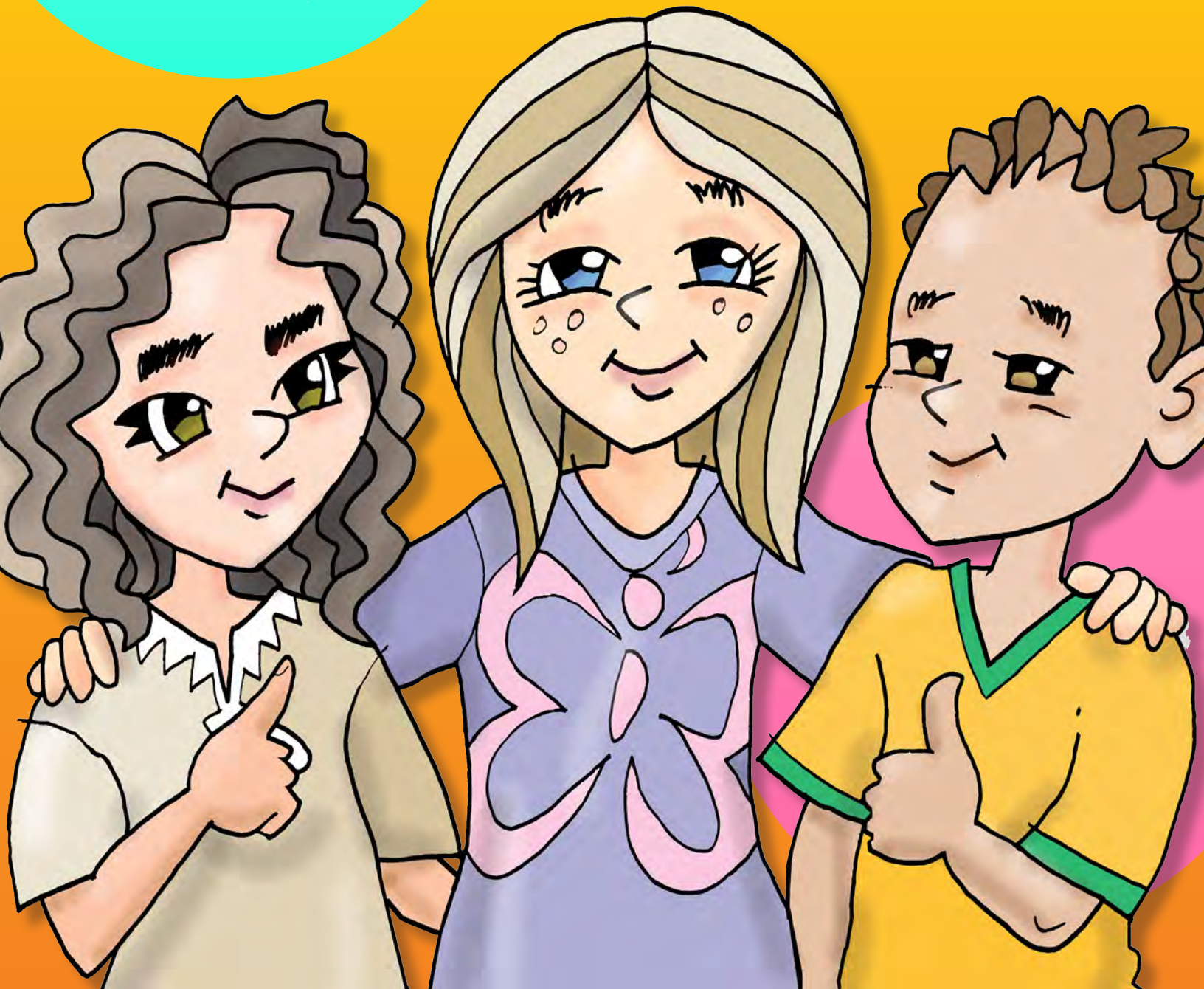
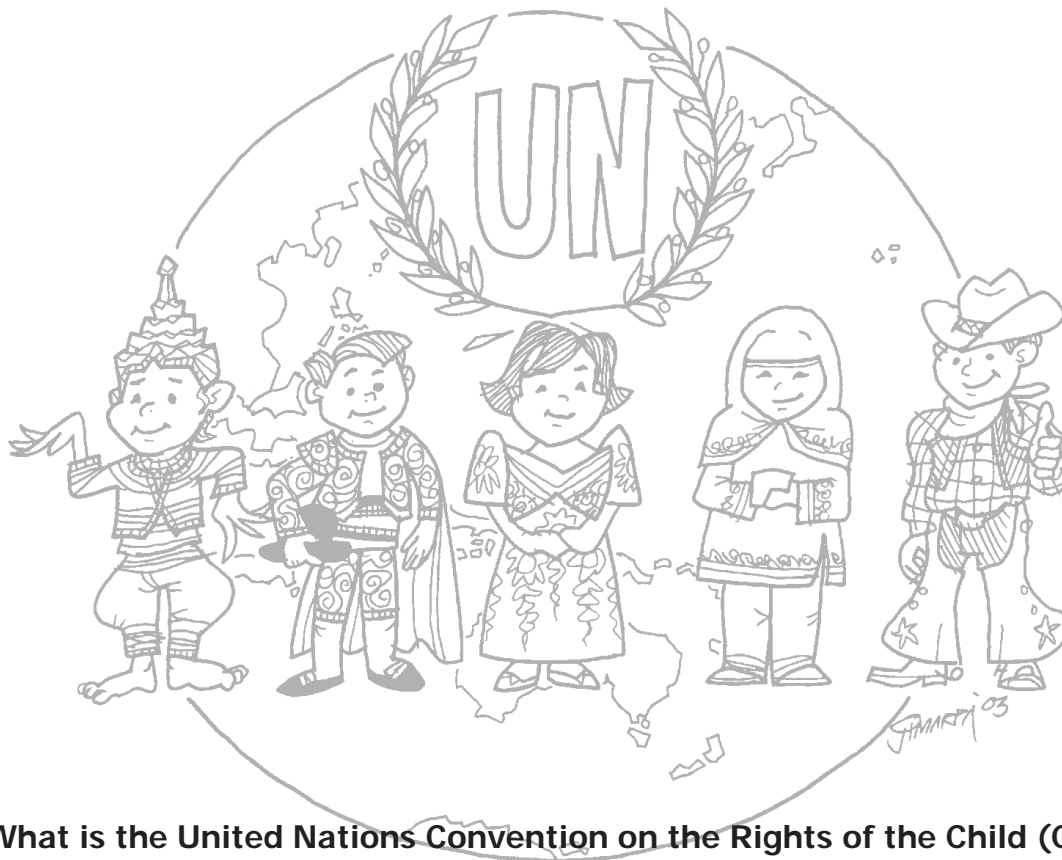


# PERSONAL SAFETY WORKBOOK

FOR INTERNATIONAL  
SCHOOLS





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

The United Nations wrote the Convention on the Rights of the Child in 1989. All member countries and international NGOs were invited to submit their views. It was necessary to come up with such a document, since children have special needs, over and above those of an adult. For the first time children were recognized as individuals in their own right.

The convention is a legal document. Thirty-two out of fifty-four articles cover nearly every aspect of any child's life from birth. State parties make a commitment to their children that the minimum universally accepted standards as stated in these articles, can and will be attained in ensuring the best interest of the child at all times. State parties should also ensure that parents obtain all necessary support in bringing up the children and attain a minimum standard of living. State parties ought to review and/or revise national laws and policies to ensure that the basic minimum standards in the CRC have been reached.

Children are defined as any person under the age of 18 years. Some of the state party's obligations in the CRC as regards to safeguarding children against sexual abuse are:

- Article 12- **Child's opinion:** Every child has a right to express his/her views and such opinions should be taken into account in decisions affecting the child.
- Article 13- **Freedom of expression:** Every child has a right to find out things say what he/she thinks through speaking, writing, art, unless it breaks the rights of others.
- Article 17- **Access to information:** Every child has a right to collect information from radios, newspapers, television, books, internet, from all around the world. Adults should make sure that the child gets information that the child can understand.
- Article 19- **Protection from abuse and neglect:** No one should hurt the child in any way. Adults should make sure that the child is protected from abuse, violence, and neglect. Even parents have no right to hurt the child.
- Article 34- **Sexual abuse:** Every child has a right to be protected from sexual abuse. This means that nobody can do anything to the child's body that he/she does not want them to do, such as touching, taking pictures, or making the child say things that he/she does not want to say.

**The United Nations on the Rights of the Child was designed for YOUR CHILD.**

Learn more about the CRC and the help you can receive to KEEP YOUR CHILD SAFE.

My name is

---

All children are protected under the United Nations Convention on the Rights of the Child because children are special and have a special place in our world.

We all need to keep our wonderful body safe. Here are some safety rules to guide me:

1. Do not play with matches.

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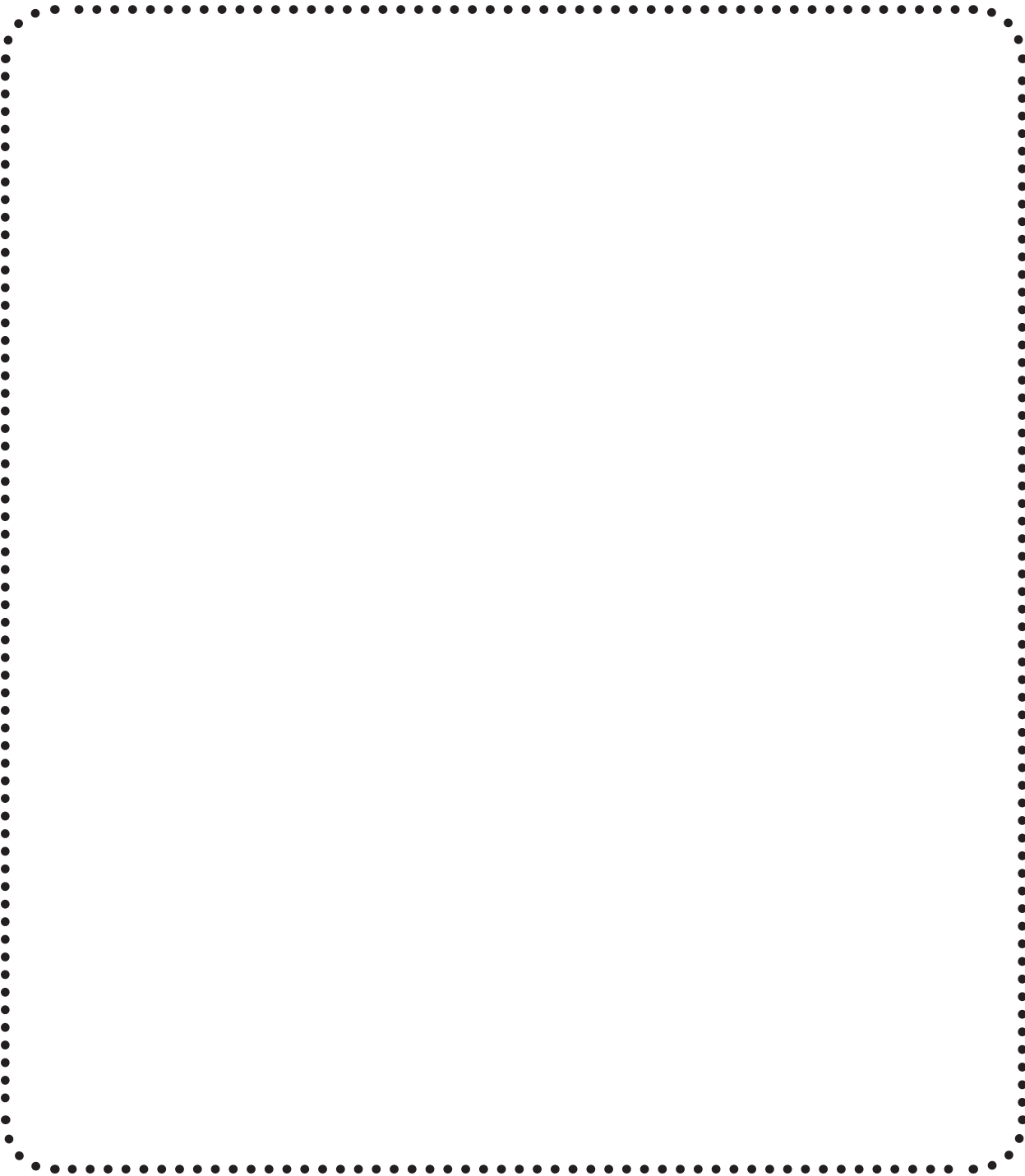
2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

We use our minds to remember these rules to keep us safe. We can also use our feelings to help keep safe. For example, we are not safe when we feel scared or angry or sad or confused. Do you know other feelings that help you know that you are safe or not safe?

We are all made up of many parts - our body, our minds and our feelings. Here is a picture of me and my wonderful body.



To help understand how our feelings help keep us safe, turn the page and complete the sentences.

When I am happy I...



1. smile

2. \_\_\_\_\_

Things that make me happy:

1. \_\_\_\_\_

2. \_\_\_\_\_



1. \_\_\_\_\_

2. \_\_\_\_\_

People who make me happy:





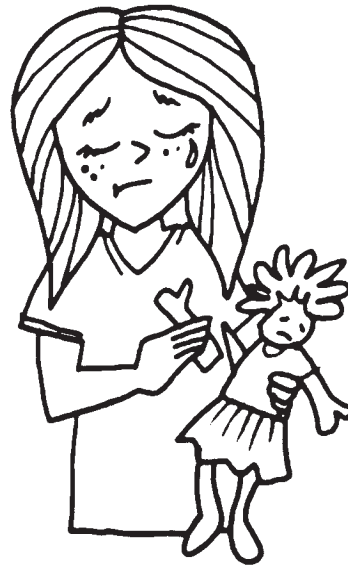
When I am sad I...



1. cry

2. \_\_\_\_\_

Things that make me sad:



1. \_\_\_\_\_

2. \_\_\_\_\_

People who make me sad:



1. \_\_\_\_\_

2. \_\_\_\_\_

When I am angry I...



1. yell \_\_\_\_\_

2. \_\_\_\_\_

Things that make me angry:

1. \_\_\_\_\_

2. \_\_\_\_\_



People who make me angry:

1. \_\_\_\_\_

2. \_\_\_\_\_



When I am scared I...



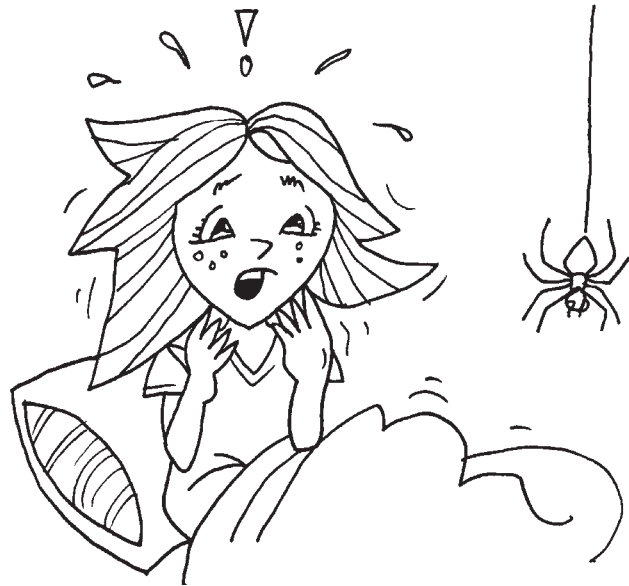
1. scream

2. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

Things that make me scared:



1. \_\_\_\_\_

2. \_\_\_\_\_

People who make me scared:

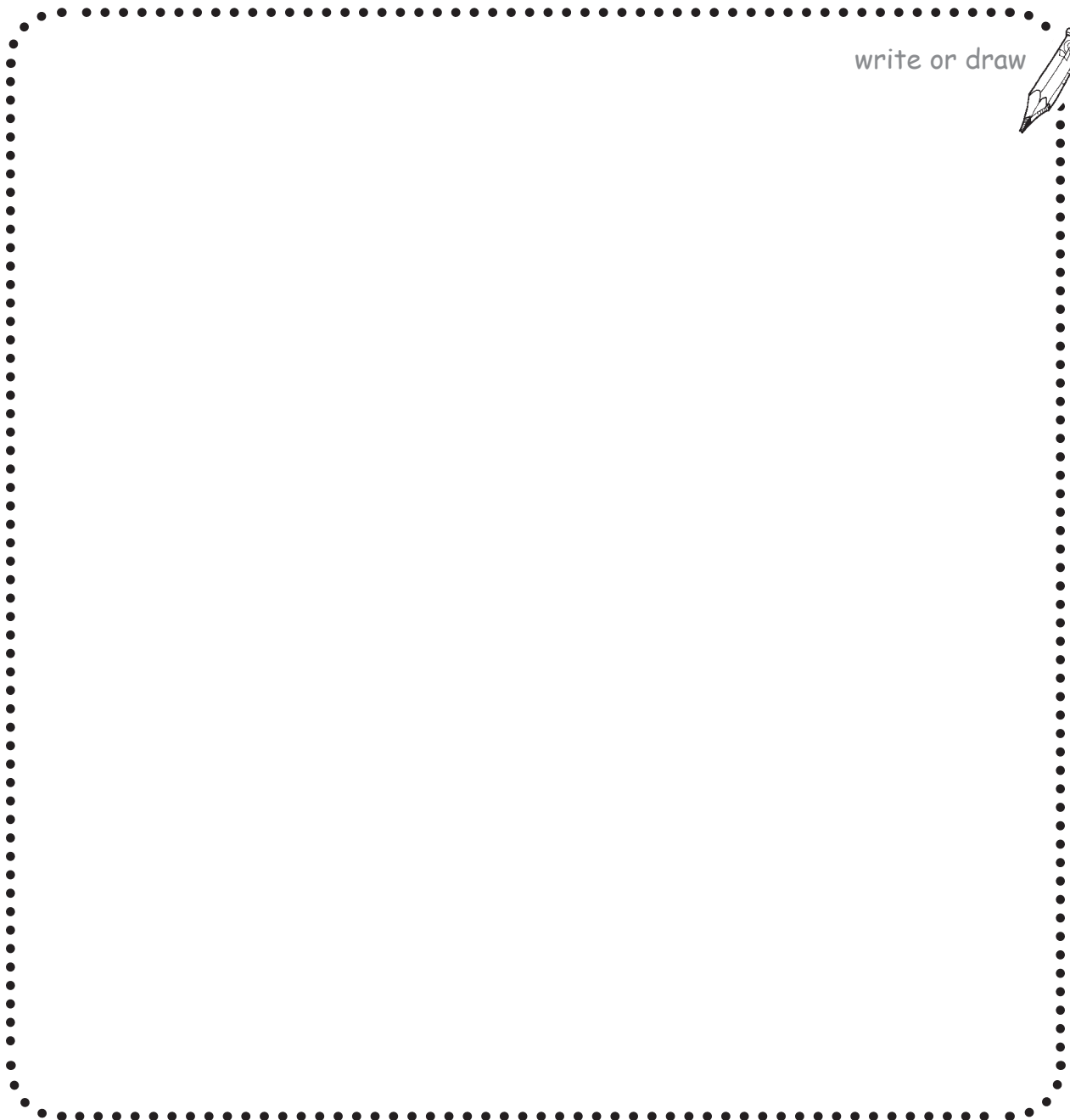




I get confused when I have more than one feeling at a time, like when my friend hurts me.

I'm **angry** because I hurt.  
I'm **sad** because it was my friend who hurt me.  
But, I still want to like **my friend**.

Here is a story of when I was feeling confused.



write or draw



Our bodies are wonderful and we need to keep them safe. There are many ways that we can be hurt, through touching physically, touching with our eyes, and touching with our words.

Only we know how we feel for all the different kinds of touch.

**I am the boss of my body, and I feel ...**

**happy** when someone touches, looks at or talks about me like this:



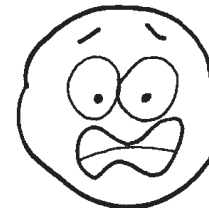
**sad** when someone touches, looks at or talks about me like this:



**angry** when someone touches, looks at or talks about me like this:



**scared** when someone touches, looks at or talks about me like this:



**confused** when someone touches, looks at or talks about me like this:

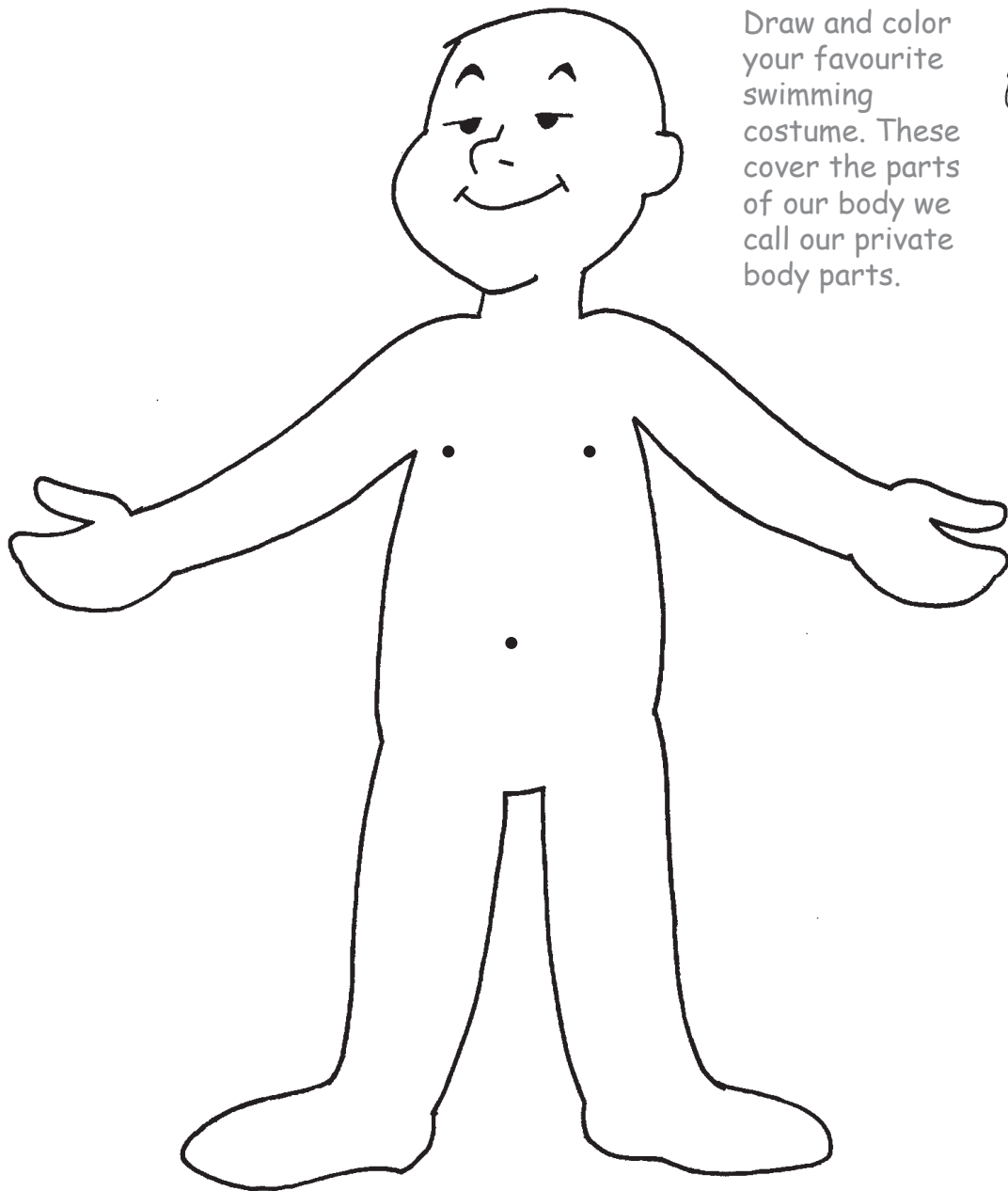
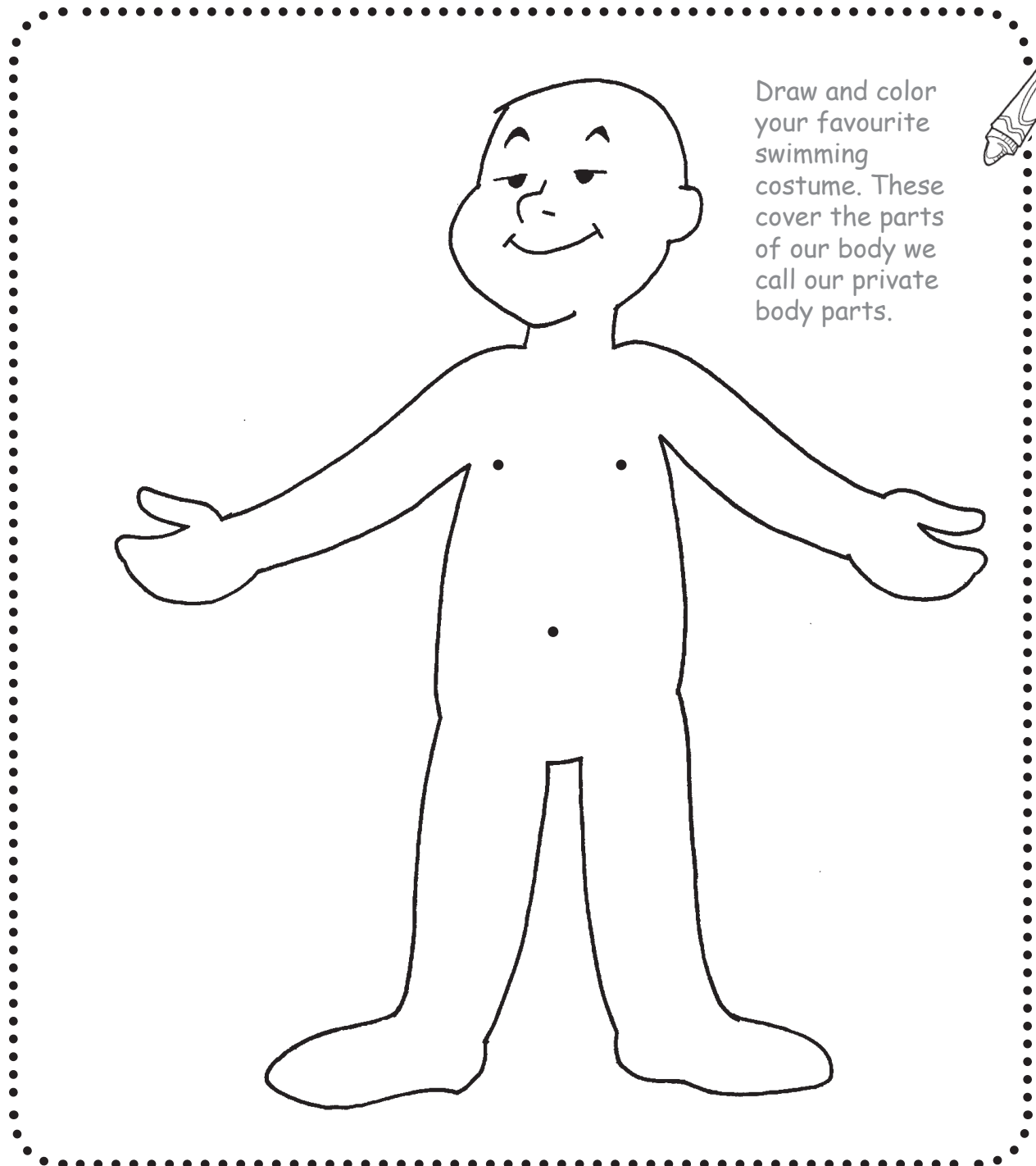


**All of these feelings are right and natural.  
They help keep you safe.**

## MY BODY IS SPECIAL AND BELONGS ONLY TO ME!

We know many safety rules and we know that our feelings and our minds help us know if we are safe or unsafe. Now let's learn a special safety rule about our private body parts.

Where are our private body parts?



Draw and color your favourite swimming costume. These cover the parts of our body we call our private body parts.



The special rules about our private body parts are called the **TOUCHING RULES**.



**RULE 1.** It is NEVER all right for someone to touch (talk about or look at) your private body parts except to keep you clean and healthy. And it is never all right for someone older or bigger to ask you to touch (talk about or look at) their private body parts.

**RULE 2.** If this happens or if you feel confused or uncomfortable about any touch, say, "NO" and GET AWAY.



**RULE 3.** TELL a trusted adult and KEEP TELLING until you get the help you need.



How would you feel if someone tried to break the touching rule with you?

**NEVER KEEP A SECRET ABOUT A TOUCHING PROBLEM BECAUSE IT IS NEVER YOUR FAULT IF SOMEONE ELSE BREAKS THE TOUCHING RULE.**

It would be all right for someone to touch my private body parts to keep me clean when ...

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

and to keep me healthy when...

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

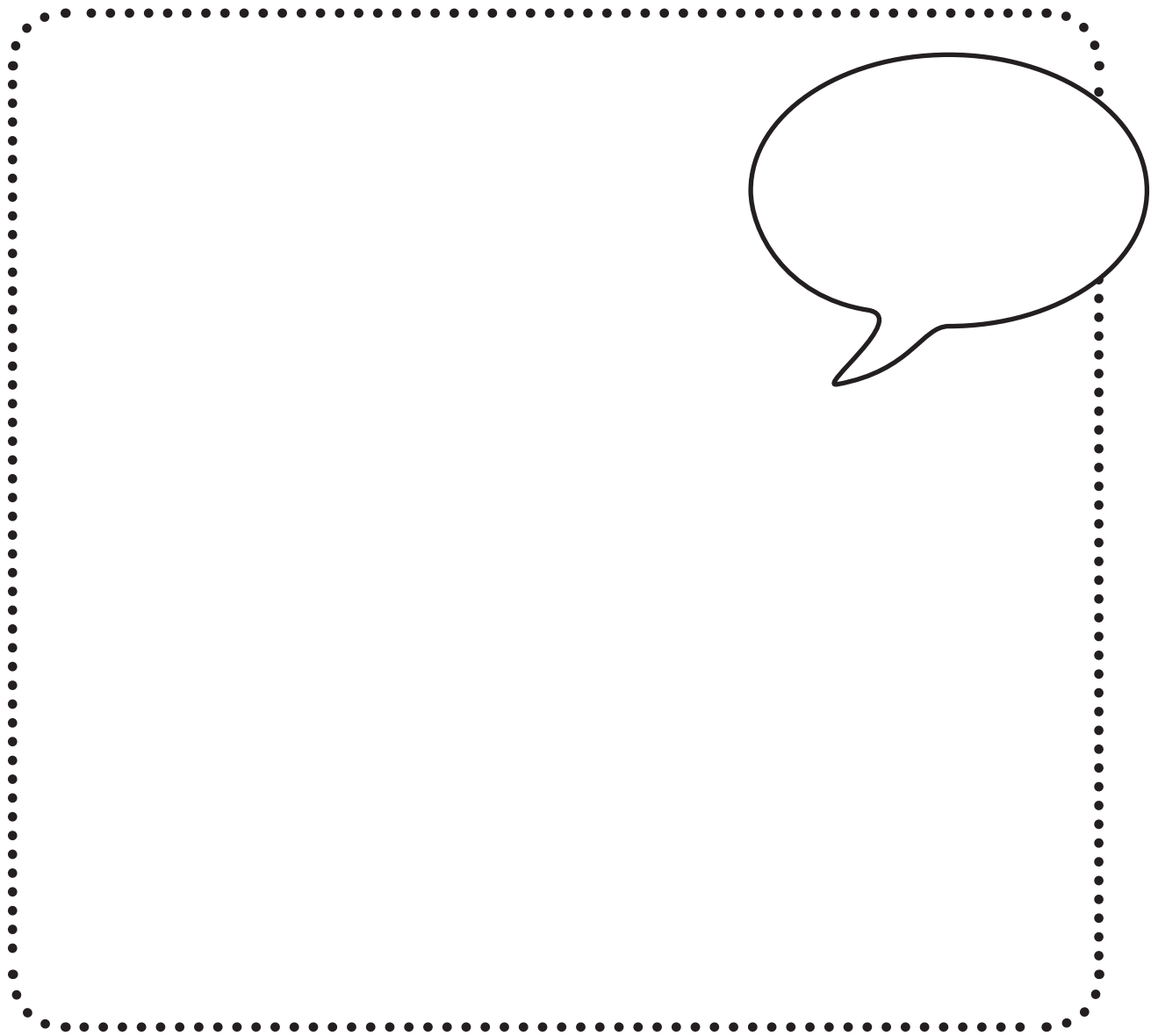
\_\_\_\_\_

**IT IS NEVER ALL RIGHT IF A GROWNUP OR BIG KID MAKES IT A SECRET.**

When you make a promise because you're scared or have a secret that makes you feel yucky inside, these are promises and secrets you need to tell someone you trust.

Touching Rule 2 says that when someone tries to break touching rule 1 you can say, "NO" and get away. But there are many other words you can use, like "Don't", or "Please go away", or "Stop". Whatever words you use, you need to say them in a way that the other person hears you. Even if you are scared, you need to use a big and brave voice, and stand in a way that the other person knows you are serious.

Draw how you will stand and what words you will use. Practice doing this with your parents.



**But even if you don't use any words,  
the most important thing is to get away.**



Touching Rule 3 is the most important rule of all, and that is tell an adult that you trust about what happened.

### What is a trusted adult?

1. Someone who will take the time to listen to me and not just pretend to listen.
2. Someone who will take me seriously.
3. Someone who will know what to do next.
4. Someone who will not get mad at me and will not blame me for what happened.

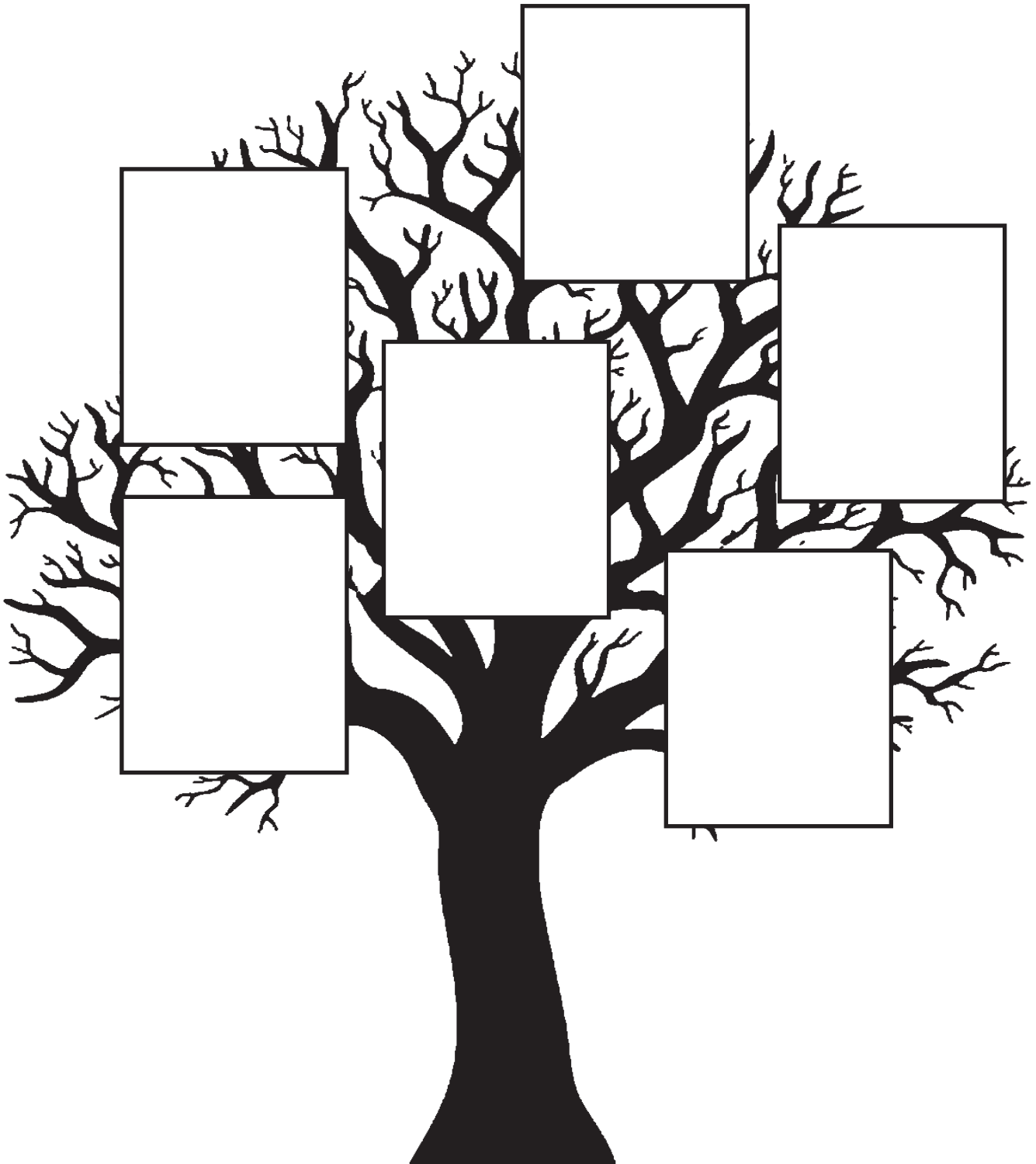


5. \_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_  
\_\_\_\_\_

Our trusted adults love us. But sometimes our trusted adults need help in hearing us. Sometimes adults aren't feeling well, or are busy, or are in a bad mood. So help the adult by saying in a strong voice, "I have a touching problem". And if the first person you tell does not help you, keep telling other trusted adults until you get the help you need.

## MY TELLING TREE

Here are people and their names who I can tell and who will help me.  
The words I will use are, *"I HAVE A TOUCHING PROBLEM"*.





**I can tell anything to my trusted adult.** Here are things I want or need to talk about with my trusted adult.

A large rectangular area defined by a dotted line, intended for writing.

## Anna's story

Anna had a problem with a touch from her nanny. Her whole family loved the nanny. The nanny insisted that Anna take a bath everyday and the nanny would wash and look at her private body parts in a way that Anna did not like. One day the nanny wanted Anna to look at her private body parts to see what grown ups looked like. She told Anna to keep it a secret. Anna didn't know what to do.



If I were Anna, I would feel ...



angry

because \_\_\_\_\_

\_\_\_\_\_



sad

because \_\_\_\_\_

\_\_\_\_\_



scared

because \_\_\_\_\_

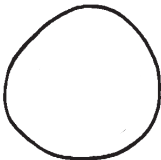
\_\_\_\_\_



happy

because \_\_\_\_\_

\_\_\_\_\_



because \_\_\_\_\_


\_\_\_\_\_

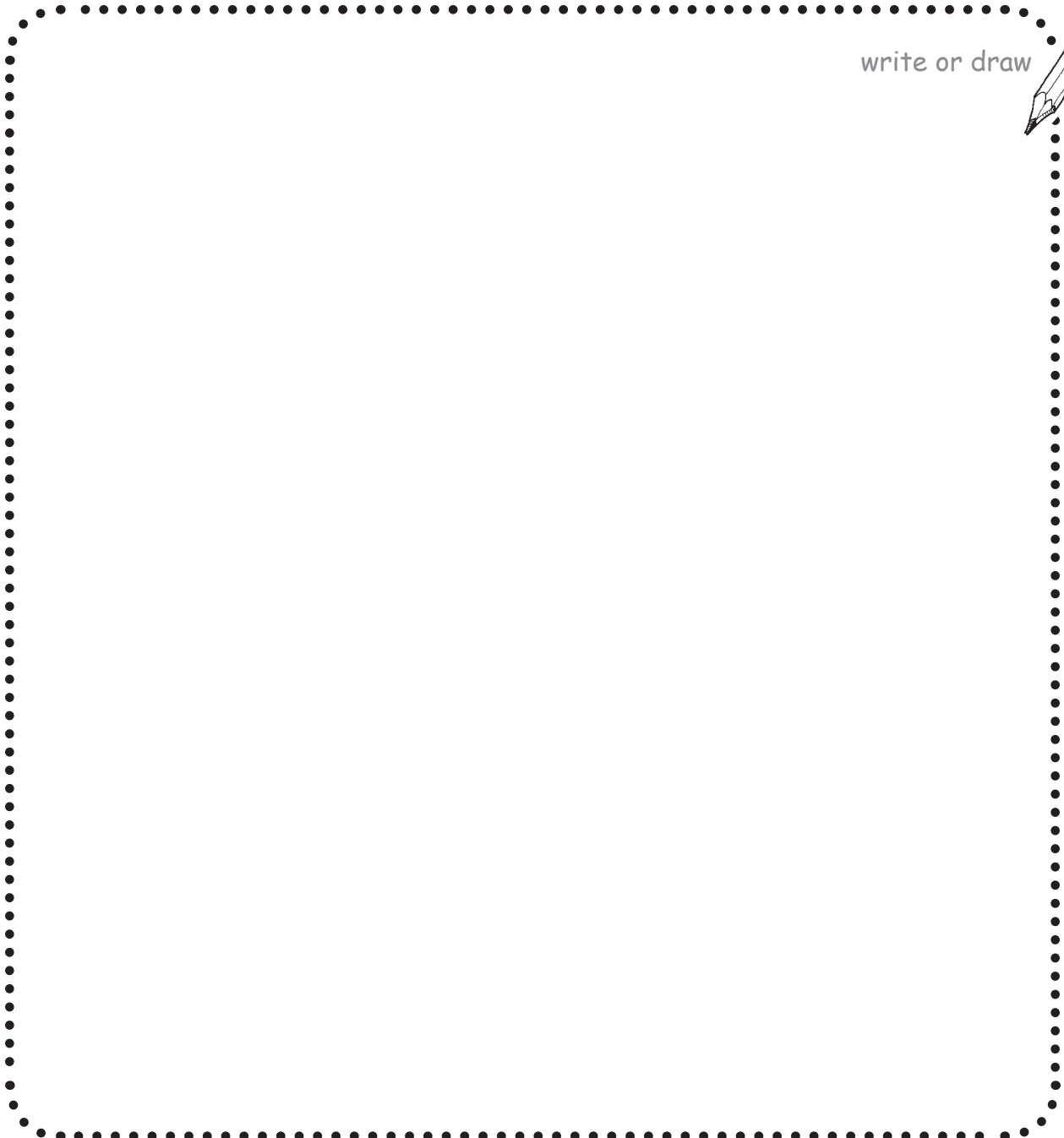
If I were Anna's friend and she told me what happened, this is what I would say to Anna ...

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and this is what I would do ...

write or draw 



Anna told her mother what happened. She was scared because her mother loved the nanny and Anna thought she had done something wrong.

Anna said to her mother, "I have a touching problem" and then told her mother what happened. Anna's mother believed her and told her it is **NEVER THE FAULT OF THE CHILD** when an adult or bigger kid touches their private body parts.



Anna's mother told her, "I'm glad you told me. I will now try to help you. I want you to always tell me when something bad or uncomfortable happens to you. I love you very much."

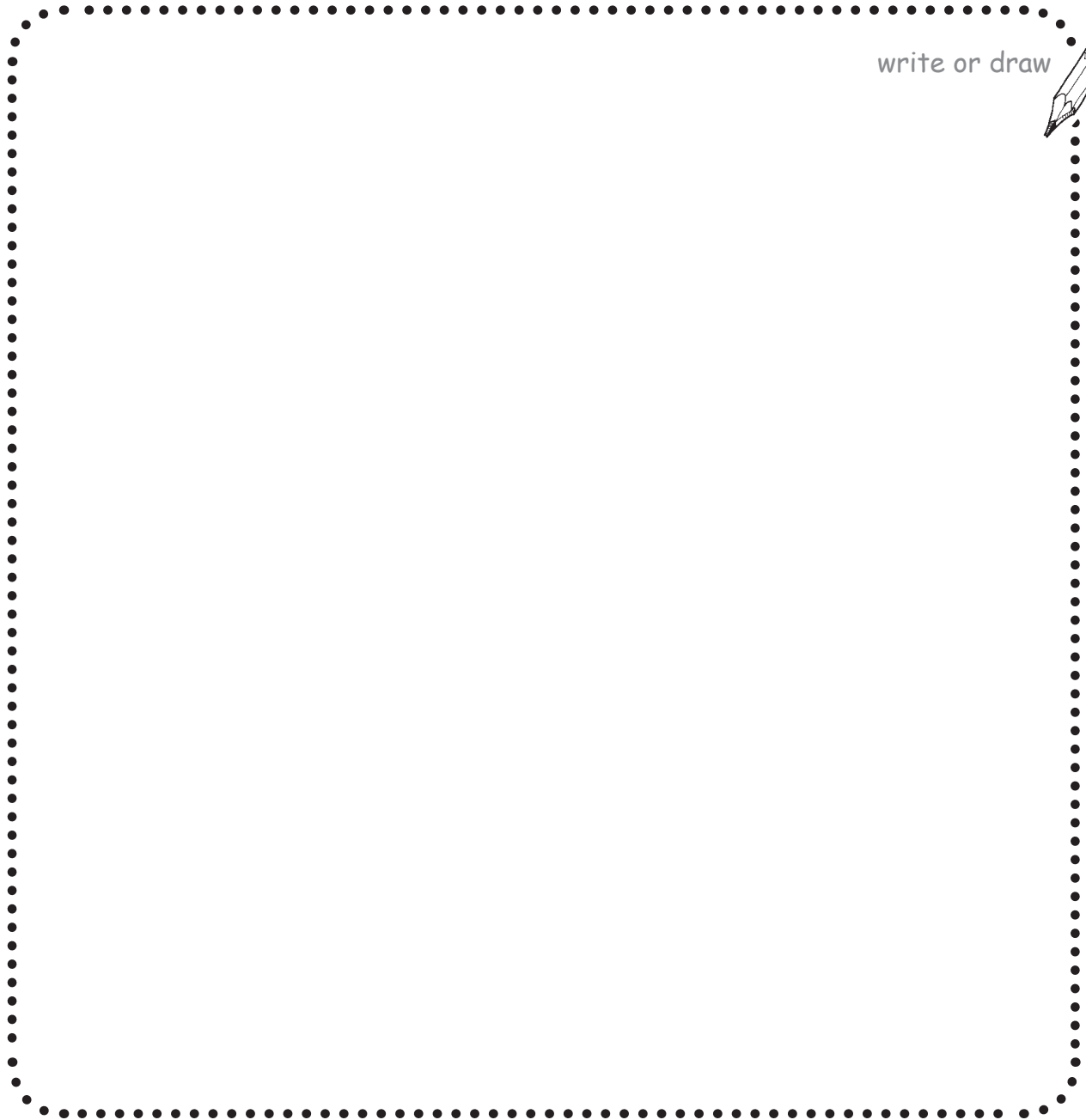




Anna no longer feels yucky inside. She knows now she has the right to say, "NO" when someone touches her private body parts, or in any other way touches her in a way that makes her feel uncomfortable.

She will now always talk with her mother who loves her and will protect her.

**If I were Anna, this is how I would look  
when I feel most safe and happy.**



write or draw



What if Anna's mother  
didn't understand?

What if her mother said  
Anna just made it up?  
What if her mother said  
that the nanny didn't mean  
anything bad?

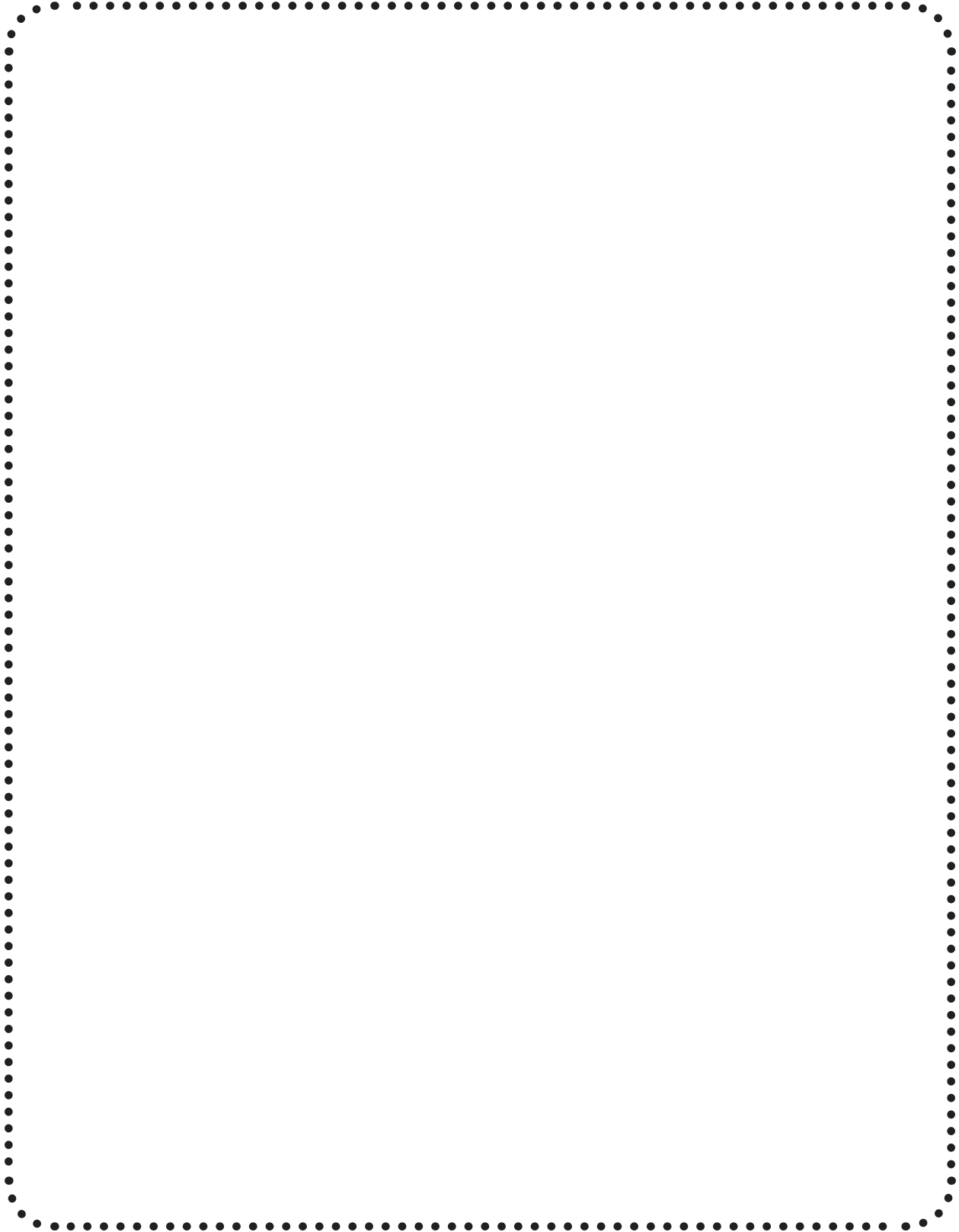
How do you think Anna  
would feel?



What if Anna told you but made you promise not to tell?  
What would you do or say?

A large rectangular area defined by a dotted line, intended for writing a response to the question above.

Here is a picture of Anna getting the help she needs from her trusted adult.



**Boys have touching problems, too, just like girls.**

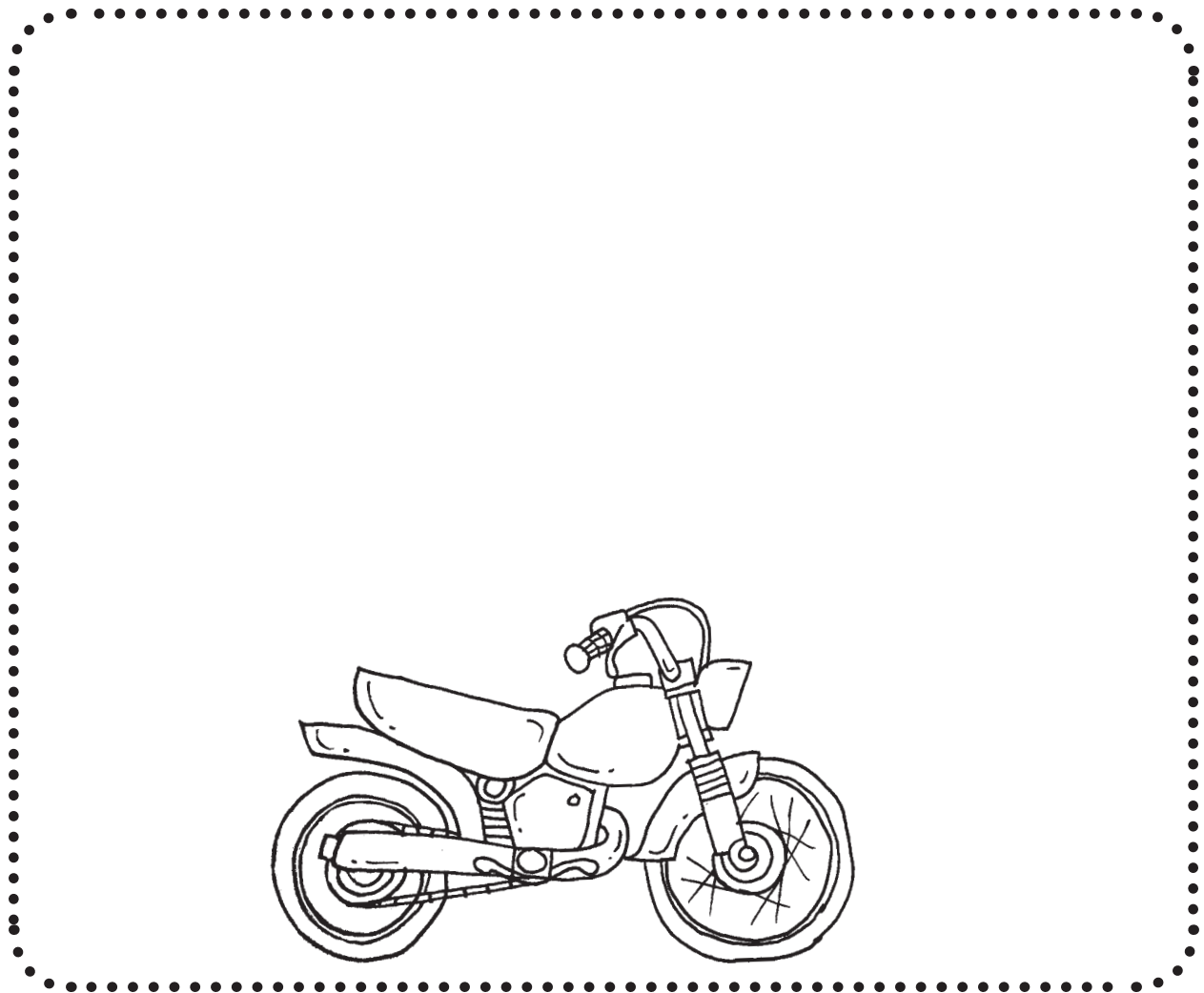
Peter lives in an apartment building. One of his neighbours, John, has a motorcycle in the garage. Sometimes he lets Peter sit on it and wear his helmet.

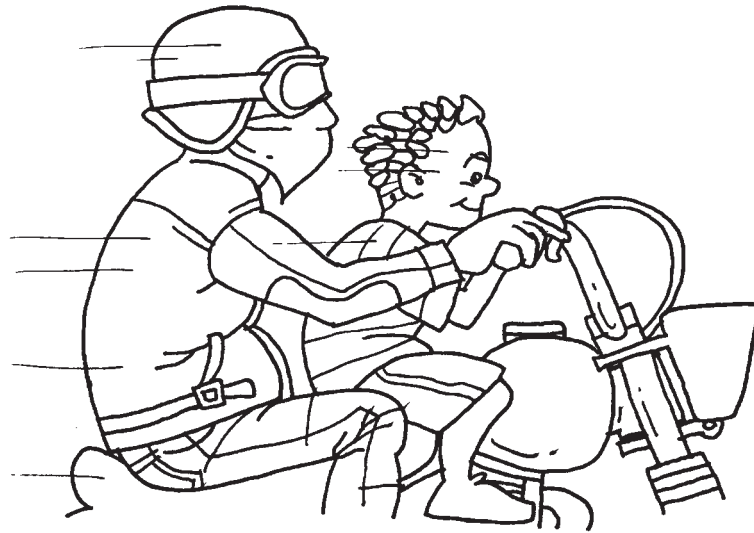
How do you think Peter feels?

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Draw a picture of Peter on the motorcycle.





One day John says he'll give Peter a ride on the motorcycle. Peter's mother isn't there to get permission and knows the nanny will not allow him to go, but Peter agrees to go anyway. John takes Peter on a ride around the neighborhood apartment buildings.

How do you think Peter feels?

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When they get back, John suggests to Peter to keep this as their little secret in case Peter's mother will be unhappy. After all, they both returned safe from the little trip.

How do you think Peter feels?

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Peter doesn't know what to do, so he doesn't tell his mother. The next time that Peter is with John, John asks if Peter told his mother about their ride. When Peter says he didn't tell his mother anything, John says they can again go on another ride if Peter wants to.

How do you think Peter feels? And what do you think he does?

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This time, John drives the motorcycle out of the neighbourhood and into a place where there are no people around. John stops the motorcycle and tells Peter that he wants to play a game. He wants Peter to touch his private parts and he will touch Peter's private parts. John says this will be another of their special secrets between them.

How do you think Peter feels?

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Peter doesn't know what to do, so he plays the secret touching game.

Draw or write what Peter should do after he gets home..

write or draw 





Peter is afraid to tell his mother because he broke a family safety rule by going on the motorcycle without getting her permission.

Who else could he tell?

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He decides to tell his teacher.  
His teacher said,

"I'm glad you told me.  
What happened is not your  
fault and I will help you.  
John tricked you. He did  
something wrong and needs  
help so he doesn't hurt  
someone else."



The teacher said that Peter needs to talk with his mother. Because Peter was afraid, the teacher went with Peter to talk with his mother. His mother was glad that Peter told her.

How do you think Peter feels now?

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---

Now Peter and Anna both know that...



It is never all right for someone to touch your private body parts except to keep you clean and healthy. It is never all right for someone older or bigger to ask you to touch their private body parts.



If this happens or if you feel confused or uncomfortable about any touch, say, "No" and get away.

Remember, it is not your fault.



Tell a trusted adult and keep telling until you get the help you need.



Peter and Anna are special kids with wonderful bodies and there are people who will help keep them safe.

**And I am special, too.**

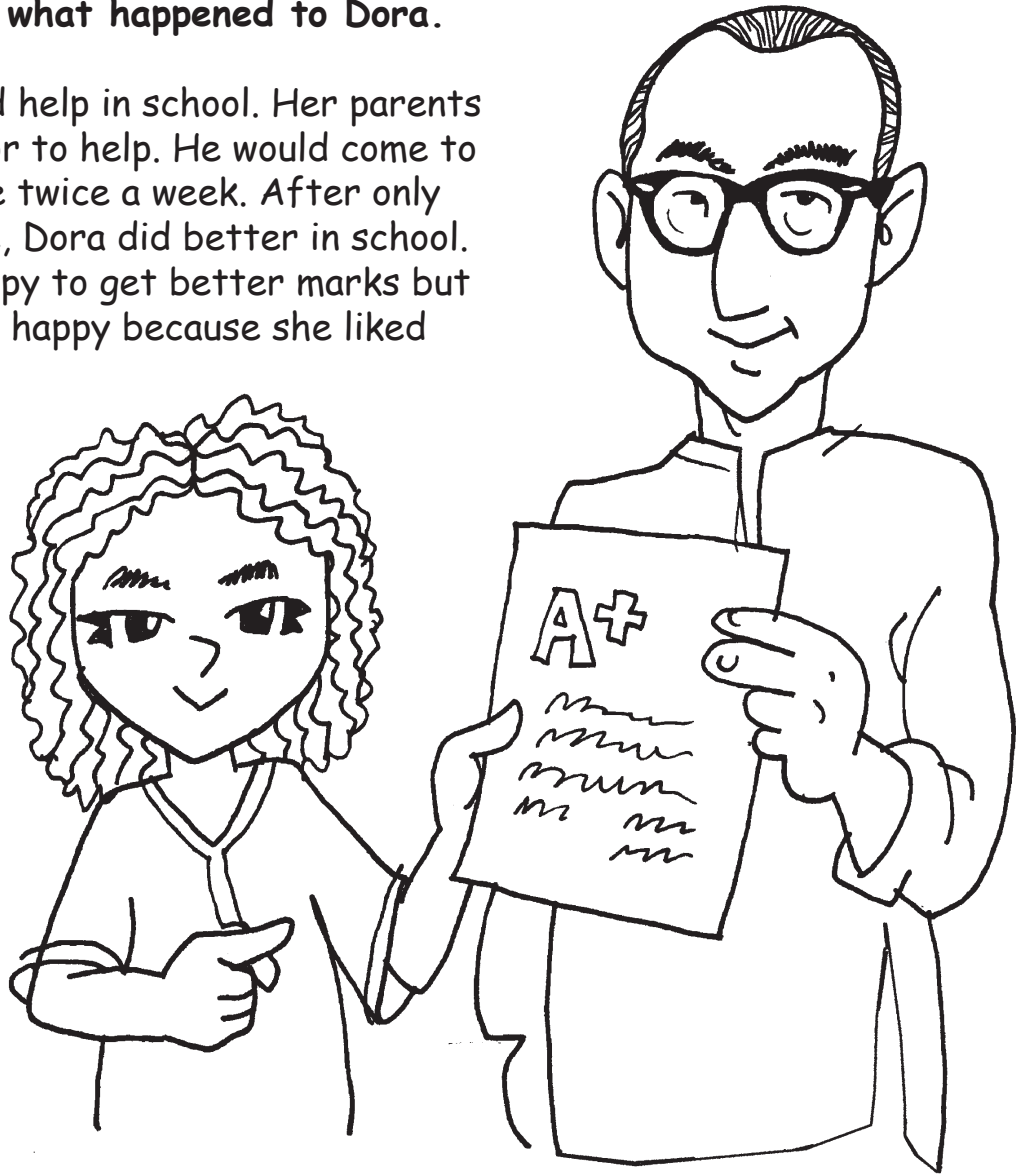
Sometimes saying  
NO does not end  
the problem.

Sometimes it may  
not be possible to  
get away.

Sometimes we  
may feel that  
we cannot tell.

That was what happened to Dora.

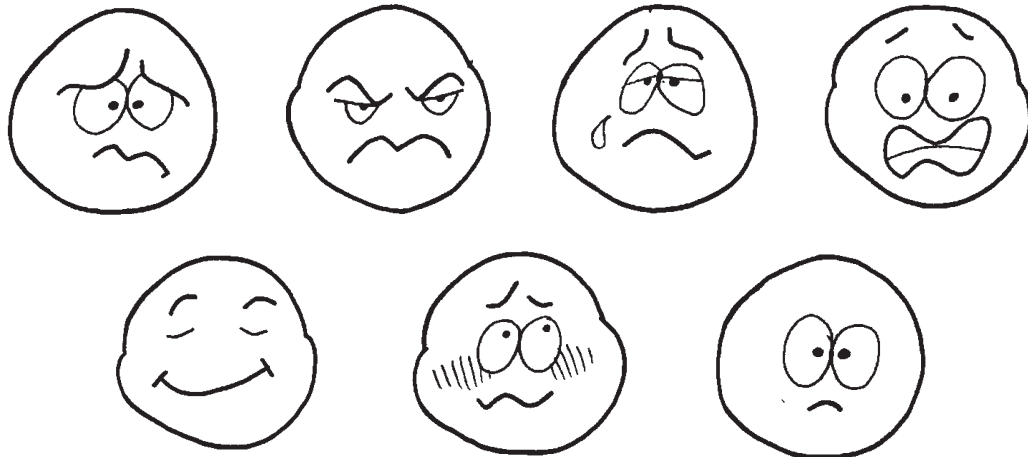
Dora needed help in school. Her parents found a tutor to help. He would come to Dora's house twice a week. After only a short time, Dora did better in school. She was happy to get better marks but she was also happy because she liked her tutor.



Dora's parents were also pleased and would send little gifts of thanks to the tutor. Dora's teacher was so pleased that she would praise Dora often for her good work.

One day when Dora's parents are out of the house and the maid is busy in the kitchen, Dora's tutor says he has something special to teach her that she won't learn at school. He shows her a magazine with pictures of adults without clothes doing things with their private body parts.

How do you think Dora feels?



The tutor shows her a picture and says he wants Dora to do the same thing to him. Dora says, "No, I don't like that". But the tutor gets angry and tells her how much he has helped her in school, so now it is her turn to help him.

The tutor also tells Dora that if she tells anyone, nobody will believe her because he will say she was cheating in school and that is how she gets better marks.

How do you think Dora feels?

Dora doesn't know what to do. So she doesn't tell anyone!

One day Dora and her friends talk about the Convention on the Rights of the Child and personal safety. One friend said she learned that:

You always have the right to feel safe and feel good about yourself.

If someone touches you in a way that doesn't feel safe, say, "NO" whenever possible, and always think, "NO" in your head even if you can't say, "NO", and then tell when you can.

Think NO  
I DON'T  
DESERVE  
THIS

Think NO  
THIS IS  
NOT MY  
FAULT

No one has  
the right to  
touch me in  
a way that  
doesn't feel  
OK or safe  
for me!!!



**IT IS NEVER TOO LATE TO TELL  
SO TELL WHEN YOU CAN.**

So Dora and her friend say together...

**NO!**

I do not want to be touched like my tutor is touching me!

**NO!**

This is not my fault!

**NO!**

It's not too late for me to tell!

**NO!**

I don't deserve to be touched in a way that I don't like!

**NO!**



Dora now decides to TELL HER PARENTS because she doesn't want that to happen again. Dora went to tell her mother. She was still scared. She was breaking a promise of secrecy she made with her tutor.

What other things could make Dora scared?

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When Dora told her mother, she was surprised but she believed Dora. Her mother said, "I'm very happy that you told me. YOU ARE VERY BRAVE. Now I can help keep you safe."



She told Dora, "I will never let that tutor be with you again".

How do you think Dora feels?

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But Dora was still worried.

What if her father gets angry at her?

What will happen to her marks in school?

What will happen to the tutor?

What will her friends think if they find out?



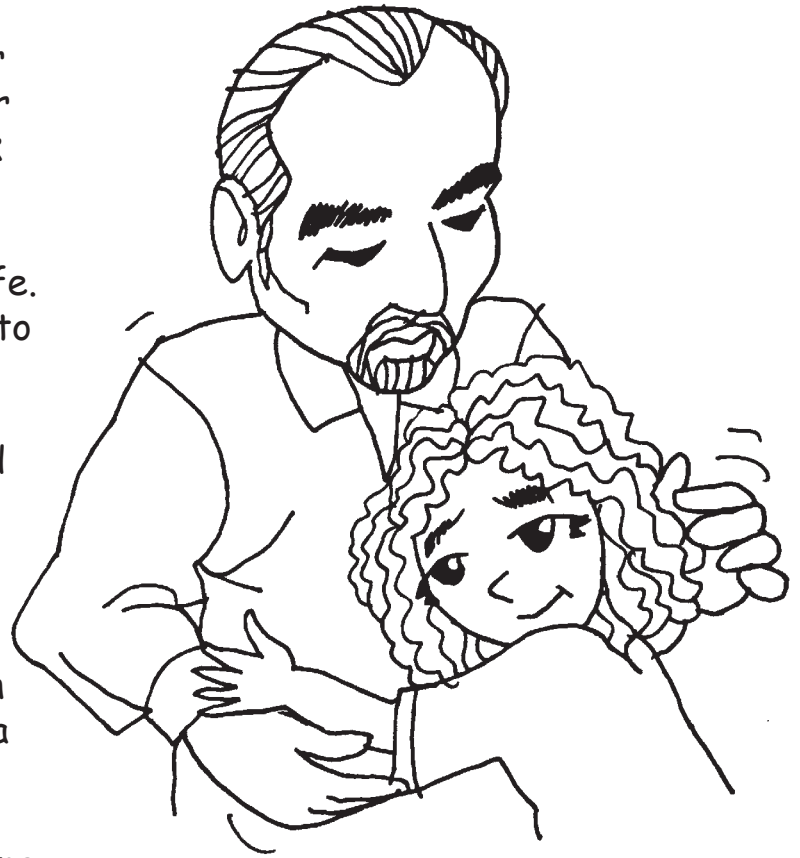
Dora's mother answered her fears: "What happened was not your fault. You didn't do anything wrong. I will talk to your father and he will understand. We will talk to some other people so that the tutor will not be able to hurt you or anybody else again."





That night when Dora's father came home, he and her mother came into her bedroom to talk with Dora. He said, "I'm really sorry about what happened to you. You have a right to be safe. We are going to do all we can to protect you."

Then Dora's father comforted her and told her, "It's all right to feel scared or angry or confused! I am not angry with you. I love you and we are going to help you deal with these feelings. Talking about a touching problem is not easy. What makes families work is when we can talk about anything. I AM PROUD OF YOU, Dora!"



What could Dora have done if her mother or father didn't believe her?

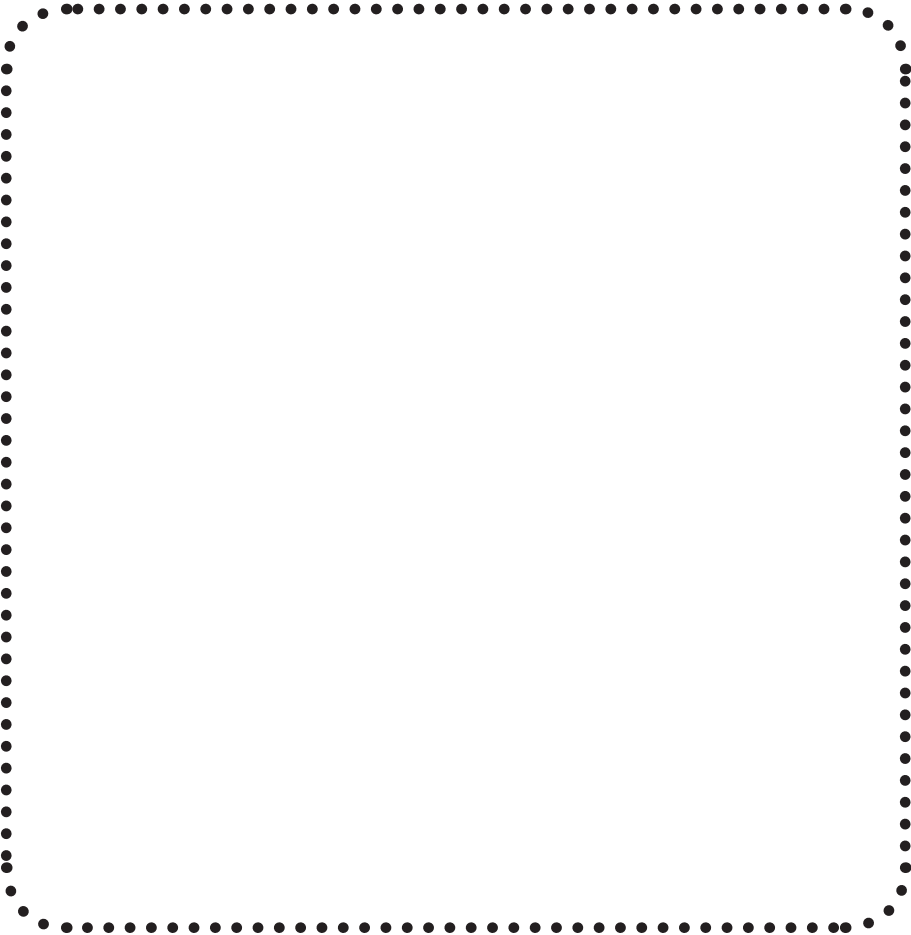
Now Dora knows what Peter and Anna already know, that...



I am special.  
I have a wonderful body.  
I am the boss of my body.  
I have the right to my feelings about who and how my body is touched.

**AND I KNOW IT, TOO!**

Here is a drawing or picture of me knowing that even if I can not say, "NO", I can always THINK "NO" to a touch I don't like.

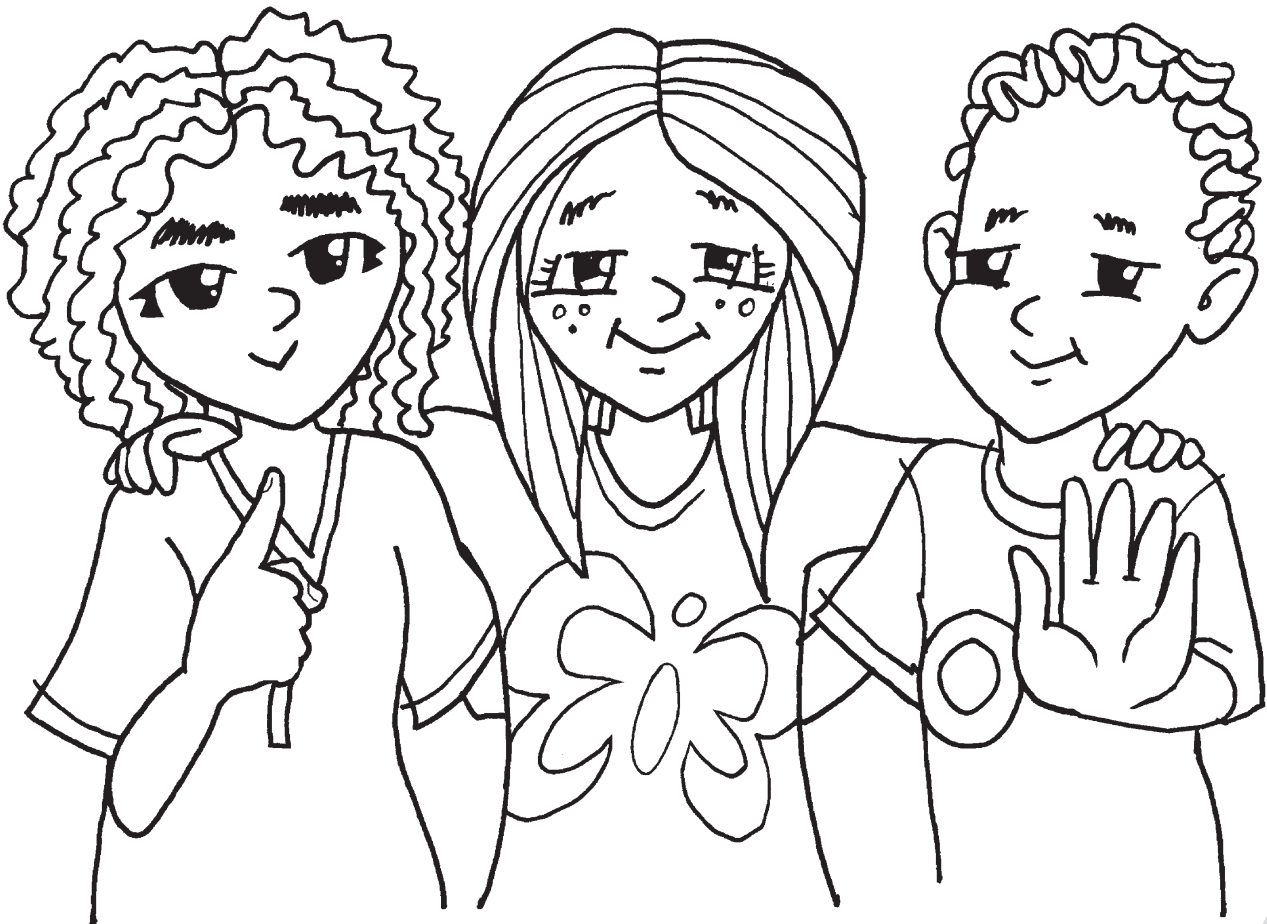


What good does THINKING NO do if it doesn't stop the unwanted touch?

THINKING NO helps us get clear in our own minds that we do not deserve to be touched in ways that are not safe for us, and that it is never our fault.

Even if we couldn't say NO.  
Even if we couldn't get away.  
Even if we couldn't tell someone.

What happened was not my fault.  
I will not blame myself.



Now that you know you are special and have trusted people who will help you, what about your friends?

Your friend tells you that she and her brother are afraid of their father. He yells at their mother. He even hits their mother. Her mother often cries. One time she heard her mother making a friend promise not to tell anyone because her mother did not want to get divorced.

Your friend is afraid to tell anyone because she and her brother don't want to have to leave that school and go to another place again. What could your friend do to get help?

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Your friend is sick so you want to take him to the school nurse. But your friend doesn't want to go there because the nurse will try to call his parents to take him home, but his parents have not been home for a long time. Only his nanny, cook and driver are there. What could your friend do to get help?

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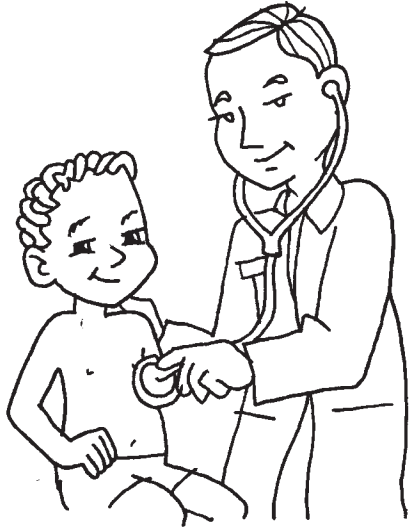
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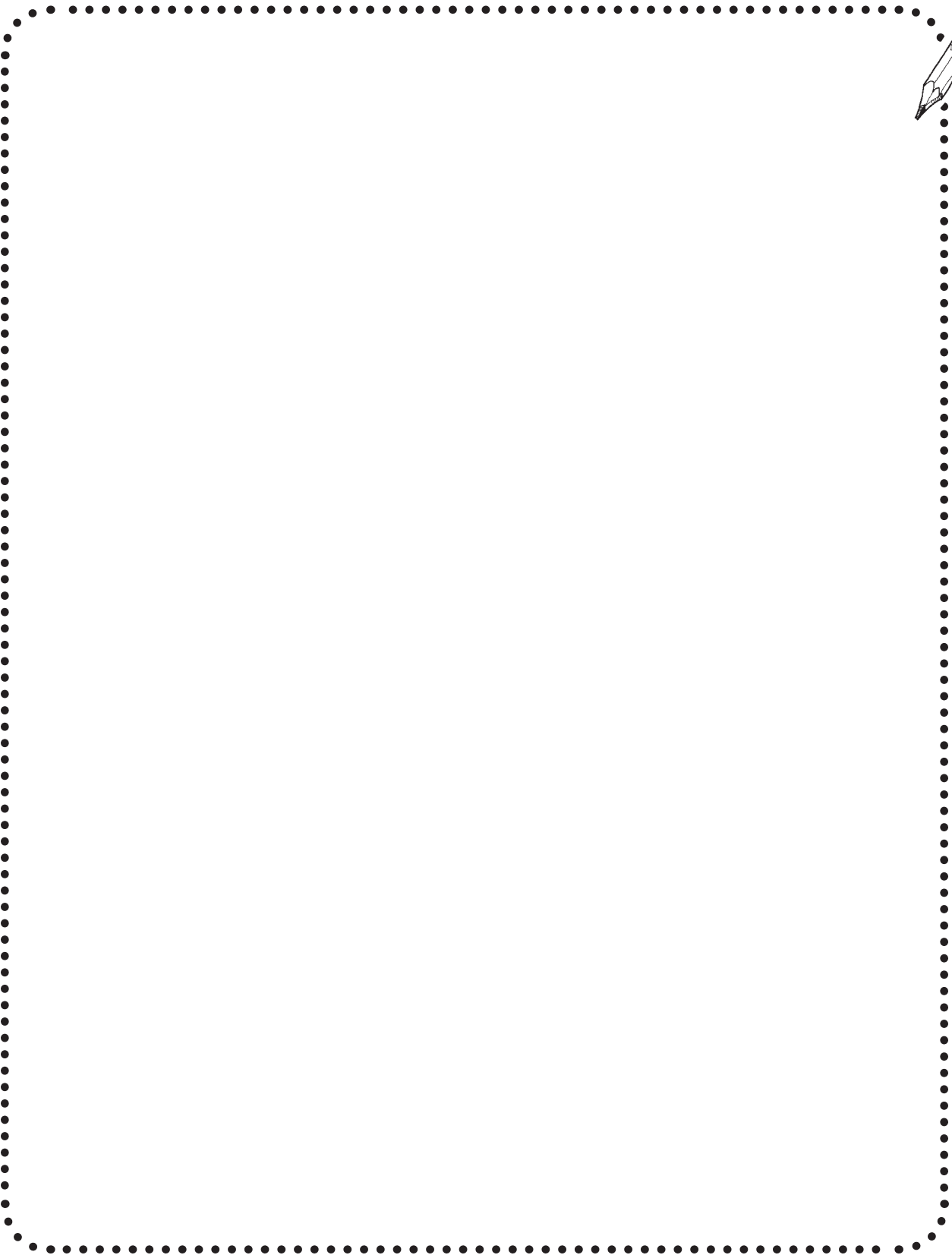
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Here are some kinds of touches..... Circle the touches that make you feel safe.



Draw a special touch that you like ...



If you ever got a touch you didn't like or that made you feel uncomfortable, draw or write it here.



write or draw



The next time this happens, this is what I will say and do.





Based on workbook by  
**Center for the Prevention and Treatment of Child Sexual Abuse, Manila**  
and  
**My Very Own Book About Me, Act For Kids, Spokane**

Illustrations by  
**Jim Marpa**  
jzmarpa@gmail.com