



EVERY CHILD SOULD BE TREATED FAIRLY

Children must be protected and live safely.

Children have the right to play, rest and relax.

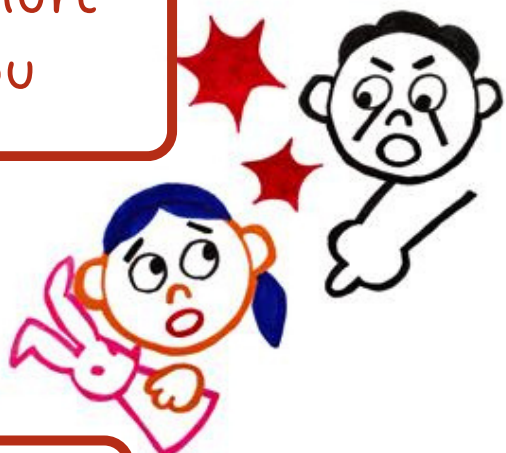
Children have right to give their opinion and adults have to listen and take it seriously.

WHEN MUST YOU ASK FOR HELP?

When an adult makes a mistake, we can help them build a better relationship with you. First and foremost, children need a safe environment!



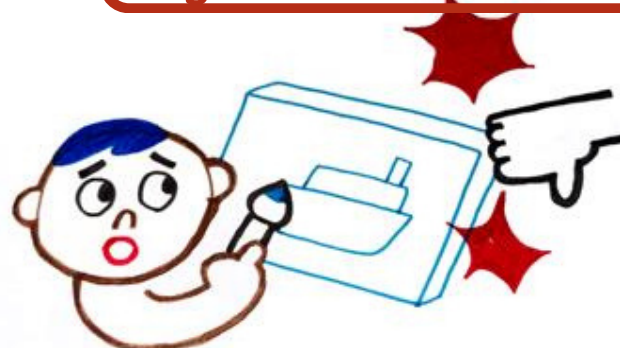
When they say things that hurt and harm you



When they don't listen to you



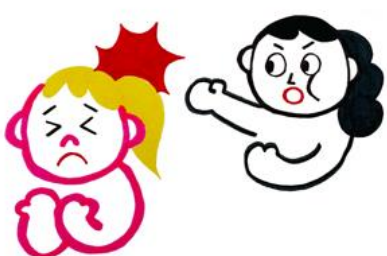
When they tell you you're not well



When you're forced to do things



When you're hit or hurt



When they touch your body or force you to touch someone else's body



When you don't get washed or fed



When you're forced to replace mom or dad's work

When you're left alone

TALK TO A GROWN-UP

Talk to an adult, like your schoolteacher, an aunt or uncle, or a neighbor you like. If they don't believe you or do anything about it, talk to someone else.

You don't need to protect someone who hurts you.

First of all, you need to be protected because you're a child.



BEING CONSCIOUS, BEING PROTECTED

A child who reacts will be protected. If there are things you don't understand, try to find out what they are. You have the right to say NO to anyone who does things you think are unfair, even your parents.

Help your friends do the right thing.



LOVE YOURSELF

Your body is yours for life. Take care of yourself. Be proud of yourself and enjoy your life as a child. You're a child of the universe, like the trees or the stars, you have the right to be there, to be loved, to be cared for and to live in safety.