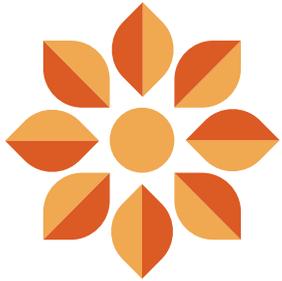


# ... I PROTECT MYSELF



# **PRESENTATIONt**



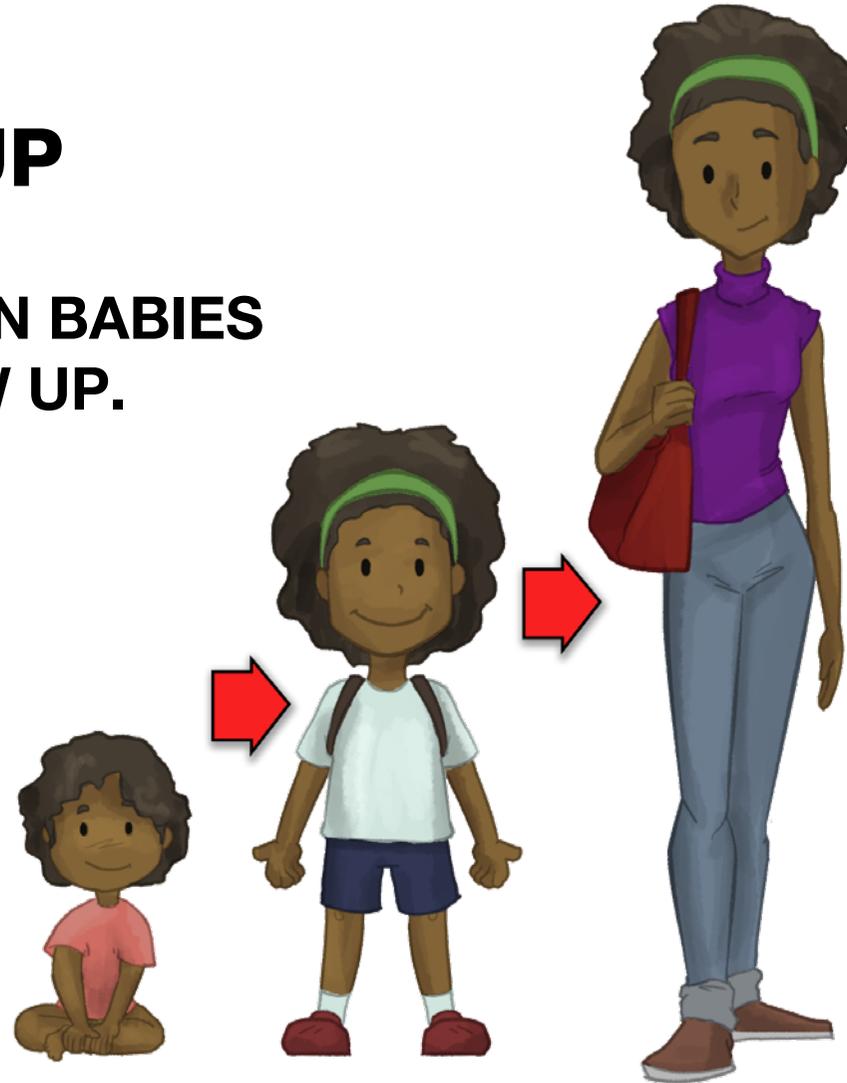
**THIS BOOK WAS WRITTEN FOR CHILDREN WHO ARE BEGINNING TO LEARN ABOUT THEIR BODIES.**

**THEY NEED TO LEARN ABOUT HOW TO PROTECT AND TAKE CARE OF THEM.**

**THIS BOOK WILL ALSO HELP FAMILIES AND EDUCATORS TALK ABOUT THESE MEASURES WITH CHILDREN.**

# I AM GROWING UP

**WE ARE ALL BORN BABIES  
AND THEN GROW UP.**



**DO YOU KNOW  
WHAT THE PRIVATE  
PARTS OF OUR BODIES ARE?**



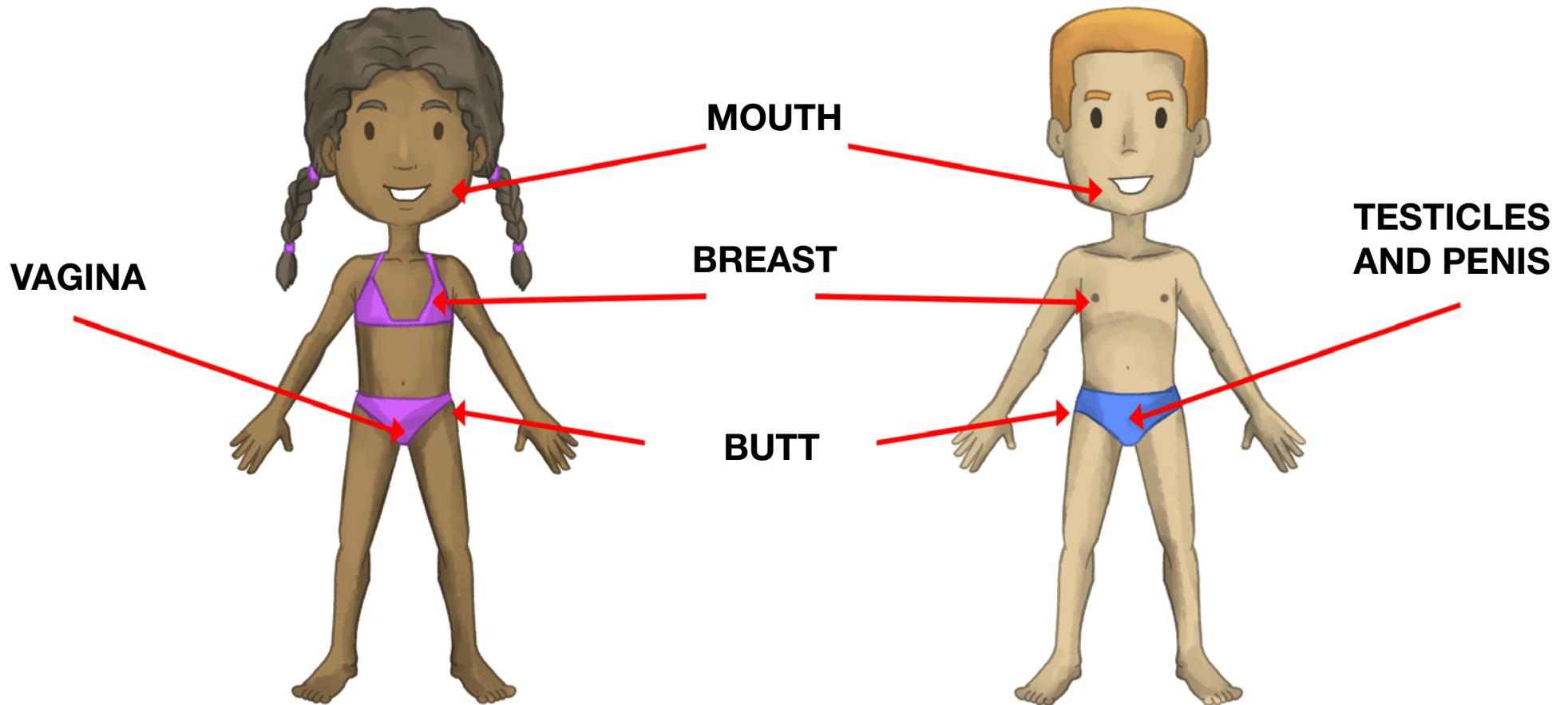
# PRIVATE PARTS

**ARE THOSE COVERED BY:**

**DIAPERS,  
UNDERWEAR,  
PANTIES,  
BRAS, TOPS,  
BIKINIS,  
SWIMSUITS  
AND TRUNKS.**



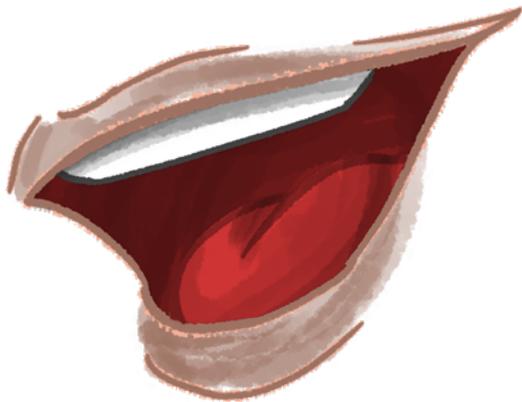
# THE PRIVATE PARTS ARE:



## THE MOUTH?

**EVEN THOUGH IT'S NOT COVERED BY CLOTHES, THE MOUTH IS ALSO A PRIVATE PART.**

**“MY MOUTH IS ONLY MINE!”**



# WHO CAN TAKE CARE OF ME?



# **I MAY NEED HELP TO TAKE CARE OF MYSELF**

**AND IT IS OK.  
PEOPLE WHO I TRUST  
CAN HELP ME:**

- GO TO THE BATHROOM,**
- TAKE A SHOWER,**
- CHANGE MY CLOTHES**



# PEOPLE WHO ARE ALLOWED TO TAKE CARE OF ME

PEOPLE WHO I TRUST MAY TAKE CARE OF ME BUT MUST NOT TOUCH MY PRIVATE PARTS.

PEOPLE ARE ONLY ALLOWED TO TOUCH MY PRIVATE PARTS IF I DO NOT KNOW HOW TO BATHE OR TAKE A SHOWER.

BUT THEY MUST NOT TOUCH ME IN A WAY THAT HURTS OR EMBARRASSES ME.



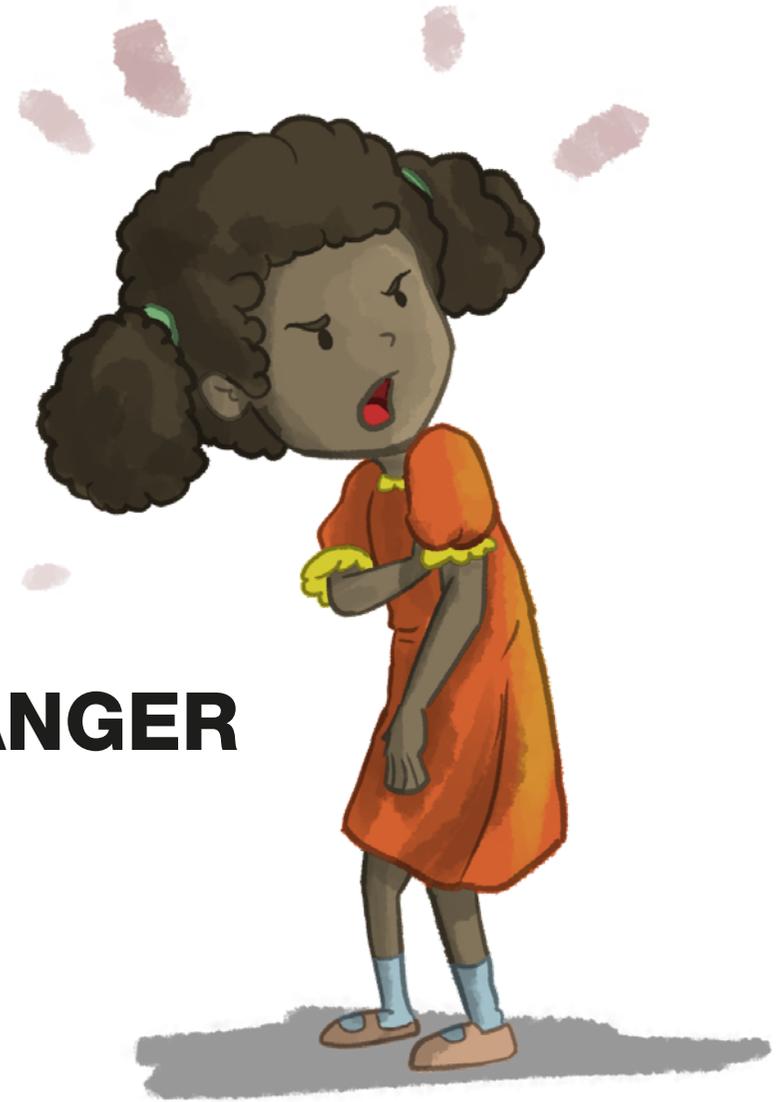
**ATTENTION!**

**IF SOMEONE WANTS TO CARESS  
ME AND ASKS TO TOUCH MY  
PRIVATE PARTS,  
THIS PERSON IS LYING!**

**THIS IS NOT A CARESS.**



# PROTECTING MYSELF FROM DANGER



# ATTENTION!

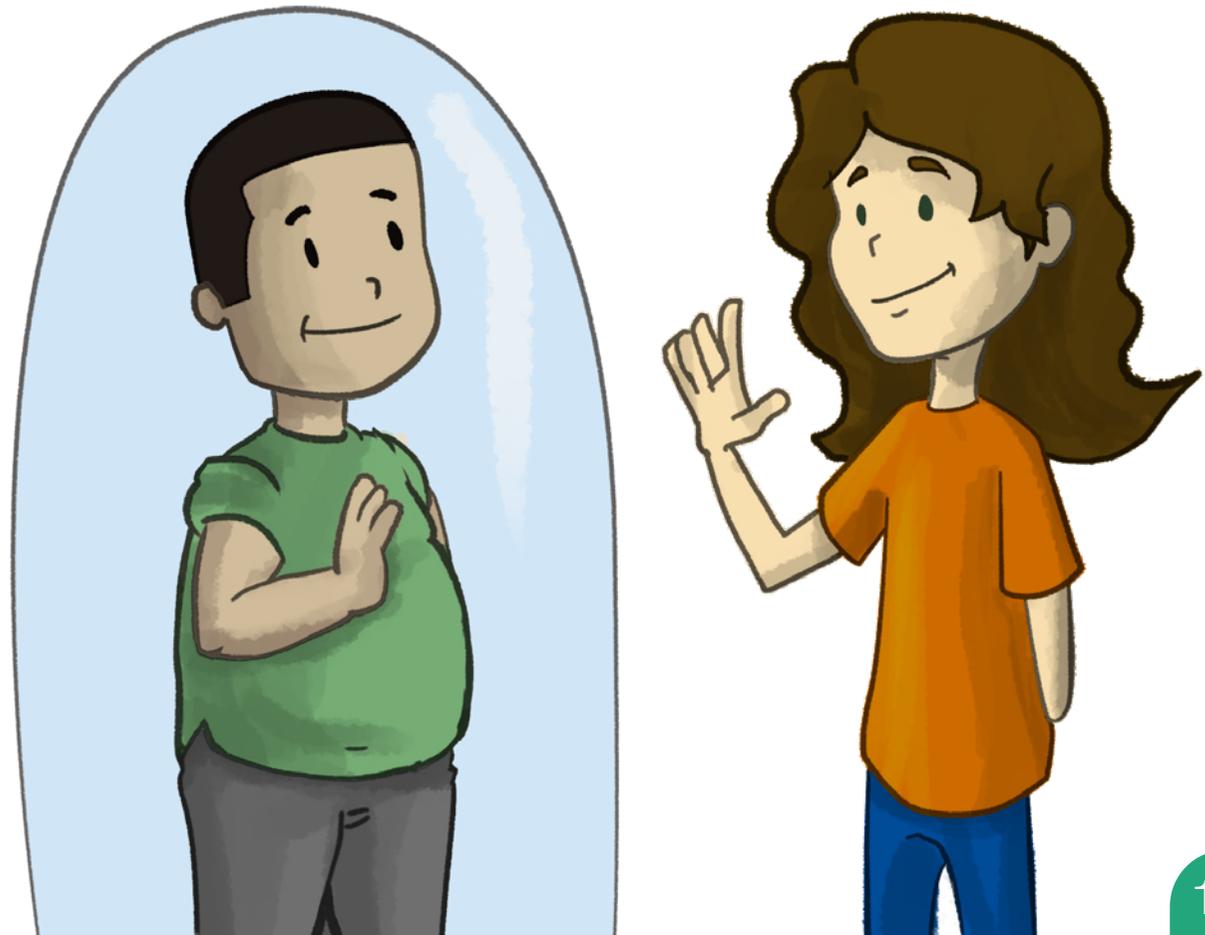
**I NEED TO LEARN HOW  
TO PROTECT MYSELF  
FROM PEOPLE WHO DO  
NOT RESPECT OTHER  
PEOPLE'S BOD.**

**IN OUR FAMILY  
THERE MAY BE  
PEOPLE LIKE THAT TOO.**



# CAREFUL

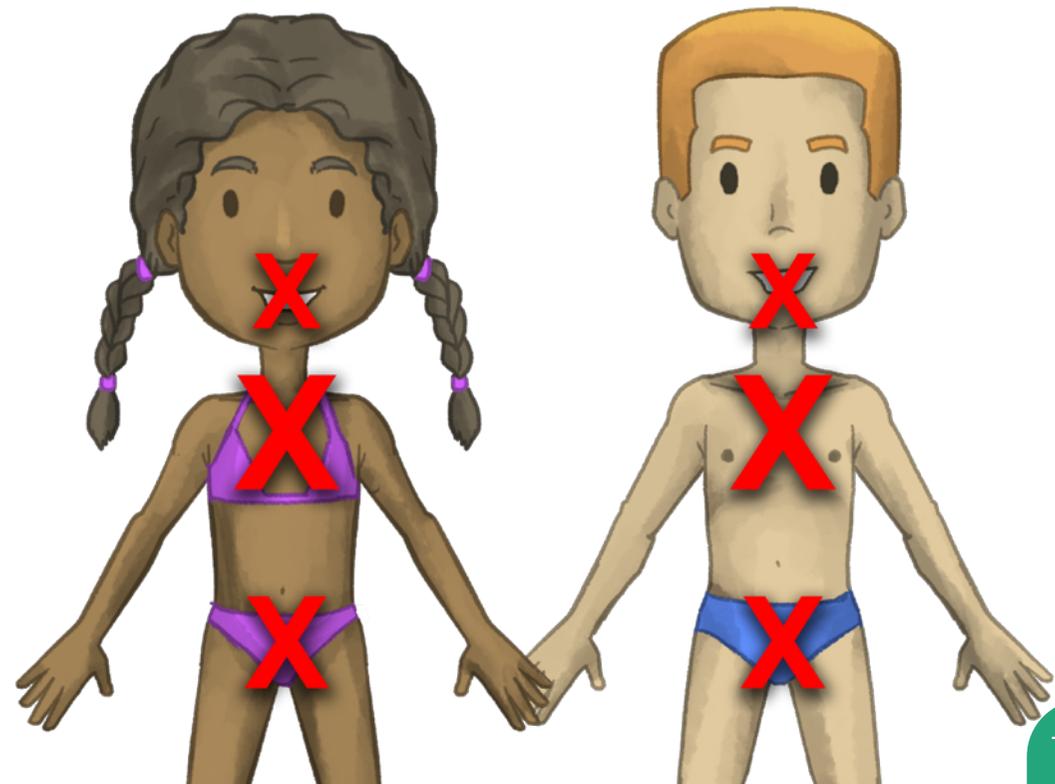
**I DO NOT TOUCH  
PEOPLE I DON'T KNOW.**



**DANGER!**

**BE VERY CAREFUL!**

**IF SOMEONE WANTS TO TOUCH MY PRIVATE PART**



**DANGER!**

**BE CAREFUL!  
IF SOMEONE,  
MAN OR WOMAN,  
WANTS TO TOUCH ME.**



**DANGER!**

**BE CAREFUL!  
IF SOMEONE ASKS ME TO  
DO SOMETHING ON HIS/HER BODY.**

**OR WANTS ME TO LET HIM/HER DO  
SOMETHING ON MY BODY I DO  
NOT THINK IS OK,**

**OR SOMETHING THAT  
EMBARRASSES ME.**



**DANGER!** 

**BE CAREFUL!**

**IF SOMEONE  
WANTS TO PLAY  
DOCTOR WITH ME**

**OR ASKS ME TO TAKE  
OFF MY CLOTHES.**



**DANGER!**



**BE CAREFUL!**

**IF SOMEONE WANTS  
TO SHOW ME HIS/HER  
PRIVATE PARTS.**

**DANGER!**

**BE CAREFUL!**

**IF SOMEONE WANTS ME  
TO SHOW HIM/HER  
MY PRIVATE PARTS,**

**OR WANTS TO FILM  
OR TAKE A PICTURE  
OF MY PRIVATE PARTS.**



**DANGER !**

**BE CAREFUL!**

**IF SOMEONE WANTS  
TO GO INTO THE  
BATHROOM WITH ME.**



**ATTENTION!** 

**IF ANY OF THESE THINGS HAPPENS**

**AND I FEEL UNCOMFORTABLE/EMBARRASSED**

**IT IS BECAUSE THERE IS  
SOMETHING DANGEROUS!**



**DANGER!**

**THEN I MUST  
RUN AWAY!**

**I MUST RUN  
AND SHOUT:**

**NO!**

**HELP!**



**NO IS NO !**

**I MAKE A STOP SIGN  
WITH MY HAND.**

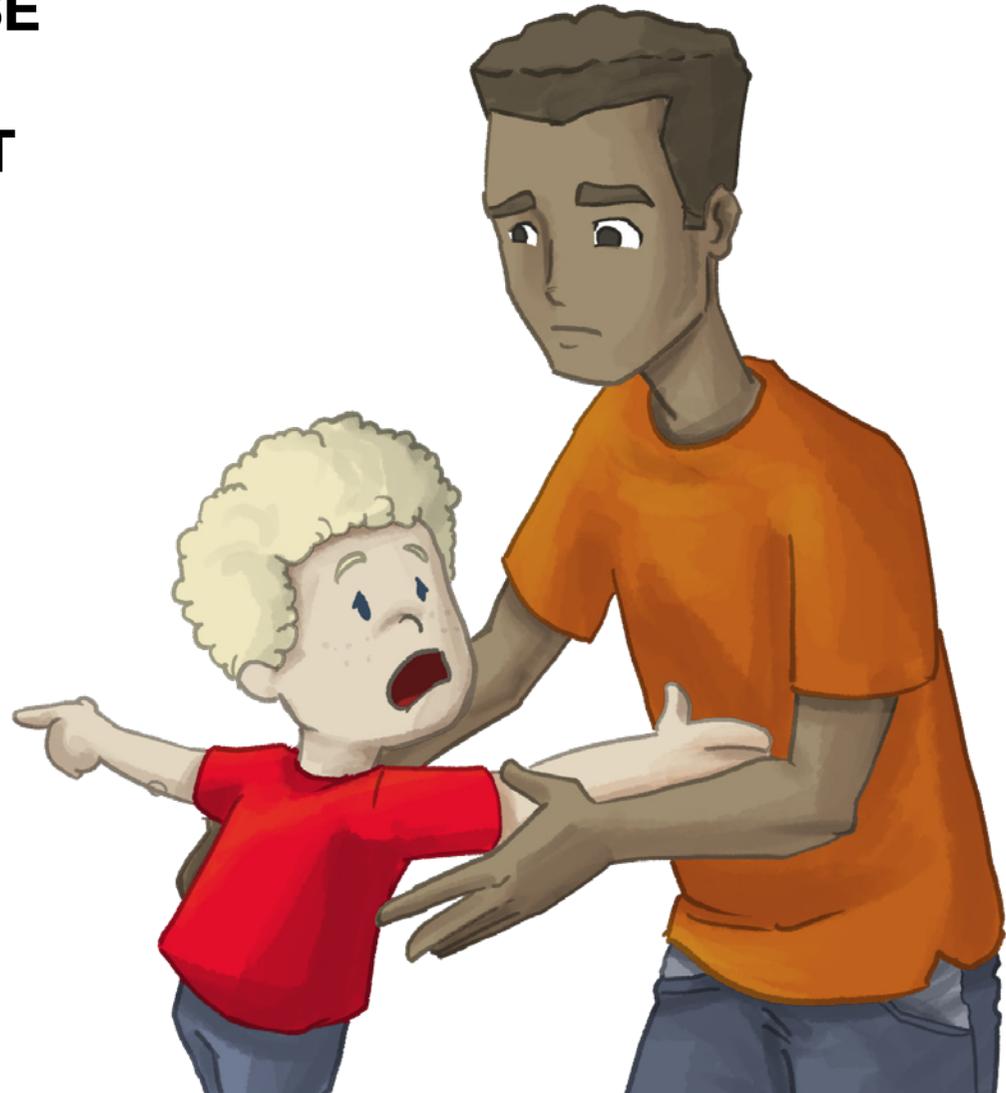
**SHAKE MY HEAD.**

**PUSH THE PERSON AWAY.**



# ATTENTION!

**I TELL SOMEONE ELSE  
WHO I REALLY TRUST  
WHAT IS GOING ON.**



**ATTENTION!**

**BUT THIS PERSON MUST  
NOT BE THE ONE WHO  
IS BOTHERING ME,**

**EVEN IF THIS  
PERSON IS FAMILY.**



# ATTENTION!

**I MUST TELL WHAT  
IS BOTHERING ME**

**EVEN IF SOMEONE  
I TRUSTED TOUCHED ME.**



# ATTENTION!

**EVEN IF THIS PERSON SAYS  
THAT THIS IS A SECRET,  
OR THAT NO ONE WILL  
BELIEVE ME IF I TELL.**

**OR THAT IF I TELL,  
SOMETHING BAD WILL HAPPEN  
TO SOMEONE I LOVE.**

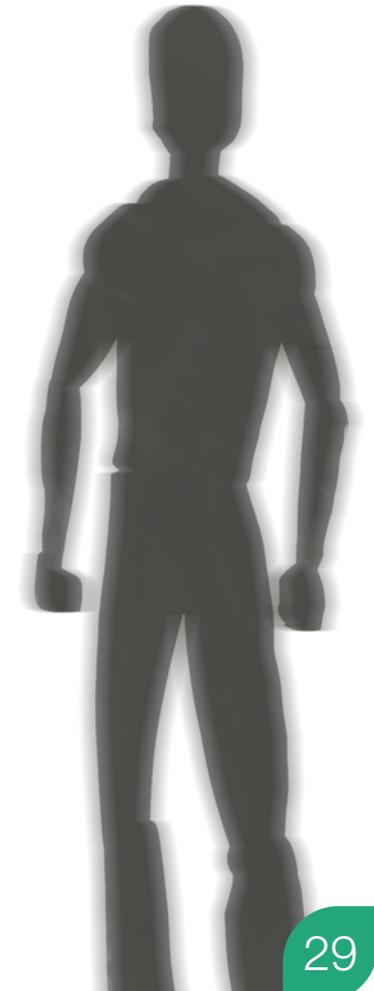


**ATTENTION!**

**THIS IS A THREAT OR A MENACE.**

**NEVER BELIEVE IN THREAT OR MENACES!**

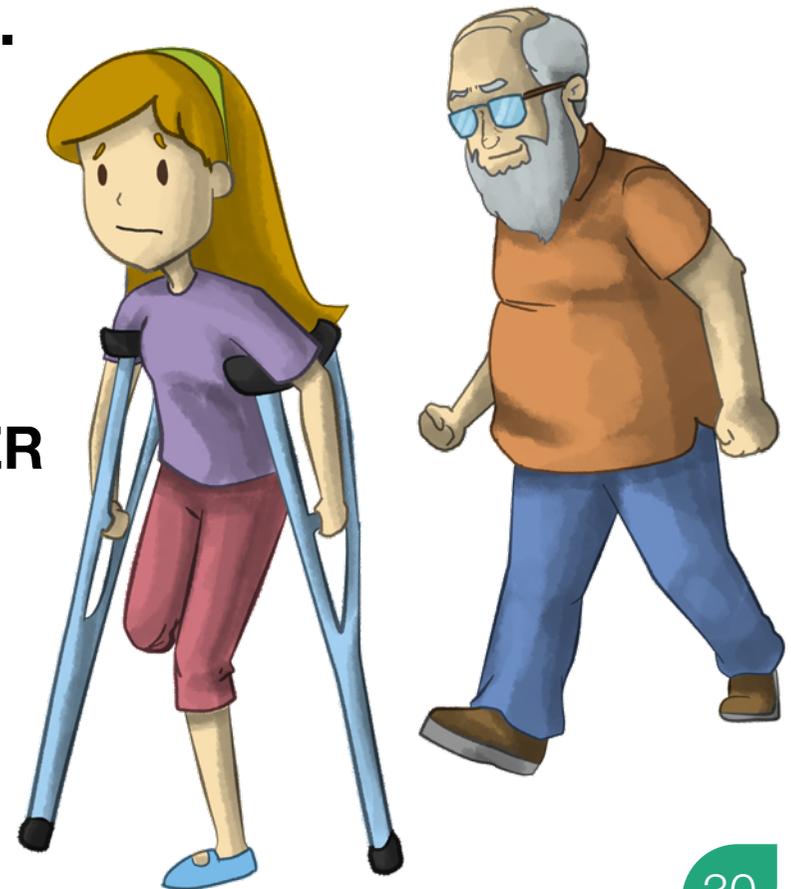
**I TELL EVERYTHING,**



**DANGER!**

**I STAY AWAY FROM THE PERSON.  
EVEN IF THIS PERSON IS  
MY FATHER, MY MOTHER,  
MY BROTHER, MY SISTER,**

**MY GRANDPA, MY GRANDMA,  
MY STEPFATHER, MY STEPMOTHER  
OR ANYONE FROM MY FAMILY.**



**DANGER!**

**IF I DO NOT FIND  
ANYONE WHO I TRUST NEARBY  
I WILL SEEK HELP**

**IN MY SCHOOL, IN THE HEALTH  
CENTER, HOSPITAL,  
CHILD PROTECTION SERVICES  
OR A NEIGHBOR.**



# HOW I FEEL

**DRAW HOW YOU FEEL AFTER LEARNING  
THE CONTENT OF THIS BOOK.**

# LET'S SING "I PROTECT MYSELF"?



**I LOVE MY BODY, IT'S MINE,  
I DON'T TOUCH PEOPLE I DON'T KNOW.**

**I SHOUT VERY LOUD  
IF SOMEONE TOUCHES ME (VERY LOUD)**

**SHOO, SHOO, SHOO  
GET OUT!**

**BECAUSE NO ONE CAN TOUCH MY BODY!  
BECAUSE NO ONE CAN TOUCH MY BODY!**



## WHAT'S THE PLAN?

**P**PRIVATE PARTS ARE PRIVATE  
**L**ET SOMEONE YOU TRUST KNOW  
**A**LWAYS REMEMBER: YOUR BODY IS YOURS  
**N**O IS NO

**THE PLAN IS TO PROTECT YOURSELF**

 **I PROTECT MYSELF BECAUSE**   
**MY BODY IS ONLY MINE.**





**“I PROTECT MYSELF” IS A VOLUNTEER-BASED,  
NON-PROFIT AND INDEPENDENT PROJECT TO TEACH  
PREVENTIVE MEASURES AGAINST CHILD SEXUAL ABUSE.**

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