

We are strong against child sexual abuse

Every child has rights from birth and throughout our lives, no matter who we are, in which country we live, the language we speak or our religion.

Our rights are very important.

Per això hi ha una llei internacional anomenada «Convención sobre los Derechos del Niño», which explains all our rights and serves to protect us.

How can a person hurt us?

- 1** When a person hurts us, for example, he hits us, cuts us, stirs us or burns us, it's called **physical violence**, because it hurts us in the body.
- 2** When a person makes us feel bad because he tells us things that we don't like, insults, calls or threatens us, or because he doesn't let us be in a group, etc., it's called **emotional or psychological violence**.
- 3** When a person asks us to show him/her our body or touch us some parts or shows us his/her body or asks us to touch him/her, and we don't like it and we don't want to do it, it's called **sexual abuse**.
- 4** When our family or the adults we live with, they don't care for us well, they don't give us good food, they don't take us to the doctor or they're not affectionate nor protect us, it's called **physical and emotional negligence**.

When someone hurts us, it is important that we ask for help from those who make us feel safe

You can talk to a teacher you can trust.

You can tell someone in your family that makes you feel safe.

Or a friend who makes you feel good.

When someone hurts, we can feel a lot of things: **pain, sadness, shame, fear, nerves, etc.** Also, we may not want to talk to our family, to our friends, or we can lose the desire to eat and have sleeping problems.

That is why it is very important that we talk about how we feel, although the person who hurts us asks us not to explain it to anyone. **When someone hurts us even if it is a secret, we have to tell the people who help us.**

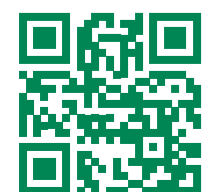
Surely the person you've told asks for help from other people to protect and help you.



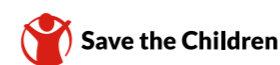
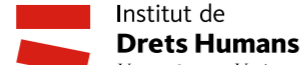
We're not alone

Maybe after explaining it we're still feeling bad, but you have to know that you're not alone and that **there are many people who can help us, care for us and protect us.**

Do not forget that **when we tell us what is going on we are very brave and we are not to blame for anything.**



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Children's helpline ☎ 116111