

Safe You

and  
Safe Me



**Save the Children**





Violence is  
**NOT  
OK!**

A Save the Children  
contribution to the United  
Nations Secretary-General's  
Study on Violence against  
Children

Save the Children fights for children's rights.

We deliver immediate and lasting improvements to children's lives worldwide.

Save the Children works for:

- a world which respects and values each child
- a world which listens to children and learns
- a world where all children have hope and opportunity

ISBN 13: 978-91-7321-227-4

ISBN 10: 91-7321-227-X

Code no: 3360

© 2006 Save the Children

Project Leader:	Lena Karlsson
Written by:	Ravi Karkara, Fahmida Shoma Jabeen, Neha Bhandari
Contributors:	Alana Kapell, Clare Feinstein, Elkane Mooh, Elizabeth Jareg, Rasa Sekulovic, Sofia Hildebrand and Turid Heiberg
Production Management:	Neha Bhandari
Copy-edit:	Liz Kwast and Ragnee Bath
Illustrations:	Sanjay Madnani
Design & Printing:	Format Printing Press, Nepal
Published by:	Save the Children Sweden

This publication is financed by the Oak Foundation, SIDA and the Norwegian Government.

Save the Children Sweden

SE-107 88 Stockholm

Tel: +46-8-698 90 00

Fax: +46-8-698 90 10

info@rb.se

www.rb.se

THIS BOOK BELONGS TO

Name: .....

School:.....  
.....

Grade/Year:.....

ABOUT MYSELF...

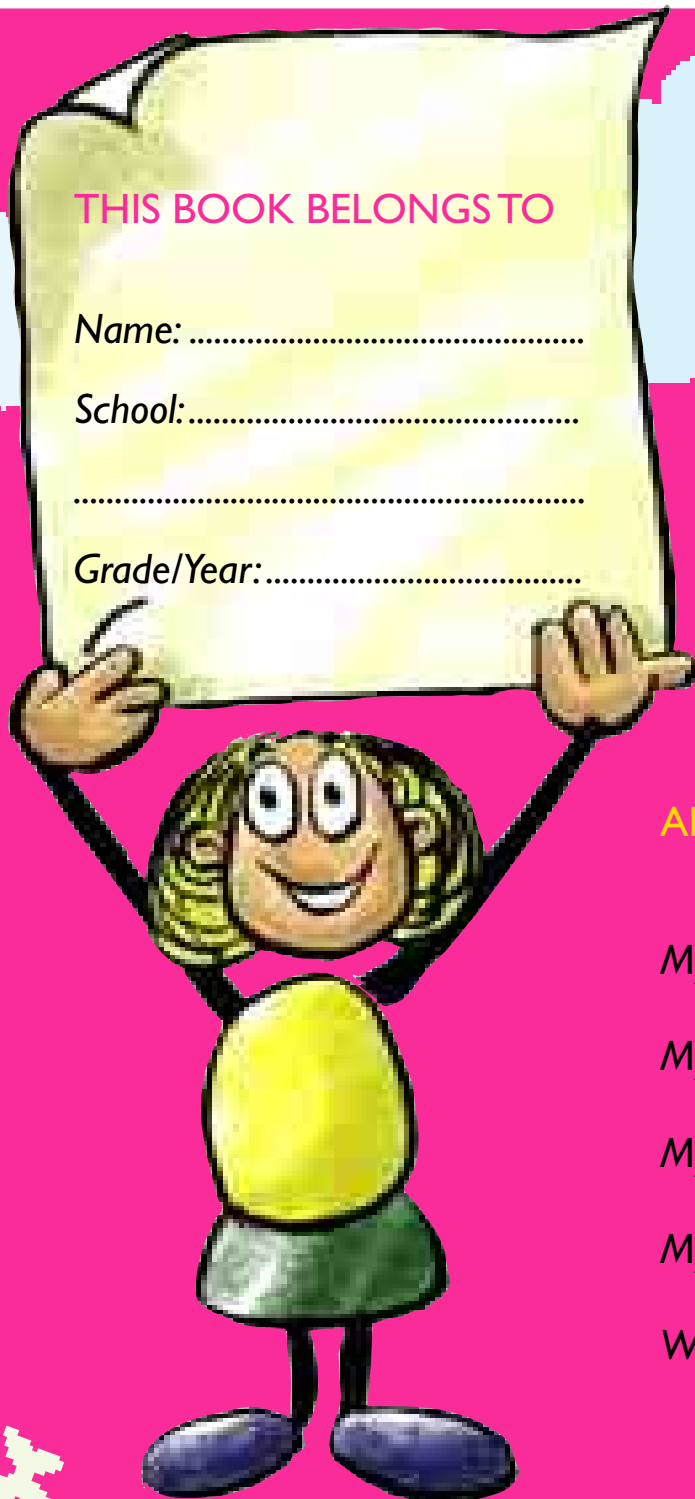
My favourite colour .....

My favourite animal .....

My favourite food .....

My favourite music .....

What I like doing best .....





# Message from Save the Children Sweden's Secretary-General



For Save the Children, it is very important that all children in the world are safe and able to live a life without any kind of hurt or violence. For this reason Save the Children has been an important partner in the United Nations Secretary-General's Study on Violence against Children. (known as the Study, from here on.)

The Study looked at how children and young people face violence all over the world and what can be done to stop it. You will learn more about the Study as you read on.

A special thank to Prof Paulo Pinheiro and to the Secretariat of the United Nations Secretary-General's Study on Violence against Children for the work they are doing to end violence against children.

Many people in Save the Children, all over the world have worked hard on stopping violence against children. I would especially like to thank Save the Children's Global Task Group on Violence against Children and Save the Children's Regional and National Focal Points from all over the world.

Save the Children believes that children and young people know best about themselves. So it is important to ask them what they feel and think. This is why we worked together with children and young people from all over the world on the Study. We would like to thank all of them as well.

Save the Children also believes that children and young people can help to keep themselves and others safe. This can happen better when you know enough about violence. That is why we have written this book, especially for those of you between 7-12 years of age. But other people can read it too. We really hope you find this book useful. As you read on you will learn many things about violence and also what you can do to protect yourself and other children.



So read on and be safe!

**Charlotte Petri Gornitzka**  
Secretary-General  
Save the Children Sweden



## Thank You Friends!

I would like to thank all our friends who have helped us to put this book together. A big thank you to Ravi Karkara, Fahmida Shoma Jabeen and Neha Bhandari for writing this book. Thank you to Alana Kapell, Clare Feinstein, Elkane Mooh, Liz Kwast, Elizabeth Jareg, Rasa Sekulovic, Sofia Hildebrand and Turid Heiberg who helped us make this book better.

Thank you to the Oak Foundation, SIDA (Swedish International Development Cooperation Agency) and the Norwegian Government for giving us money to make this book. Thank you to the team of Tulir, a group that works in India to protect children from sexual abuse, for helping us with the section 'Things you can do to keep safe.'

A special thank you to Sanjay Madnani for the drawings in this book and to Format Printing Press for designing and printing this book.

And of course, how can I forget all my special young friends all over the world who have inspired us to write this book in the first place.

After you have read this book we would like you to tell us what you think of it. There is a form at the back of the book, which you can fill in together with a grown-up and send it to us. We would love to hear from you. It will help us make this book better.

**Lena Karlsson**

Chair of Save the Children's Global Task Group on Violence against Children





# Notes for parents, teachers, caregivers and other grown-ups who work with younger children

This book is especially written for girls and boys between the ages of 7 and 12 years. Older children, adolescents and grown-ups can also benefit from this book.

This book is not meant to equip children with personal safety skills to prevent abuse from happening to them. But it can help children to learn about the types of violence faced by children throughout the world and give them some ideas on how they can protect themselves from violence.

The subject is very sensitive. Working with younger children on this issue should be approached very carefully. It is important that the explanations and the messages you give to children about violence are appropriate to their age and development. Discussing violence with a

7-year-old child will be quite different from discussing it with a 14-year-old child. Encourage children to ask questions and state their opinions.



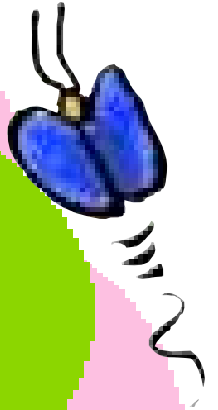
Let the child read each section or the whole book depending on the time available and the child's development stage. Once he/she has finished reading, you can start discussing some of the issues raised.

Some of the terms might be difficult to understand, so it is important that you, as an adult, are there to explain some of the confusing terms.

There are open-ended questions throughout the book, which can help the child explore the subject further. **Adults helping children to read and understand this book may wish to ask questions, but it is important not to force anyone to speak if they don't wish to.**



HURRAY!  
WE START HERE



I have the right to live without  
any kind of violence...  
... I have the responsibility to  
make sure I don't hurt  
others



Hello girls and boys all over the world. This book is for you. If you are a grown-up you can also read this book. It is about violence against children.

Violence is when someone hurts you and makes you feel bad on purpose. If you are being hurt, or know someone who is being hurt, this book will help you.

Read this book with a parent, teacher or a grown-up you trust. They can help you to understand the subject better and help you to learn new words.



This is what you will learn in this book:

## THINGS TO KNOW

- What is violence against children?
- What is the UN Convention on the Rights of the Child?
- What is the UN Study on Violence against Children?
- What did the UN Study find out?

## CHILDREN'S IDEAS

Here you can learn about children's ideas for ending violence against girls and boys.

## CHILDREN'S ACTIONS

Here you can read what other children are doing to stop violence against children.

## THINGS YOU CAN DO TO STAY SAFE

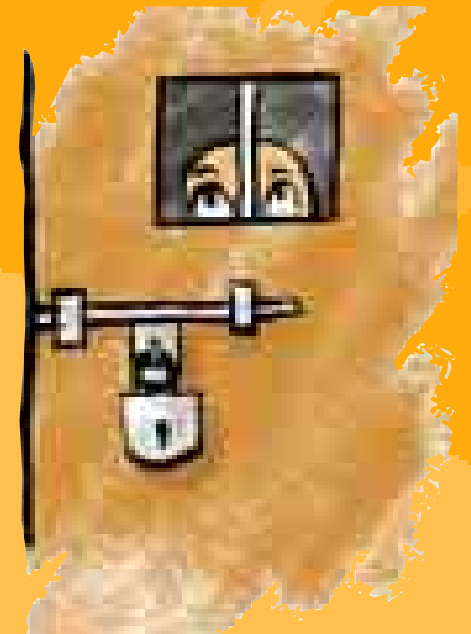
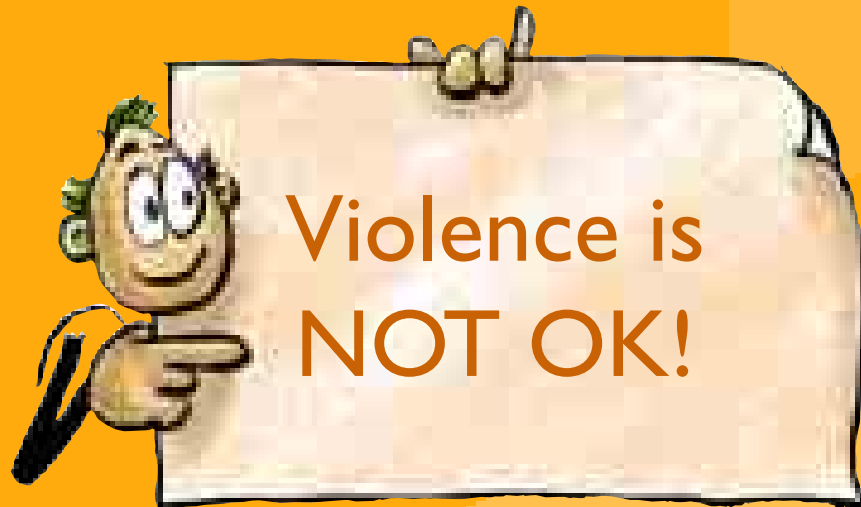
Here you can find some ways to keep yourself and other children safe.

# What is Violence against Children?

Violence is when someone hurts you and makes you feel bad on purpose. It means hurting someone's body or feelings. Even when someone says they will hurt you, it is violence. Violence is also when people hurt themselves on purpose.

There are many ways in which girls and boys all over the world face violence. Sometimes girls and boys are beaten, shouted at, or locked away. At times, girls and boys are touched in ways that they don't like, which makes them feel bad and uncomfortable. As you read on, you will learn more about this.

You must remember that most grown-ups love you and do not want to make you feel uncomfortable.





## OK OR NOT OK?

Can you tell which of the following actions are violence against children?  
If you think the action is OK, put a ✓ on the face. If you think the action is not OK put a X on the face.



Father hugging his daughter.



Mother hitting her daughter for spilling milk on the carpet.



Father beating his son to punish him.



An older boy pushing a little boy from his seat at the school canteen.



Father reading to his child.



A teacher calling a student 'stupid' for forgetting her homework.



A neighbour touching you in a way that makes you feel uncomfortable and uneasy.



An uncle showing his nephew pictures of women without any clothes on.



Your neighbour shouting all the time at the girl who works in their house.



A young boy is put in prison and beaten by the police because he stole fruit in the market.

**Can you think of any other examples of violence against children?**



## What is the United Nations?

The leaders of our countries have promised to keep children safe and healthy. These leaders are members of the United Nations (UN). The UN is an organisation (kind of a club) where leaders from nearly all the countries of the world meet and talk about ways to make the world a safe place. They also want to make the lives of all grown-ups and children better.



## What is the United Nations Convention on the Rights of the Child?

World leaders believe that children are special and have a special place in this world. So they met in 1989 at the United Nations building in New York and wrote a document called the UN Convention on the Rights of the Child (UNCRC). This document says that children have important rights.

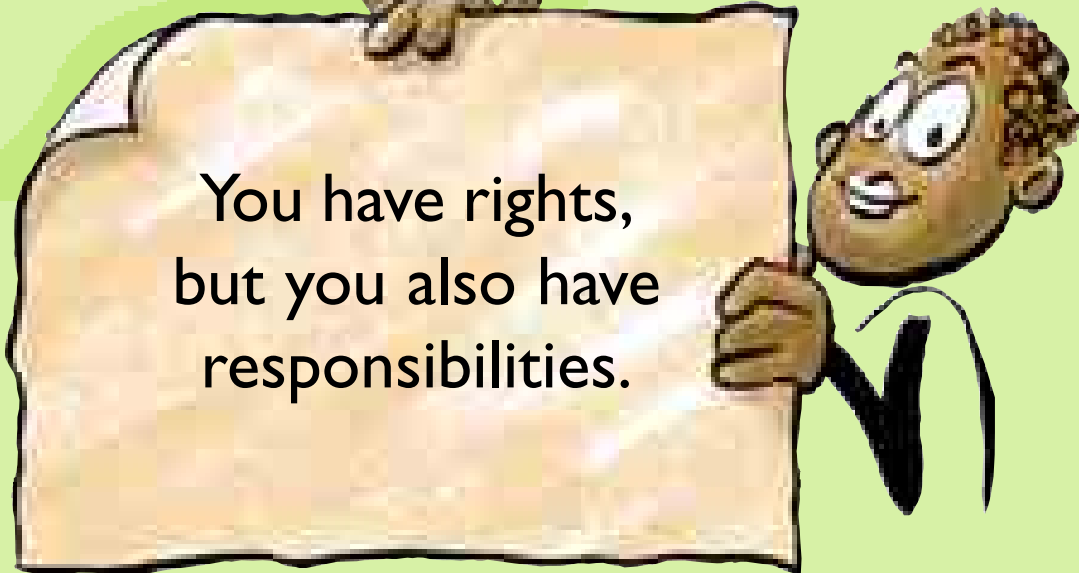




# Do you know your rights?

Your rights are what you must have and what people responsible for you have to do for you. They should all make sure you are happy, safe, healthy, able to study and speak up about things which are important to you.

You have these rights, whoever you are, whoever your parents are, whatever the colour of your skin, whatever religion you belong to, whatever language



You have rights,  
but you also have  
responsibilities.

you speak, whether you have a disability or not, whether you are rich or poor or whether you are a girl or a boy.

Nearly all the countries in the world have signed this document. This means they have promised to do everything they can, to make sure that all children will enjoy their rights.

There is a part in the UNCRC (grown-ups call it Article 19) that says that no one should hurt you in any way. Parents or others who are supposed to take care of you, do not have the right to hurt you and treat you badly.

Your government, parents and other grown-ups should make sure that you are safe from violence. You should be able to get help when you are hurt or treated badly by someone.


**Did you know?**

*In 1919 itself, Eglantyne Jebb, the founder of Save the Children, said that children should have special rights. That is 87 years ago. Save the Children still works for children's rights, to make children's lives better.*



# The United Nations Secretary-General's Study on Violence against Children

The United Nations (UN) has asked Prof Paulo Pinheiro, to find out why so many children all over the world are being hurt and treated badly. This is called the United Nations Secretary-General's Study on Violence against Children.



*A non-governmental organisation is a group of people who work to make the lives of people (children and grown-ups) better. They do not work for the government.*

*Sometimes they also work to take care of forests, seas and lakes.*



The Study looked at places where violence against children happens. These are; at homes, in schools, in places where children live without their parents, in places where they work and in their neighbourhoods. The Study also looked at violence against children who get into trouble with the police.

The Study also looked for ideas on how violence against children can be stopped and how grown-ups, children, governments and non-governmental organisations can help children who face violence in their daily lives.

Many girls and boys from all over the world have been part of this Study. Children have talked about the kinds of violence they know about.

Girls and boys explained that it is important to do things together with grown-ups to prevent and stop violence against children.

No talking about us without us.



This was said by a group of children who took part in a meeting for the UN Study on Violence against Children in North America. The meeting took place in Toronto, Canada, on 3rd June, 2006<sup>i</sup>.

<sup>i</sup> Regional Consultation for the UN Secretary-General's Study on Violence against Children in North America



If you want to know more about the Study, you can look at the following websites, books and film:

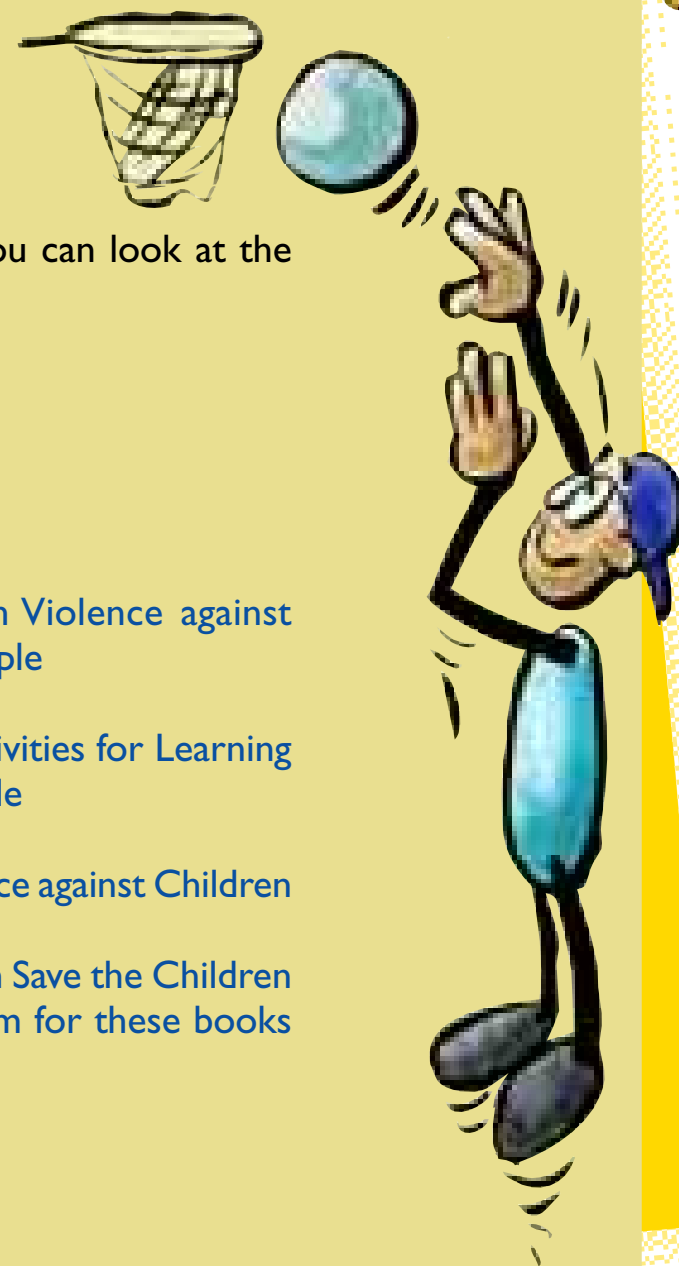
[www.violencestudy.org](http://www.violencestudy.org)  
[www.rb.se/eng](http://www.rb.se/eng)  
[www.crin.org](http://www.crin.org)  
[www.unicef.org](http://www.unicef.org)

United Nations Secretary-General's Study on Violence against Children: Adapted for Children and Young People

Our Right to Be Protected from Violence: Activities for Learning and Taking Action for Children and Young People

Film: ACTION: Children's Actions to end Violence against Children

If you do not have the internet, get in touch with Save the Children or UNICEF office in your country and ask them for these books and the film.



# What did the Study find out?

The people who took part in the Study learned about many kinds of violence children see and feel everyday.

## Physical Punishment

Mothers, fathers, other family members, teachers and other grown-ups who are supposed to take care of children often punish children in a way that hurts their body and also their feelings.

I really get angry when I hear people saying 'If your mother hits you, this will help you grow up'.

A boy from Romania<sup>ii</sup>



<sup>ii</sup> "Children Say NO! To Violence", A brochure, Save the Children Romania, 2005

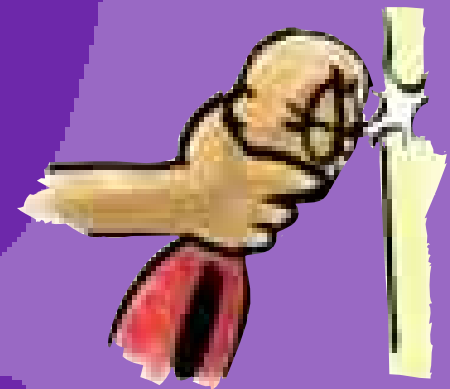
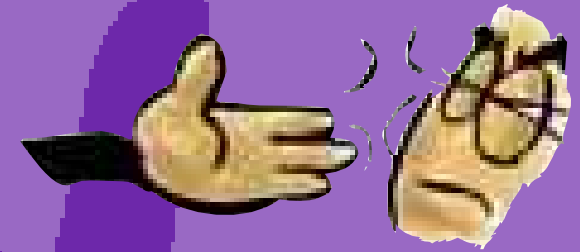
For example,

- Hitting, throwing, kicking, choking, or shaking a child,
- Beating a child with a belt, cane or wooden spoon,
- Burning a child with a match, cigarette, or hot water,
- Locking a child in a closet or in a dark room,
- Pulling a child's hair.

**Can you think of any other ways in which children are physically punished?**



**Do you think physical punishment is the only way to tell a child, what he/she did was wrong?**



*Some grown-ups think physically punishing a child is alright to correct a child's behaviour (disciplining).*

**BUT THIS IS NOT RIGHT!!!!**

*Physically punishing a child can make a child think badly about himself or herself. They think, "I'm naughty and bad, so that's why mummy is hitting me; it's my fault".*

*It may also makes a child afraid of the person who punishes him or her.*

*It can also make children think it is alright for them to hit and hurt others.*



## Verbal Abuse

Verbal abuse is when someone uses words to hurt children's feelings or to control them.

Some examples of verbal abuse are:

- Yelling or shouting,
- Calling the child stupid, ugly or other bad names,
- Saying to the child that no one loves him or her,
- Threatening a child,
- Blaming a child.

These kinds of things can make you feel bad and very small, especially when it is said by someone you love!



# MATCH THE FACE

Can you match the sentence to the face. How would you feel if someone said to you...

"You are clever."



"You are no good to us because you have only one hand."



"If you tell someone about our secret, I will lock you in the garage forever."

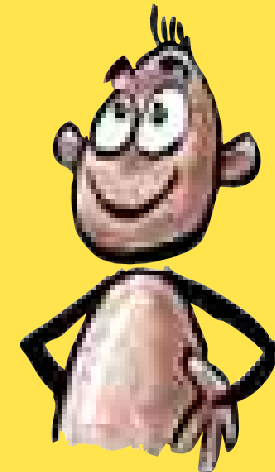


"I liked the way you drew that picture."

"Thank you for helping out. You are very helpful."

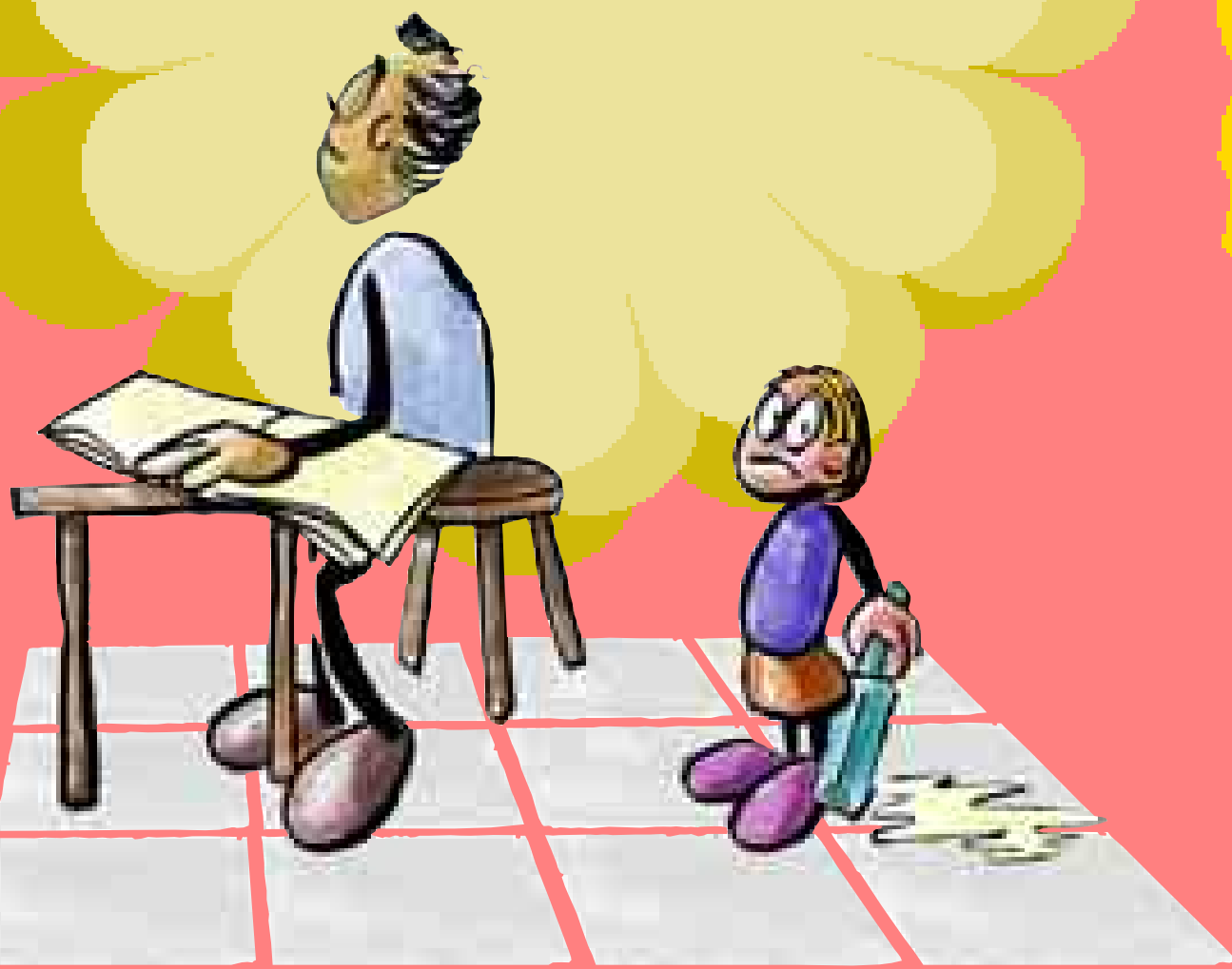


"You never do anything right."



## Neglect

When parents, family members, teachers and other grown-ups, don't show children love and care, it is known as neglect.



Some examples of neglect are:

- Not speaking with a child or answering his or her questions,
- Leaving a child alone for a long time,
- Not giving enough food to a child.

**Can you think of other ways in which children are neglected?**



## Sexual Abuse (Sexual Violence)

Sexual abuse is a kind of touch or behaviour that makes children feel uncomfortable and bad.

Some examples of sexual abuse are:

- Touching a child's private parts. These are parts of the body which we do not normally show to other people,
- Making a child touch his or her private parts or someone else's private parts,
- Having sex with a child,
- Showing a child magazines or films which show pictures of people with little or no clothes on,
- Telling a child 'dirty' stories or 'dirty' jokes.



Often, people do not like to talk about sexual abuse or sexual violence. They want to hide it and keep it a secret because they are ashamed. Most sexual abuse of girls and boys is done by people they know and trust.

**What would you do if a friend tells you that he or she has been sexually abused?**

**The last part of this book tells you how to keep yourself safe!**



## FIND THE WORD

Why don't you try filling in the blanks below? There are letters at the end of each sentence which are mixed up. Try and make words with them to complete the sentence.

For example,

It is not your \_\_\_\_\_ if someone sexually abuses you. (A T U F L)

So the answer will be,

It is not your **FAULT** if someone sexually abuses you.

1. I have the right to be \_\_\_\_\_ (E S F A)
2. You have the \_\_\_\_\_ to say NO (I T H R G)
3. It is \_\_\_\_\_ too late to tell (V E N E R)
4. Tell someone you \_\_\_\_\_ (R T U S T)
5. Your \_\_\_\_\_ belongs to you (Y D B O)



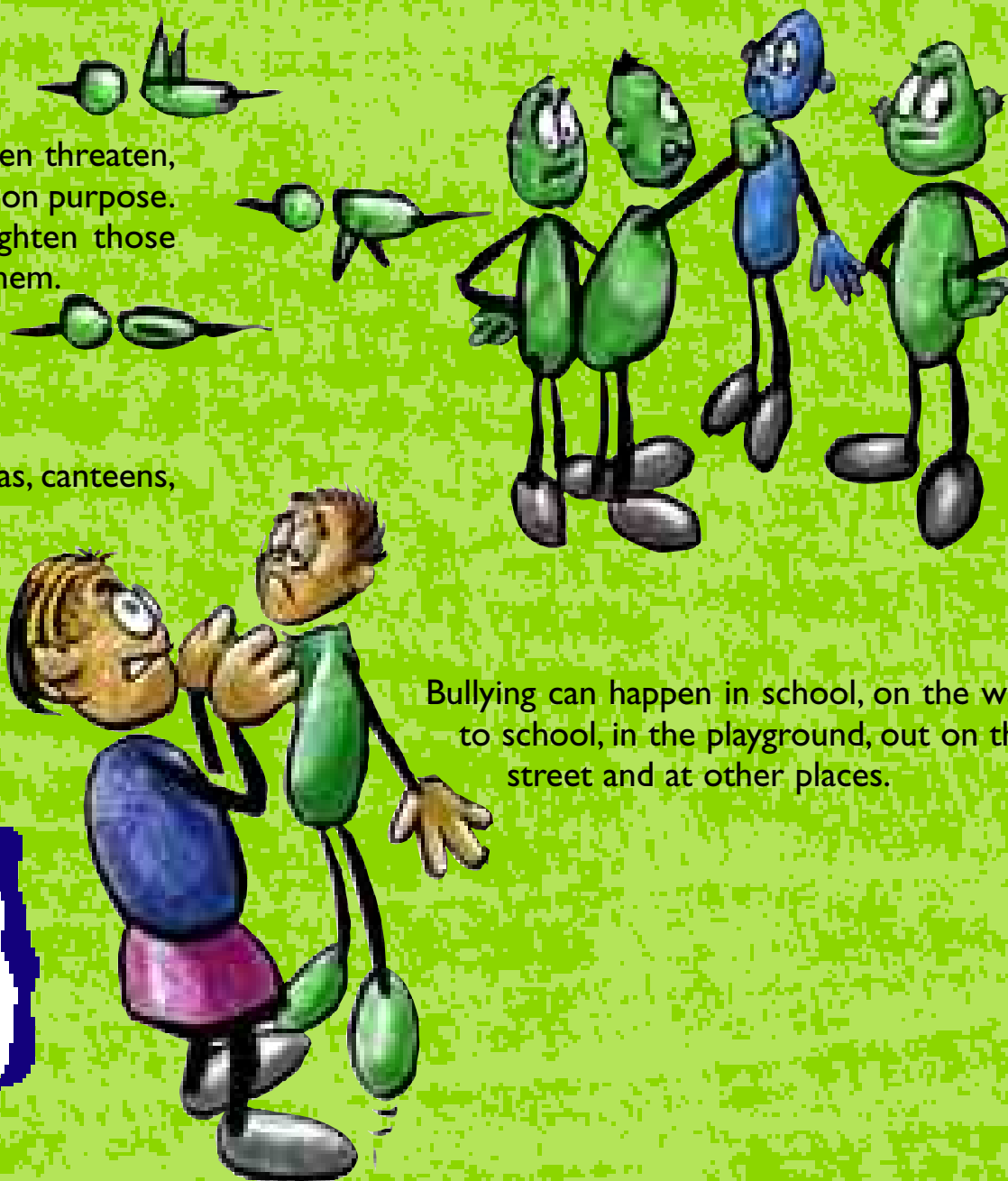
## Bullying

Bullying is when a child or a group of children threaten, humiliate or harm another child or children on purpose. Bullies are usually children who try to frighten those children who are weaker and smaller than them.

Some examples of bullying are:

- Making fun of somebody,
- Chasing younger kids away from play areas, canteens, or seats,
- Kicking, pinching and threatening another child or children.

**Can you think of any other ways in which girls and boys are bullied?**



Bullying can happen in school, on the way to school, in the playground, out on the street and at other places.

## Violence against children who get into trouble with the police and the law

Girls and boys who misbehave can be arrested by the police and locked in prison or put in children's homes. Sometimes police arrest children, just because they are poor, for reasons like stealing fruit from the market or selling something on the street.

These are some examples of how girls and boys are hurt after they get into trouble with the police:

- In many countries children are kept with grown-up prisoners who may physically, mentally or sexually hurt them.
- Sometimes they are beaten up by the police or prison guards.
- In some places child prisoners are kept in dirty prison cells where there is very little room for them.
- Often they do not get the chance to learn and play.

*Instead of putting children in prison, children should be helped to understand, that what they did was wrong. They must be helped to solve their problems. The police and jail guards must make sure that no harm happens to the children. They must know about children's rights.*



## Children's Ideas

As part of the UN Study on Violence against Children, girls and boys took part in meetings all over the world. In these meetings, girls, boys and grown-ups were asked what can be done to stop violence against children.

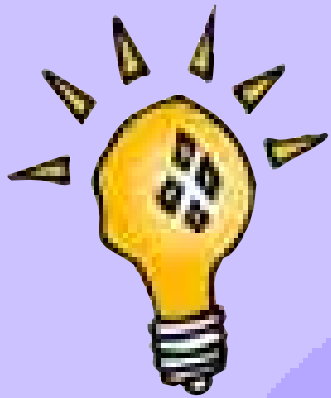


### Children's ideas to stop physical punishment and verbal abuse

- Stop physical punishment and verbal abuse by making laws.
- Teach grown-ups to bring up children without hurting them.
- Grown-ups should respect children and behave nicely with them.







**CHILDREN ALSO SAID, THEY  
WOULD LIKE TO BE INVOLVED  
WHEN ADULTS PLAN AND TAKE  
ACTIONS AGAINST VIOLENCE.**

### **Children's ideas to stop sexual abuse**

- Grown-ups who sexually abuse children should be punished.
- There should be telephone numbers which children can call, to talk freely about sexual abuse.
- There should be places where children can report sexual abuse and get help.
- Teach children how to be safe from a very early age - like through this book.



# Children's Ideas to stop Violence against Children in places where it happens most often

As you read on, you will learn what girls and boys have said about stopping violence in the following places:

## HOMES

## SCHOOLS

**CHILDREN'S HOMES** (These are homes for children who are not living with their mother or father, such as prisons and orphanages)

## PLACES WHERE CHILDREN WORK

## NEIGHBOURHOOD and STREETS

## Children's ideas to end violence in homes and families

- Mothers and fathers should listen to us and take us seriously.
- Teach mothers and fathers about how to bring us up without being violent. Explain to us when we do something wrong and guide us to behave better.



### Children's ideas to end violence in schools

- Teachers should teach, in ways so that children can easily understand and enjoy learning.
- Teach children about their rights and responsibilities.
- Grown-ups in schools should help children who have been abused.

### Children's ideas to end violence in children's homes

- Do not treat children who get into trouble with the police as thieves.
- Do not keep girls and boys in prisons.
- Children who are misbehaving should be helped to change their behaviour.

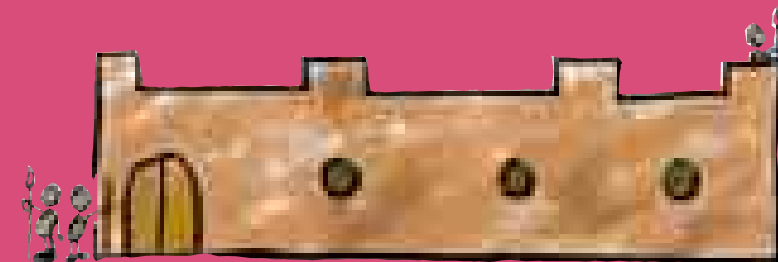
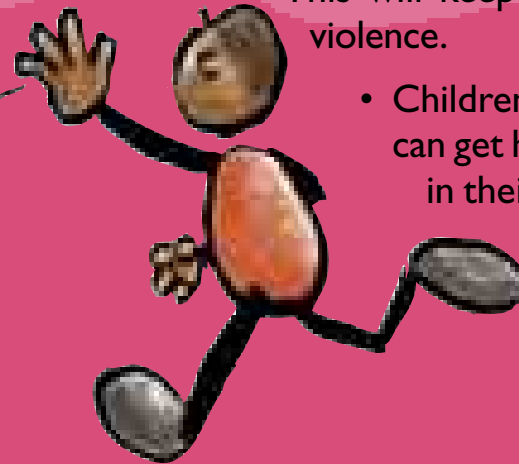


### Children's ideas to end violence in places where they work

- Punish people who make child workers work very hard.
- Help working children to go to school and learn.
- Employers should take care of child workers health and they should not hurt them.
- Children should not work in dangerous places.

### Children's ideas on how to stop violence in their neighbourhoods and streets

- Grown-ups should help children to form clubs or groups. This will keep many children away from violence.
- Children need to know where they can get help when they see violence in their neighbourhood or on the street.



# Children's Actions

When we see violence we shouldn't say we can't do anything. We can do something and we should do something.

A girl from Macedonia<sup>iii</sup>. Macedonia is a country in South-East Europe

We will tell you about some of the things that girls and boys, all over the world, are doing to stop violence against them. Many girls and boys in different parts of the world have set up groups, to stop violence.

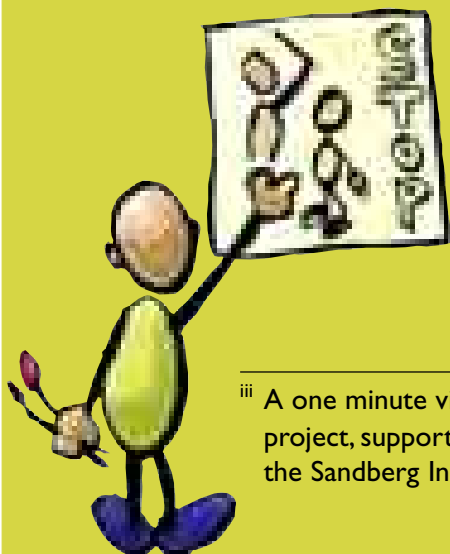
A group of older girls and boys in Hong Kong are talking with other children and grown-ups about violence in homes.

In Yemen, children and grown-ups, met with the police. They told the police that children should not be locked up in police stations.

Girls and boys in Nicaragua and Bangladesh made television shows to let people know about physical punishment and sexual abuse and how it hurts children.

Do you know that girls and boys in Romania, celebrate a special day 'Day against Violence' on 5 June every year? Isn't that cool?

Oops! We forgot to tell you where these places are. Look for these places in your atlas. You can ask a grown-up to help you.



<sup>iii</sup> A one minute video made by young people under the OneMinutesJr project, supported by UNICEF, the European Cultural Foundation and the Sandberg Institute

## ANNA'S STORY

Now we are going to tell you a true story of how a group of children were able to help a friend who was sexually abused by a teacher. This happened in Zambia. Do you know where Zambia is? Zambia is a country in southern Africa.



Meet



We have changed the names and made up the conversations. But the story is true.

33

Why are you not coming to the school club anymore, Anna?

Chisala, I just don't feel like going there anymore.



You must come. We are going to talk about children's participation this week. This means that when we make suggestions about important things in our lives, grown-ups have to listen to us and take what we say seriously.....

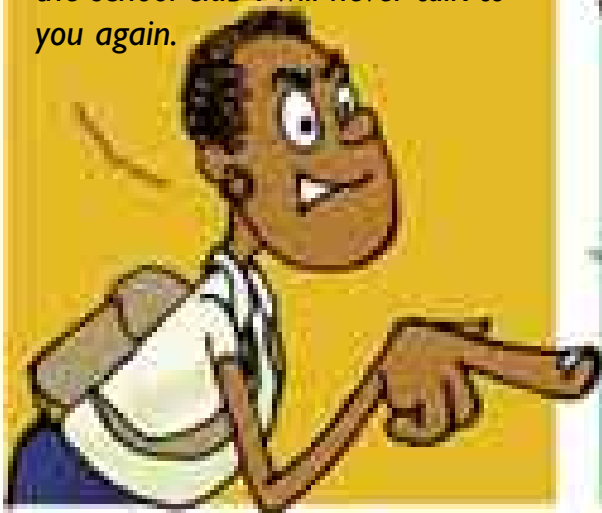


You must come.

No, I am not coming.



*You are a spoilsport. We need your help. You don't even play with us anymore. If you don't come to the school club I will never talk to you again.*



*Fine.*

*Fine.*



Chisala talks about Anna with other girls of the school club.

*I am really worried about Anna. She looks so sad and lonely these days.*

*I bet she is in love.*



*Let's go and talk to her.*

*I bet not.*



What's wrong with you Anna? You don't come to the club anymore.

And you hardly ever talk to us or play with us. There must be something wrong.



Are you in love?

No, Thandi. I thought Chisala was not talking to me anymore.

I am your best friend. How can I not talk to you?



Anna talks about their teacher Mr Banda, who teaches them children's rights.

One day he called me into his room and asked me to help him clean his bookshelf. He first held my shoulders and then he put his hands under my blouse. I felt so confused and then yucky.

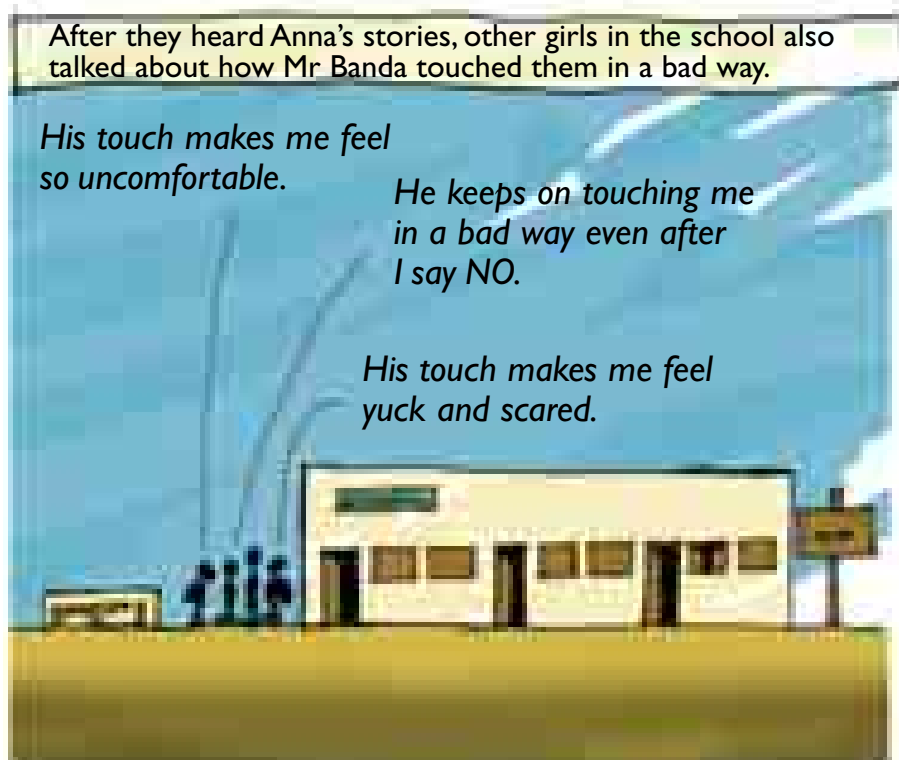
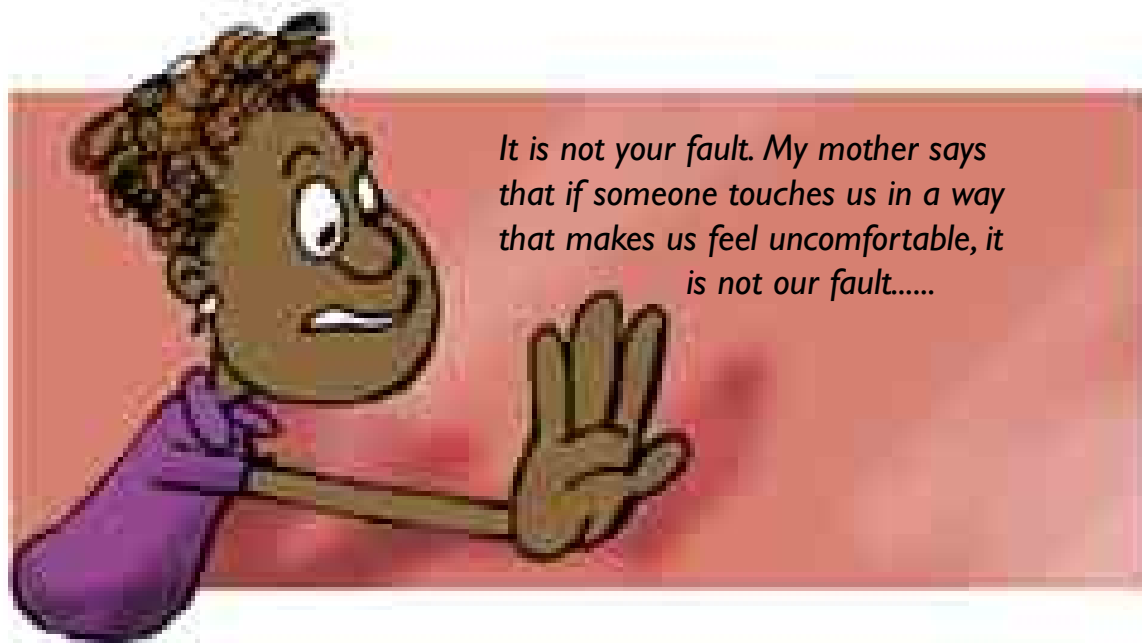


Another day he found me alone in the school corridor after school. He pushed me aside and touched me under my clothes again.



It is alright. We understand you are hurt. We will help you.







Mr Banda pretends to look confused.



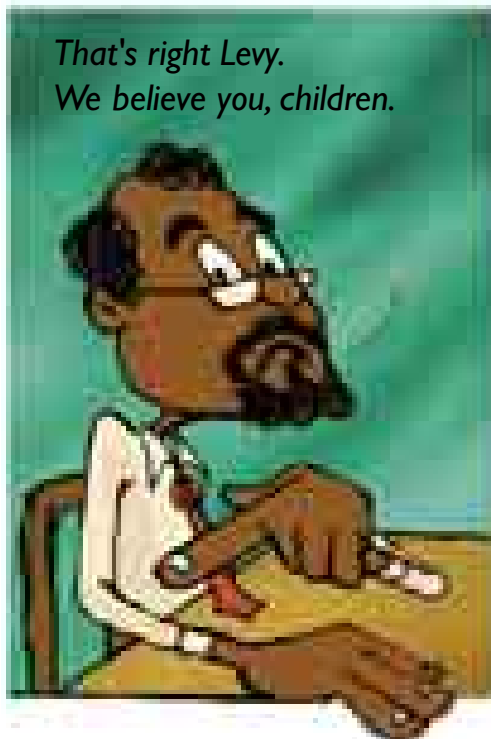
I didn't do it. These girls are lying. They are making up stories.

We believe our friends and not you. We will not let you hurt our friends anymore.

We are not afraid of you anymore.



That's right Levy. We believe you, children.



Mr Banda is taken away by the police.



Thank you girls and boys for speaking out. It is important to tell us when someone is hurting you, so that we can protect you.



## PREETI'S STORY

Here is another story of how a group of boys use plays, songs and games to end early marriage of young girls in their neighbourhoods in India<sup>iv</sup>.



Cool. Who is the unlucky guy?

Raju, don't be mean. My mum said that Preeti is only 12-years-old and she is too young to get married.

I thought weddings were fun. Nice food, lots of people wearing nice clothes. She will wear new clothes and lots of jewellery.....

.....Hey, I might get new clothes too.



<sup>iv</sup> This is a children's group in Gorakhpur, India, supported by MASVAW.

And do you know what will happen to her?



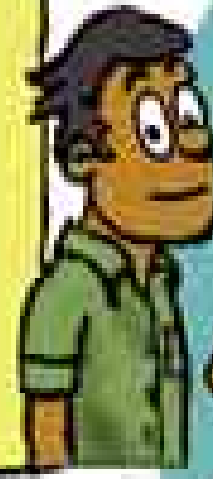
She will have a cute baby and the baby will call me Uncle Raju.



Raju, you are 12-years-old, so why don't you get married?.....



.....You can wear beautiful wedding clothes and your baby will call you Dad.



Hey, I am too young to take care of a wife and a child. Besides, I want to study. I have many years left to finish school.....



.....I want to play in the fields, in the river, and climb trees. You don't see married guys doing that, do you?



And Preeti isn't she too young? What makes you think she doesn't want to finish her school? You think she doesn't want to play with her friends?



Gee, I never thought of it that way.

Do you remember what happened to Seema after she got married?

Where has she disappeared? She doesn't play with us anymore.

She is not allowed to play with us anymore. She has to cook, clean, help her husband's family around the house, carry water from the river, and do much more work.

She is not even allowed to go to school and she will be beaten if she ever talks to boys.

Why don't you tell your dear friend Raju about the beatings she gets from her husband and his family?

Seema's family could not give the amount of dowry demanded by her husband's family, so they often beat her.

A dowry is money or gifts that the bride's family gives to the groom's family. If the police find out that the groom's family took money from Seema's family, her husband will go to jail.

What is dowry?

Then we must stop this marriage.

How?

I know this group of boys in Gorakhpur who make plays, songs and games to let people in the neighbourhood know about early marriage, dowry and other forms of violence against girls. Sometimes they ask girls and people in their neighbourhood to join in with them.



Let's do this!

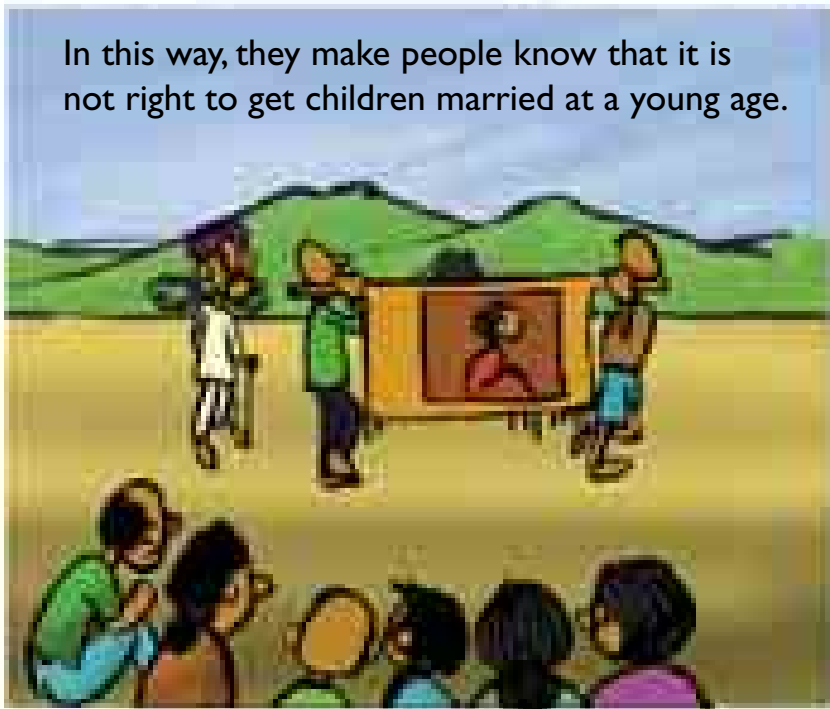


The following day, Mina, Rohit and Raju meet the boys in Gorakhpur. The boys are very happy to help them. They play and sing in front of Preeti's family. Mina, Rohit and Raju also take part in the programme.



41

In this way, they make people know that it is not right to get children married at a young age.



These girls and boys are right. I think we should listen to them and stop this marriage. Let Preeti finish her school and enjoy being a young girl. Her mind and body are not yet ready for marriage.



The parents and other family members of Preeti are grateful to the boys group and to Preeti's friends for making them stop the marriage.

Preeti, you can go back to your school. We will not talk about marriage until you are at least 18-years-old.



## Things you can do to stay safe

This part of the book will help you to protect yourself and other children from violence.

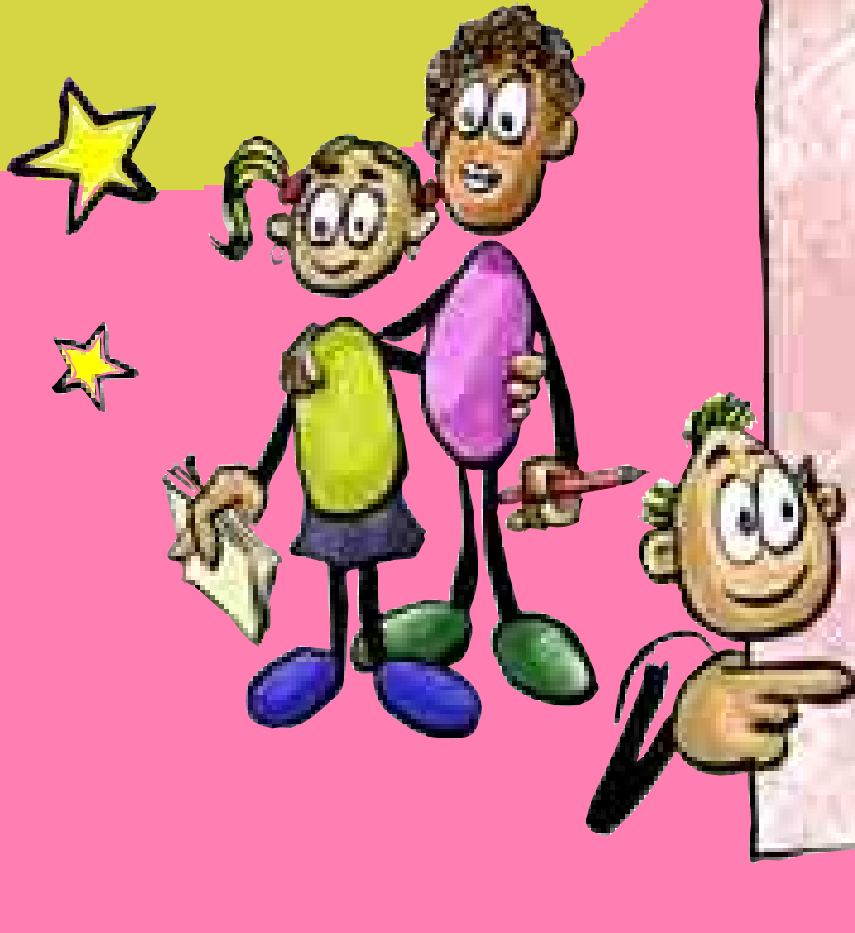
## Things you must remember

**If anybody hurts you, IT IS NOT YOUR FAULT.**

**YOU ARE A SPECIAL PERSON.**

**YOU HAVE RIGHTS.**

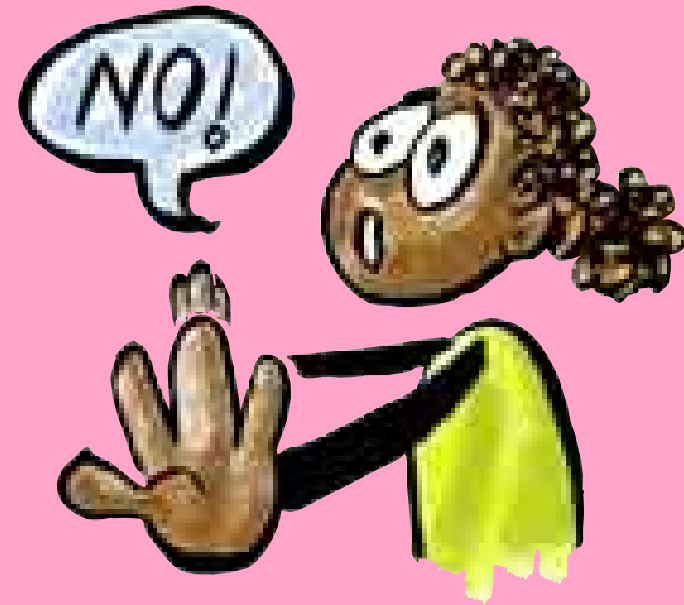
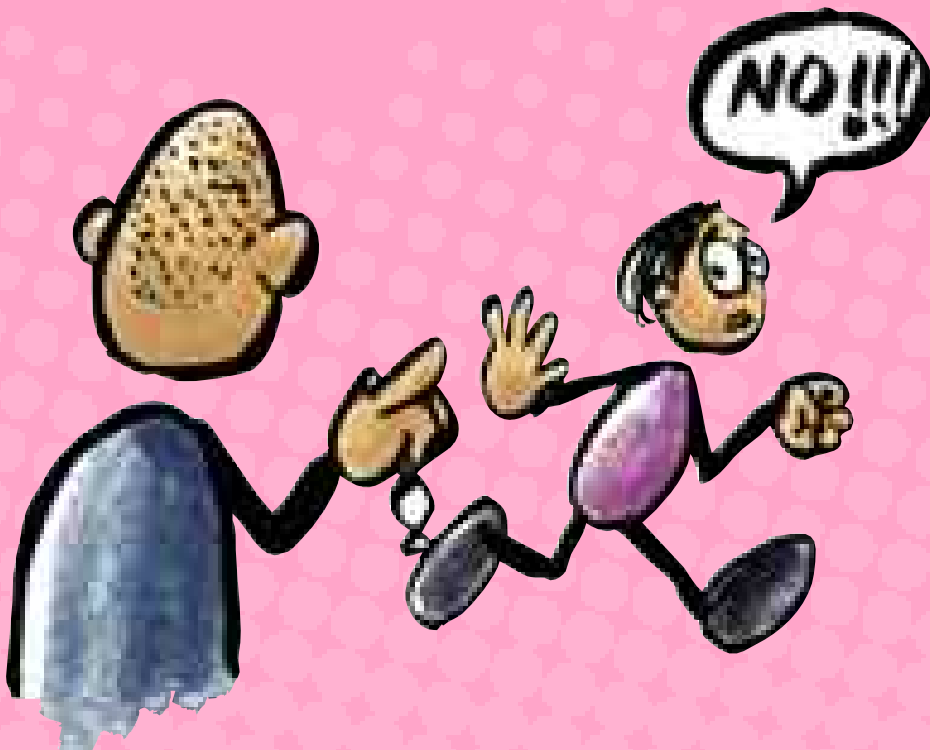
**You have the right to be healthy, to study, to play and to be safe from violence.**



## What you can do to help protect yourself and other children from violence

### Say “NO”

You have the right to say "NO" to anyone who tries to touch you in a way that makes you feel uncomfortable or afraid.



### Some secrets should never be kept

There are some secrets you should never keep, even if you promised not to tell. No bully should ask you to keep the bullying a secret.

Often, people who do bad things to children tell the child that they must not tell what happened to anybody. They know they have done something wrong and they are afraid of getting punished.

Hugs and kisses are nice, especially from people we like. But no one should ask you to keep a kiss, hug or touch a secret. The grown-up may say that 'it is our little secret'. If anyone says that to you, even if you know that person, tell a grown-up you trust.



### **Your body belongs to you**

Learn the names of your body parts and try to learn the difference between 'good touch' and 'bad touch'. No one should touch you in ways or places that make you feel bad. You should also not touch anyone else in ways that will make them feel uncomfortable or bad. Talk to grown-ups you trust, whenever you are not sure about someone else's touch or behaviour.



### **Run or get away**

If a stranger, or someone you know tries to harm you, run and get away. Get help. Make sure you always run towards places where there are more people.

### **Yell**

It is alright to yell and shout if someone is trying to hurt you. You should not feel embarrassed to yell and call for help when you are in trouble.

### **Do not take gifts**

Do not take any sweets, money or gifts from anyone without telling your mum, dad or any other person who takes care of you. It is usually alright to take gifts from friends and family. But even some grown-ups, that you know and trust, may give you gifts and money to trick you into doing something wrong.

### **Tell someone**

If you are being physically punished, verbally, sexually abused or bullied, tell a friend, a teacher, your parents or any other grown-up you trust. It can be hard to do this. If you feel you can't talk about it, try to write a note to your mum or dad explaining how you feel.





If you find it difficult to talk to your mum and dad about the abuse then talk to someone you trust.

If your mum or dad or teacher is the abuser talk to anyone you can trust like a grandparent, aunt, uncle, cousin or a neighbour.

### **Learn about violence against children**

Find out more about violence against children. You can look on the internet, go to a library, or speak to teachers, friends and other grown-ups you trust.

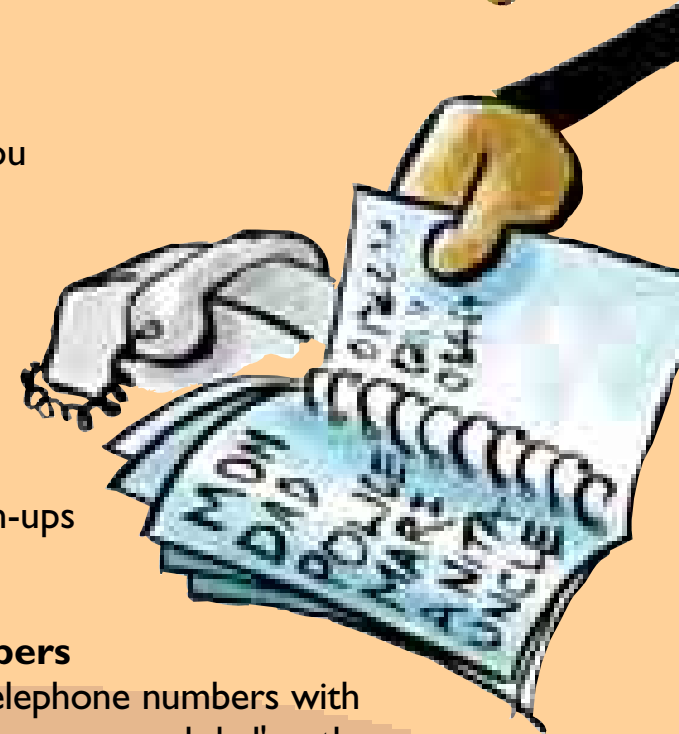


### **Call a child helpline**

A child helpline is a free telephone number that you can call, to talk to someone about any problems you have. You can also talk about violence you or your friends face. Find out the child helpline number in your area by asking grown-ups you trust.

### **Keep emergency numbers**

Always keep emergency telephone numbers with you at all times, such as your mum and dad's, other people who take care of you, police, doctor, trusted friend, neighbour or a teacher's number.



**Call a child helpline.  
Call the police.  
Do not keep it to yourself.  
It is never too late to  
tell someone.**

Now that you have learnt about violence, you can help yourself and other children to be safe. Tell other children about the UN Study on Violence against Children and about the other things you have learnt from this book.

*Five things I have learnt from this book are:*

1. ....
2. ....
3. ....
4. ....
5. ....

Don't let this book scare you. The world has many kinds of people. There are some people who might hurt you. **But most people are nice, loving and want to take care of you.**



**Remember to tell a grown-up if you are hurt.**

**Remember it is never your fault, if someone hurts you.**

**REMEMBER NO MATTER WHAT, VIOLENCE IS NOT OK!**

# Tell us what you think of this book

		Excellent 	Good 	Not so good 	Bad 	Is there anything else you would like to say about this?
On the whole						
Language/ words used						
Drawings, pictures						
Colour						



What I liked most about the book? .....

.....

What I didn't like about the book? .....

.....

How can we make this book better? .....

.....

You can mail this to:

Save the Children Sweden

Regional Office for South and Central Asia

GPO 5850, Lalitpur, Kathmandu, Nepal

Tel: +977-1-5531928/9

Fax: +977-1-5527266

Or if you have access to the internet you can send us  
an email to tell us what you think about this book.

Write to [neha@savethechildren.org.np](mailto:neha@savethechildren.org.np),

[nehab@sca.savethechildren.se](mailto:nehab@sca.savethechildren.se) and [lena.karlsson@rb.se](mailto:lena.karlsson@rb.se)

# Safe You and Safe Me

Tear your bookmark here



Save the Children

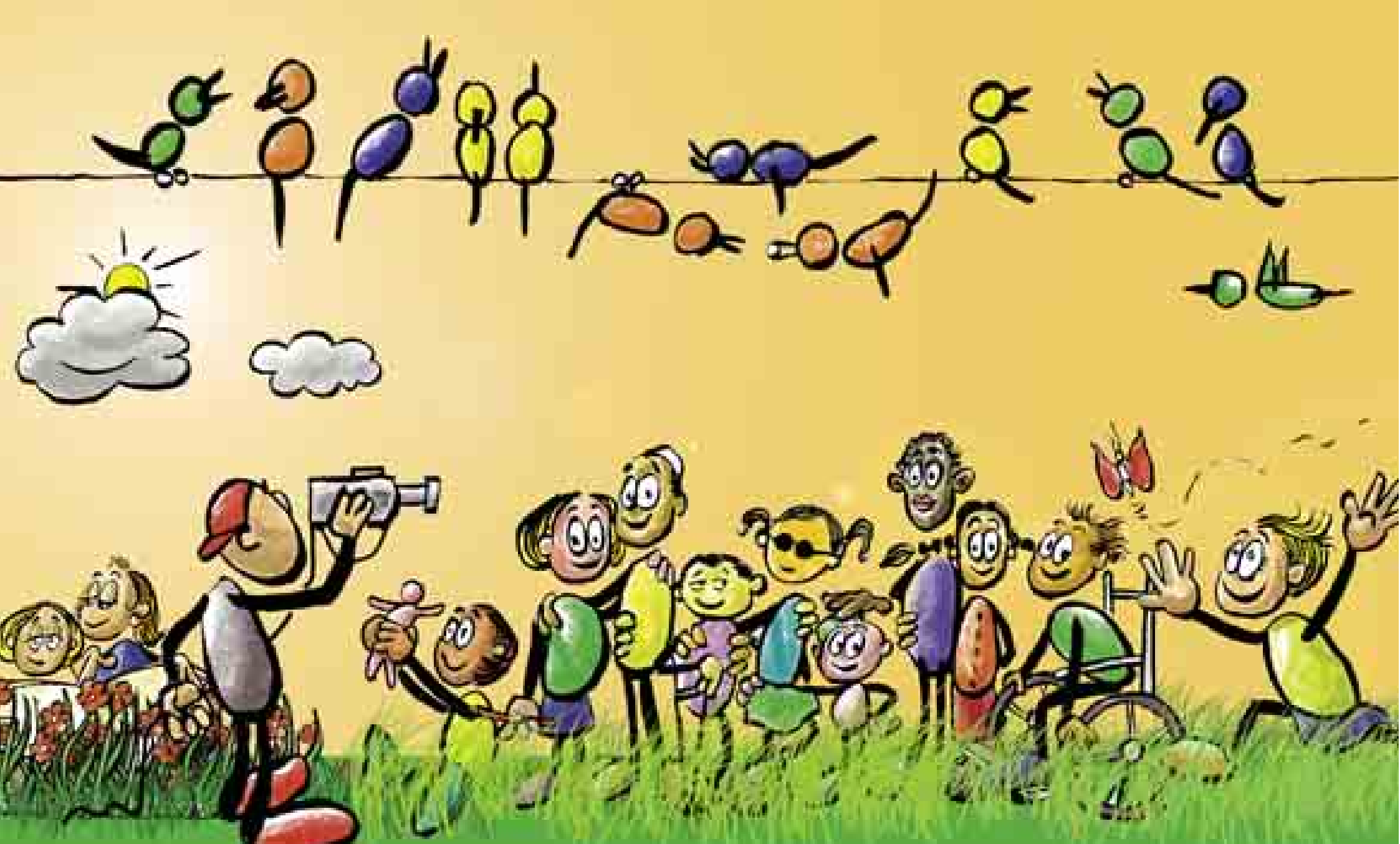
Violence is  
**NOT  
OK!**

Tear your bookmark here

Save the Children Sweden  
SE-107 88 Stockholm  
Tel: +46-8-698 90 00  
Fax: +46-8-698 90 10  
info@rb.se  
www.rb.se

Colour the picture





**Save the Children**