

## What to do?

If an adult touch is making you uncomfortable, or you do not like it;

- Tell them respectfully 'Please, do not touch, hug or kiss'.
- If they do not listen, SHOUT as loud as you can for help.
- Run away as fast as you can.
- Tell a grownup or a parent as soon as you can.
- If you were unable to runaway, never keep a secret from your parents or a trusted grownup.
- Always remember it is NOT your fault.

## Child *Abuse* and Its Prevention



### How Can We Be Safe?

Know the safe and unsafe touches.

# Private Parts

Private parts are those parts of our body which are covered with undergarments and we always keep them covered. Always remember, no one can see or touch our private parts, except for health or hygiene purposes.

# Safe Touches

These are caring touches that make us feel good and protected. Examples include:

- Kisses by our parents
- Hugs from our friends
- Help from grownups for keeping ourselves clean
- Doctor's check up (in presence of our parents or guardians)

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# Unsafe Touches

These touches make our body hurt or do not hurt but are unwanted and makes us feel uncomfortable.

Examples include:

- Pushing or hitting someone
- An adult or an older peer touches you on your private part or any other part of your body that makes you uncomfortable.

# Safety Rules

- Your body belongs to you.
- You can always say 'NO' or 'STOP'
- If they do not listen - shout for 'HELP' and 'RUN'
- Tell an adult / Parents
- Talk about secrets that upset you with your parent or a grownup.