

YOU HAVE THE RIGHT TO FEEL SAFE ALL THE TIME

Your body is special and belongs only to you

These are some ways to protect your body:



Wearing a cricket helmet



Brushing teeth



Wearing clothes



Eating healthy food



Vaccination



Shouting or pushing in self-defense



Taking medicine

Touching

Touching, like talking, is an important way of communicating with each other



What are your private parts?

The parts of your body that are covered by undergarments



Safe and Unsafe touches

There are safe and unsafe ways of touching

Safe touches



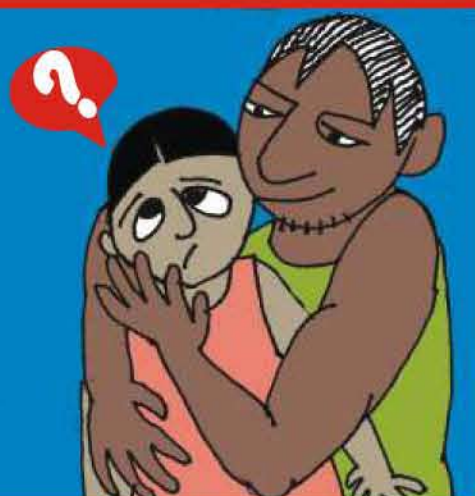
Safe touches are important ways by which parents, teachers or others show they care for you

Unsafe touches

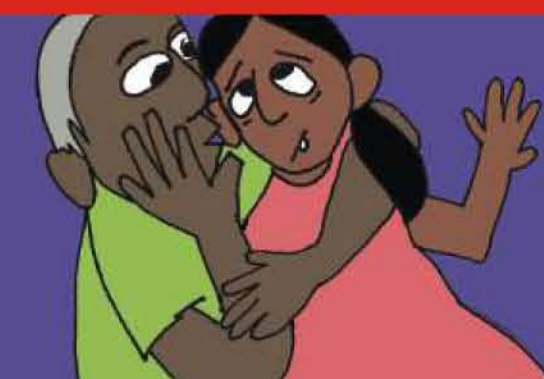
Unsafe touches are those touches that may make you feel angry, scared, dirty, uncomfortable or confused.



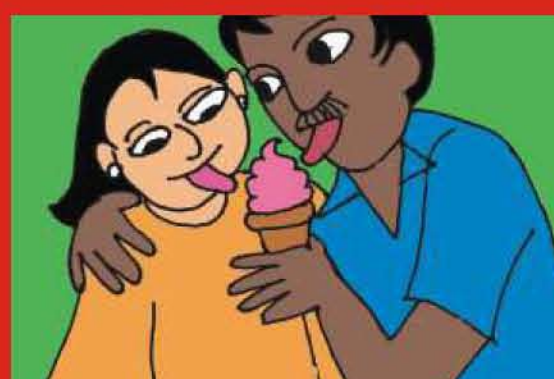
You have the right to be protected from unsafe touches. You may get unsafe touches from some people you know, respect or love.



They could be your friends, relatives, neighbours, people at school or strangers.



They may ask you to keep it a "special secret"



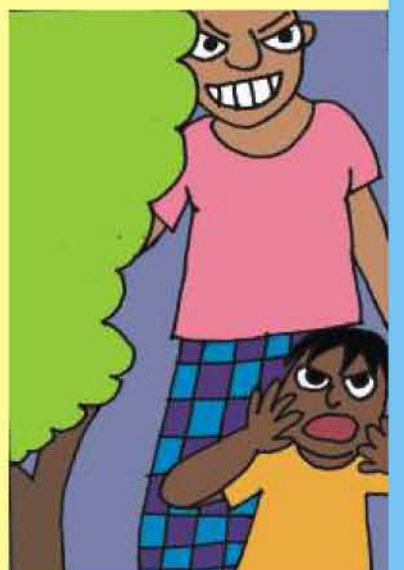
They may give you gifts



Or they may even scare, threaten or blackmail you



Say "No", "Don't" or "Stop it"



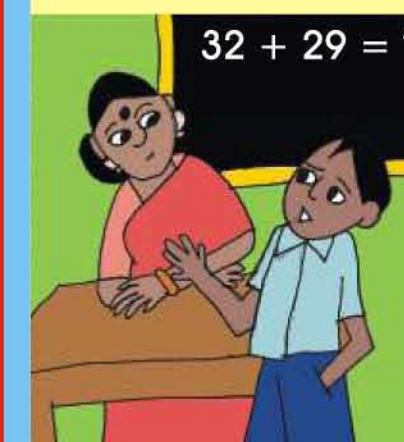
Scream and let others know



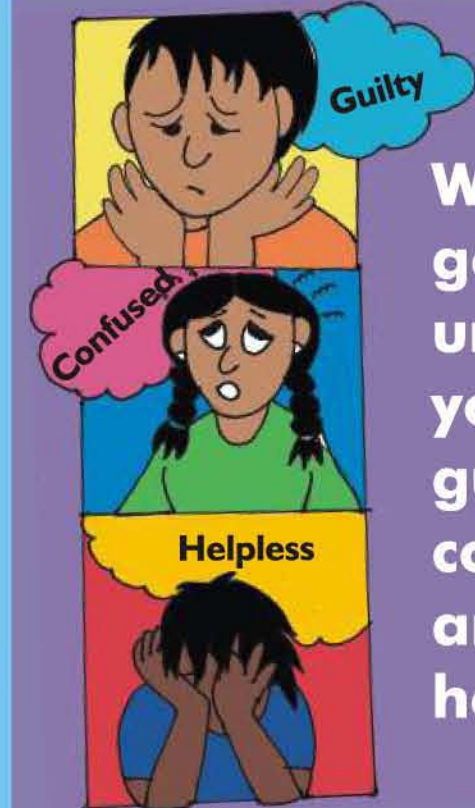
Push the person away



Get away from the person



Tell a trusted adult, who will listen and help you. For Example: Parent, Teacher, or Friend



When you get an unsafe touch you may feel guilty, confused and helpless.

You need not feel "bad", because it's not your fault. Only the person who touched you is responsible.

Here are some smart ways to protect yourself:

Be Smart, Be Safe, Be Happy.

For more information, contact :



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