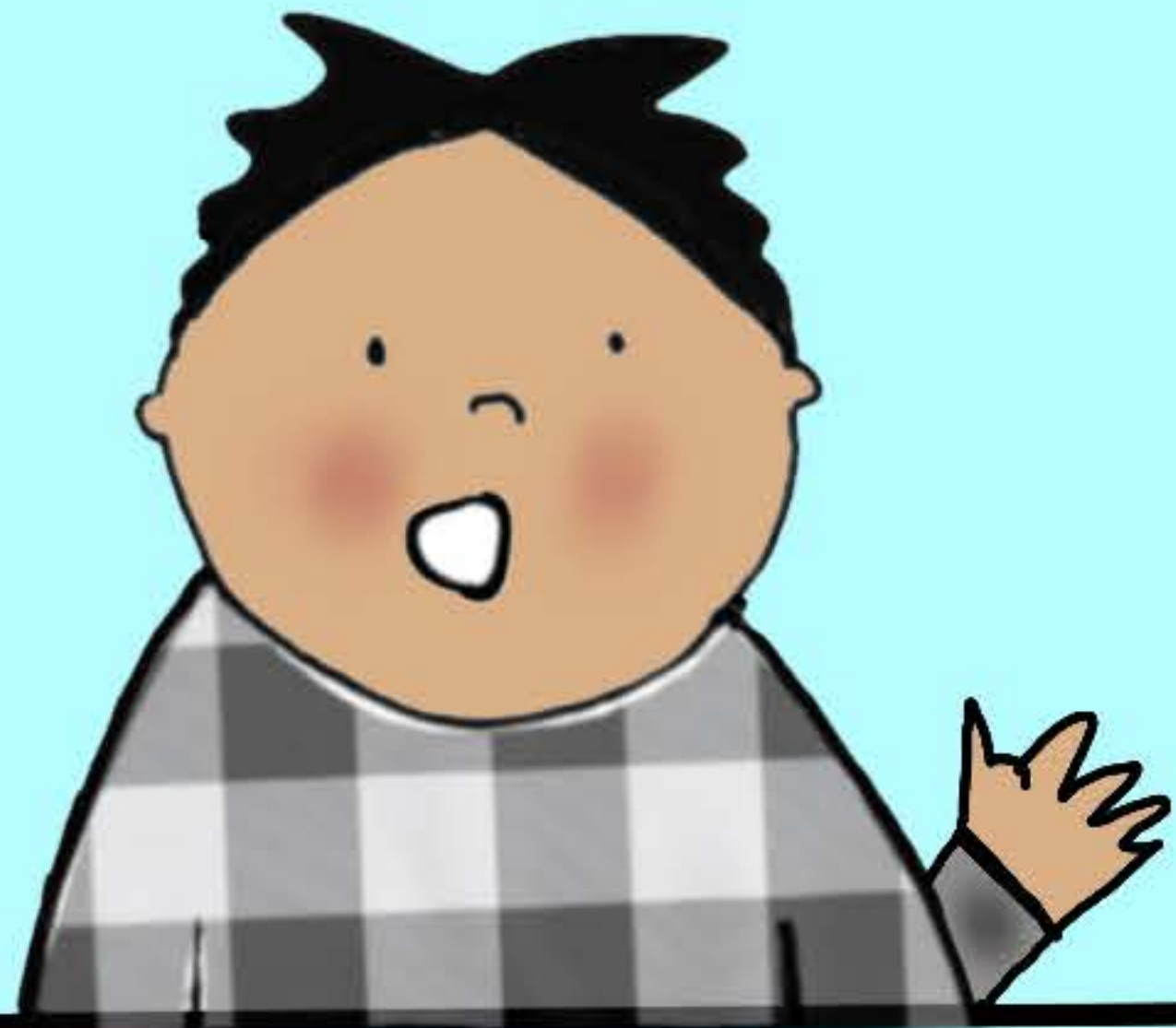
Fatou was sad, hungry, confused and in pain. Her parents ignored her.



That is mean!
That is abuse!



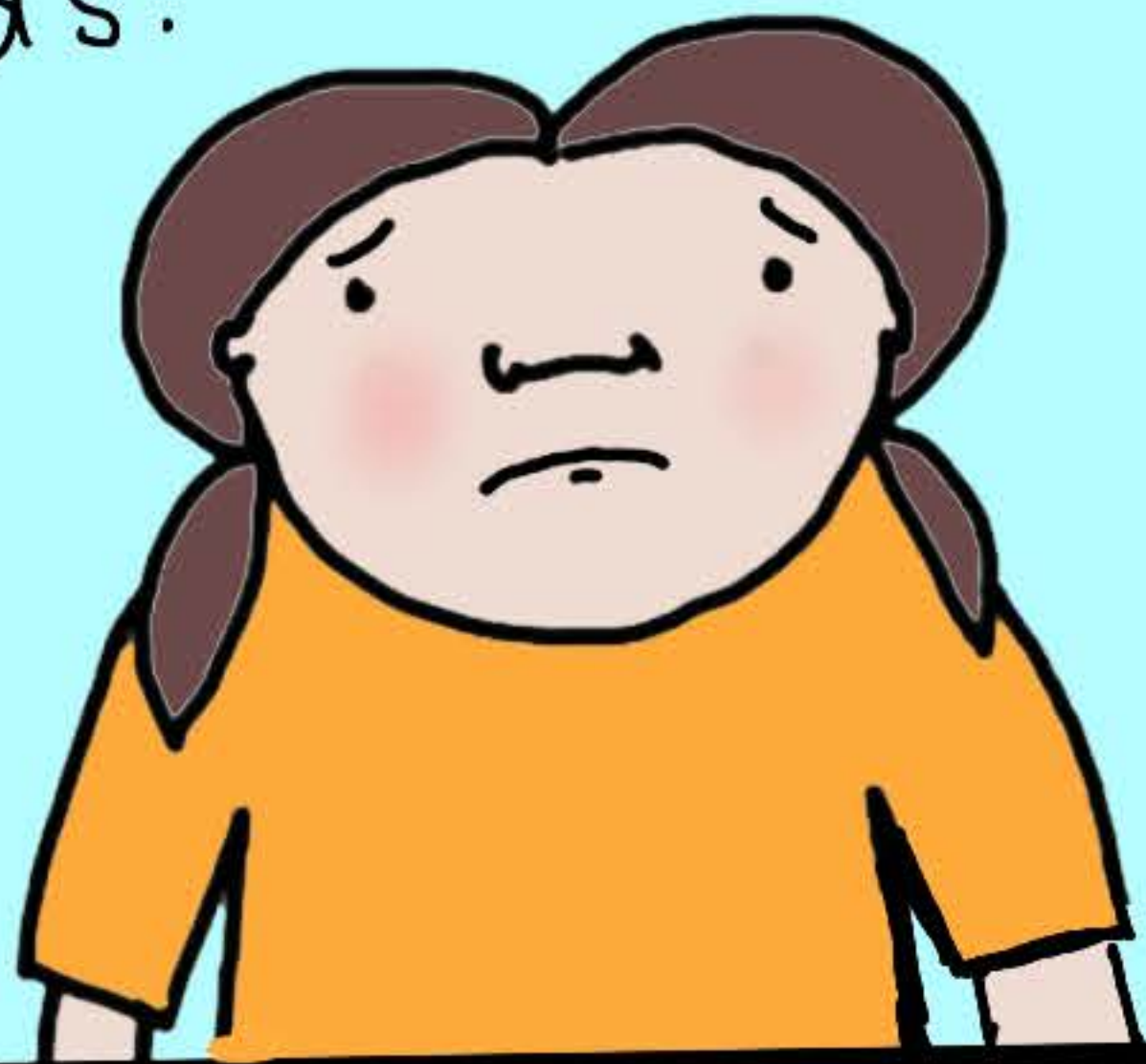
Yes! This is Neglect!



Colin's family is poor but his mother is not neglectful.



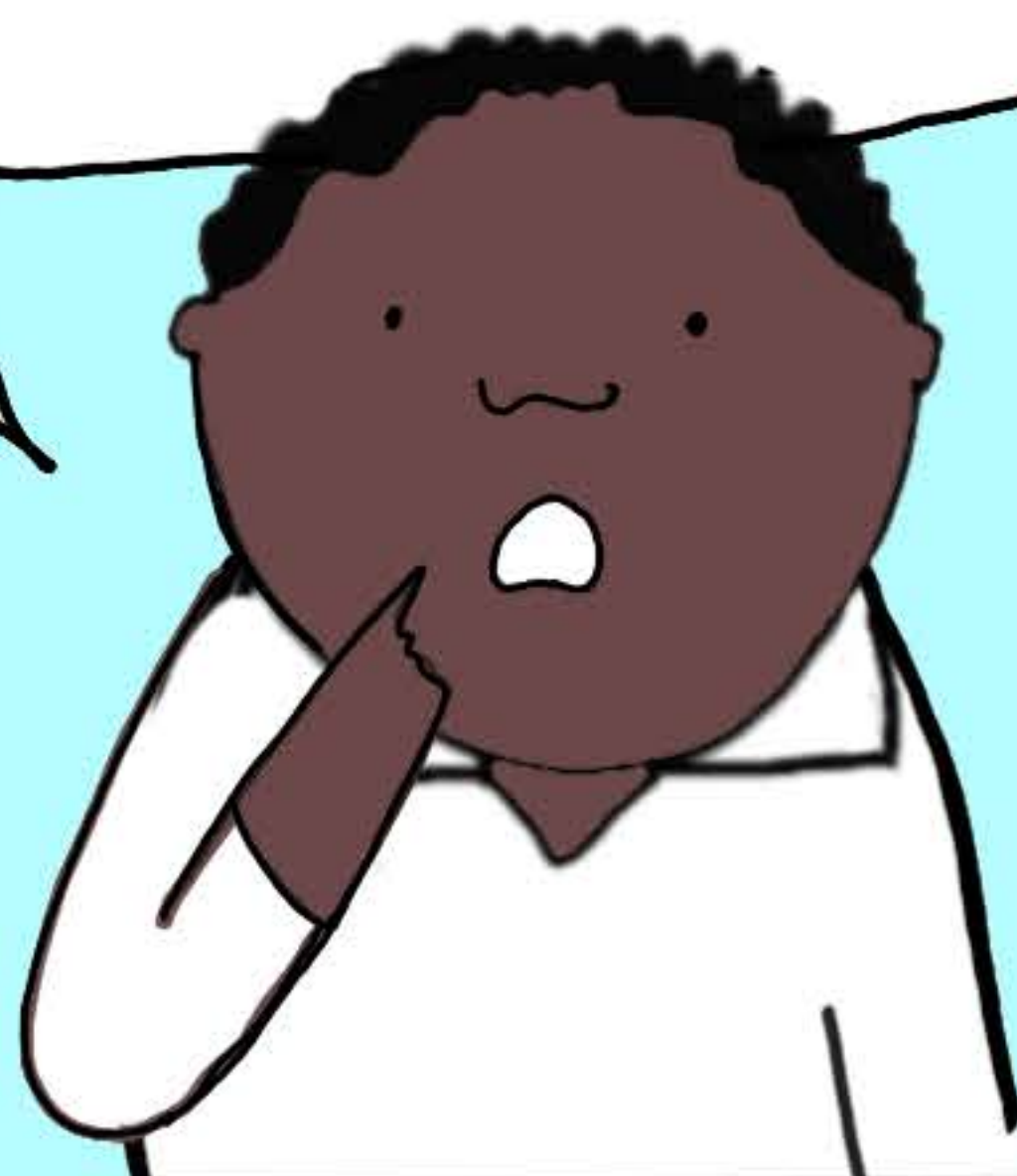
But Fatou's parents have money, food, and other things but choose not to give her what she needs.



I hope Fatou gets help!



But... what if something happens and I feel funny but I am not sure it is abuse? How can I be sure?



It's okay if you are not sure. If there is something bothering you, tell an adult. Your trusted adult can listen and help you. Nobody will be angry with you for talking about your feelings.



Abuse happens everywhere all over the world to all kinds of children. It doesn't only happen to "bad" children.

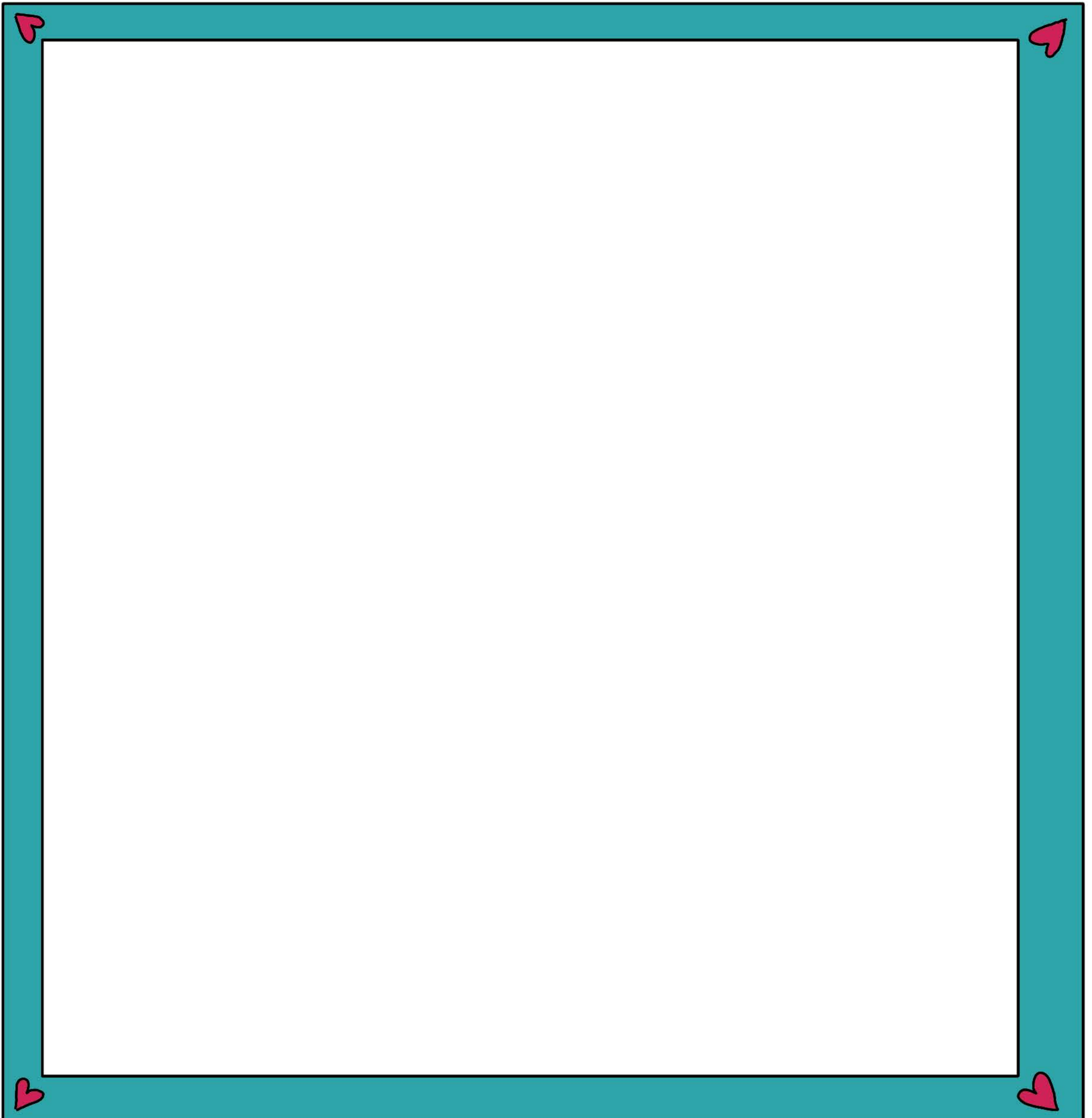
Abuse can happen to children who are rich, children who are poor, children who live in the country, children who live in the city, boys and girls. It is very sad, but

ALL children can protect themselves and their friends by knowing what abuse is and **TELLING** a trusted adult.



You've learned a lot in this book about keeping **SAFE!**
Remember, abuse is never your fault!

Here is a page for YOU to draw yourself and your friends! We keep ourselves safe because we LOVE ourselves. What are some things you love about yourself? Draw those in your picture too!





This book was developed
by Janella Nelson, Childfund International,
in partnership with Sally Campbell Galman
for children ages six to twelve. An
electronic copy can be obtained from
Childfund International's Knowledge
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