

# IT IS IMPORTANT FOR CHILDREN TO BE **STRONG,** THROUGH AWARENESS AND EMPOWERMENT

## **S**hare your concerns

- Tell a trusted adult about anything that makes you confused, sad, worried or scared.
- This could be a family member, teacher or friend's parent, or you can even call the Child Helpline 1412.



## **T**he underwear rule

- Know that the parts of your body covered by underwear are private.
- No one has the right to see or touch your private parts.



## **R**espect your body

- Remember that your body belongs only to you, and that you have control over it.
- People should respect your body and your feelings.



## **O**nline safety

- Learn to be safe while you're online and never share your personal details.
- Don't turn on the webcam to strangers you get to know online or respond to inappropriate requests.



## **N**o means NO!

- Say 'NO' to unwanted touch or anything that upsets you, even if it is from someone you know or love.
- You have the right to refuse to do things that make you worried.



## **G**ood and bad secrets

- Understand the difference between good and bad secrets.
- Bad secrets are ones that make you feel uneasy and you do not have to protect such secrets.

