



Smart Ways to Keep Yourself Safe

BODY

You are the boss of your body. No one is allowed to hurt your body in any way.



PRIVATE BODY PARTS

The parts of your body covered by your undergarments are your very own private body parts. It is never all right for someone to touch, talk about or look at your private body parts except for health reasons.



HUGS

Hugs and Kisses are nice especially from people you like. But if someone asks you to keep it a secret, make sure you tell a grown up you trust:



GIFTS

Sometimes people try and trick you by giving you sweets, money or gifts in return to do something that makes you feel uncomfortable, confused or unsafe. Refuse to do what they ask and don't take gifts they give you!



SECRET

Secrets about touching are not okay. Always tell your trusted adult if someone tries to break the touching rules and asks you to keep it a secret:



NO

If someone tries to break this touching rule, it is very important to learn to use this word. Use it loudly.



SHOUT AND GET AWAY

Practice shouting - because that's what you need to do when someone is trying to hurt you or touch you in a way you don't like, or which makes you feel confused, scared or uncomfortable.



TELL

If you are worried, confused or scared by the way someone touches you or makes you feel, tell a grown up you trust about it. If the person you tell doesn't help you then tell someone else. And keep on telling till you get the help you need. Some examples of grown ups you may want to tell are parents, teachers or grandparents.



IT IS NEVER YOUR FAULT

It is never your fault when someone breaks the touching rule to hurt you. And sometimes even if you can't say no or get away or are too afraid to tell, always remember to think "NO" that you did not ask to be hurt and it is NOT your fault. Think "NO" and tell when you can.

YOUR OWN IDEAS

What are your own ideas to keep yourself safer?



November 19 was World Day for the Prevention of Child Abuse. Courtesy: Tulir Centre for the Prevention and Healing of Child Sexual Abuse, Chennai. Child Helpline No. 1098