



COVER - B

COVER - F

SECRET

Secrets about touching are not okay
Always tell your trusted adult if
someone tries to break the touching
rules and asks you to keep it a
secret



NO

If someone tries to break this
touching rule, it is very important
to learn to use this word. Use it
loudly



SHOUT AND GET AWAY

Practice shouting - because that's what you need to
do when someone is trying to hurt you or touch
you in a way you don't like, or which makes you
feel confused, scared or uncomfortable.



TELL

If you are worried, confused or scared by the way
someone touches you or makes you feel, tell a
grown up you trust about it. If the person you tell
doesn't help you then tell someone else. And keep on
telling till you get the help you need. Some examples
of grown ups you may want to tell are parents,
teachers or grandparents.



**IT IS NEVER
YOUR FAULT**

It is never your fault when someone
breaks the touching rule to hurt you.
And sometimes even if you can't
say no or get away or are too
afraid to tell, always remember to
think "NO" that you did not ask to be
hurt and it is NOT your fault. Think
"NO" and tell when you can.

YOUR OWN IDEAS

What are your own ideas
to keep yourself safe?



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Tickles and Hugs: Learning the touching rules



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Learning the touching rules

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*Tell a teacher
Tell a friend
Someone to help you make this end
Keep on telling
Till someone tells you
I will help you
I will surely help you*

*Just remember a simple rule
At home, at the park, or even at school
Don't keep secrets
Don't keep it inside
You have got nothing, just nothing to hide*



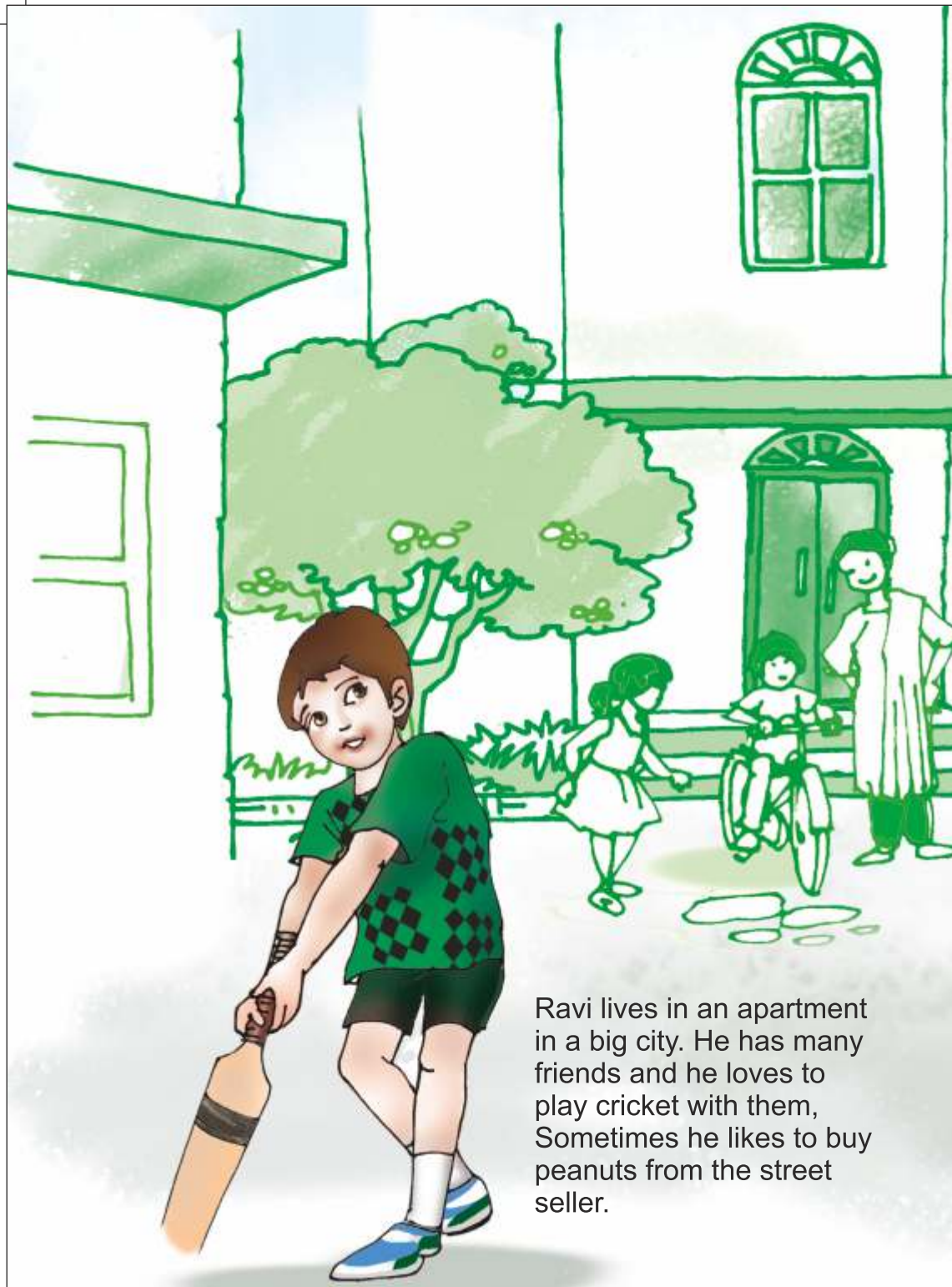


*Something has happened that's bothering you
And you are not sure just what to do
If you think someone is trying to trick you
Here is something that you should do*

*Tell your mom
Tell your dad
If you are scared
Or if you are sad*

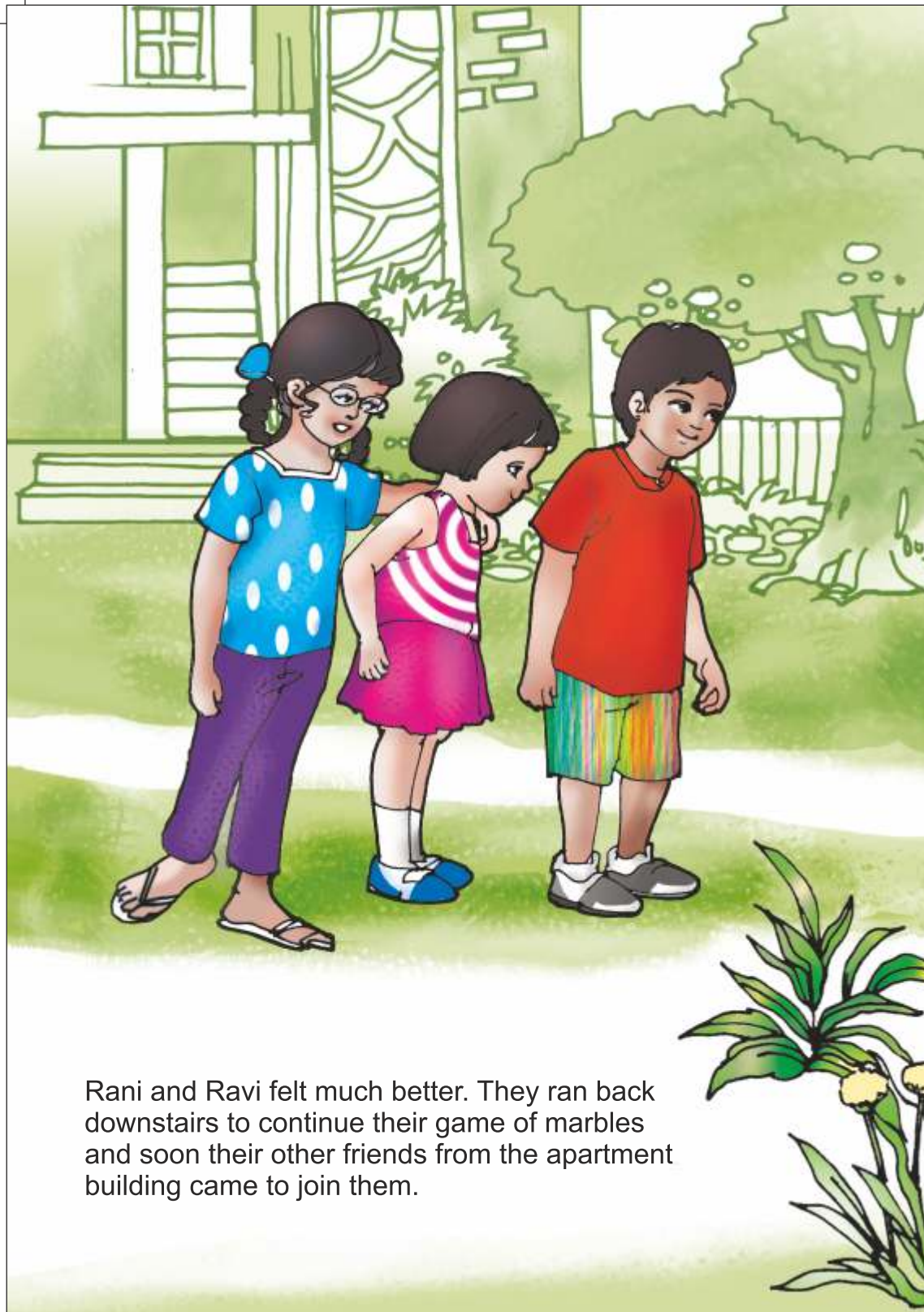
*Keep on telling
Till someone tells you
I will help you
I will surely help you*





Ravi lives in an apartment in a big city. He has many friends and he loves to play cricket with them, Sometimes he likes to buy peanuts from the street seller.





Rani and Ravi felt much better. They ran back downstairs to continue their game of marbles and soon their other friends from the apartment building came to join them.



Ravi's best friend is Rani. Rani and Ravi like doing things together. They read books, colour pictures, play marbles and sometimes they sit together and listen to songs on the radio.

Often they also sing their favourite song together.



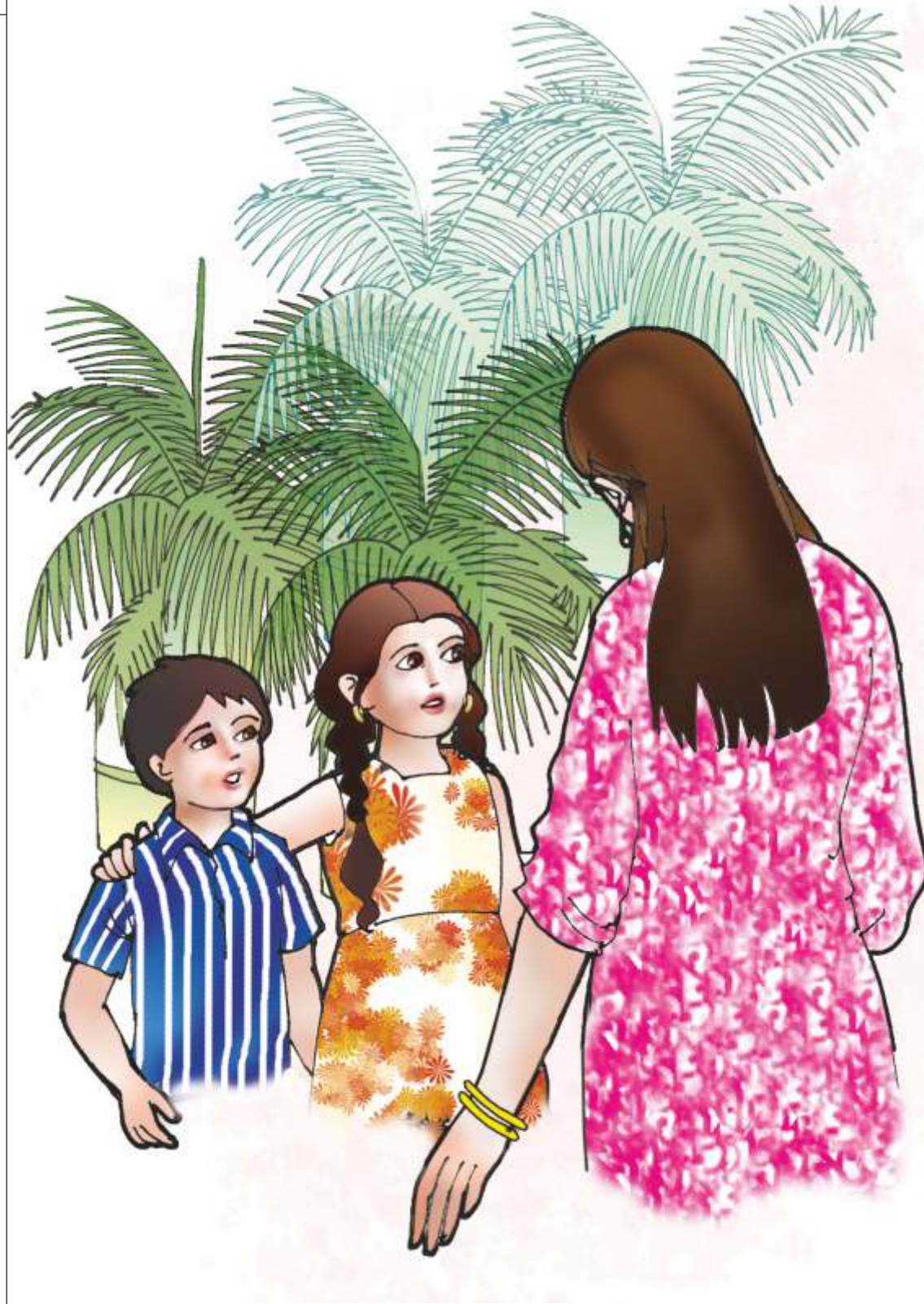
*I like my round head
It's a place for my thoughts
I like my small ears;
They wiggle a lot
I like my chin;
It's right below my grin!
I like...I like...I like myself.*



*I like my rough knees
I like how they bend.
I like my tiny toes,
They point the way I go
I like my black hair,
It grows from here to there!
I like...I like...I like myself ..*



Rani's mother hugged the children and said, 'Good girl. I am happy you said no. Always remember the song we have learned and never be afraid to say no. Also remember that what happened was not your fault. Always tell someone if an older or bigger person tries to scare you or trick you. I am so glad you came and told me.'



*I like my pet dog
We love to romp and play
I like my best friend,
Who comes to spend the day
But there are times, I like to be alone
I like...I like...I like myself*





One day Rani fell ill and Ravi did not have anyone to play with. All his other friends in the apartment complex were busy with one thing or the other. When Ravi saw the peanut seller he was excited. He came out into the street to buy some peanuts.



Ravi felt so scared that he did not say a word.
Rani remembered what her mother had said and shouted,
'No! No! We don't want to play this game with you.'



Rani took Ravi's hand and they ran up to Rani's house.
Rani told her mother what had happened.

The seller wrapped some in a paper cone. As he gave it to Ravi,
he held Ravi's hand and stroked it. Ravi did not like it. He pulled
away and ran home.

The next day he spoke about it to Rani. 'I didn't like the way
the peanut seller held my hand. It made me scared and
uncomfortable.'

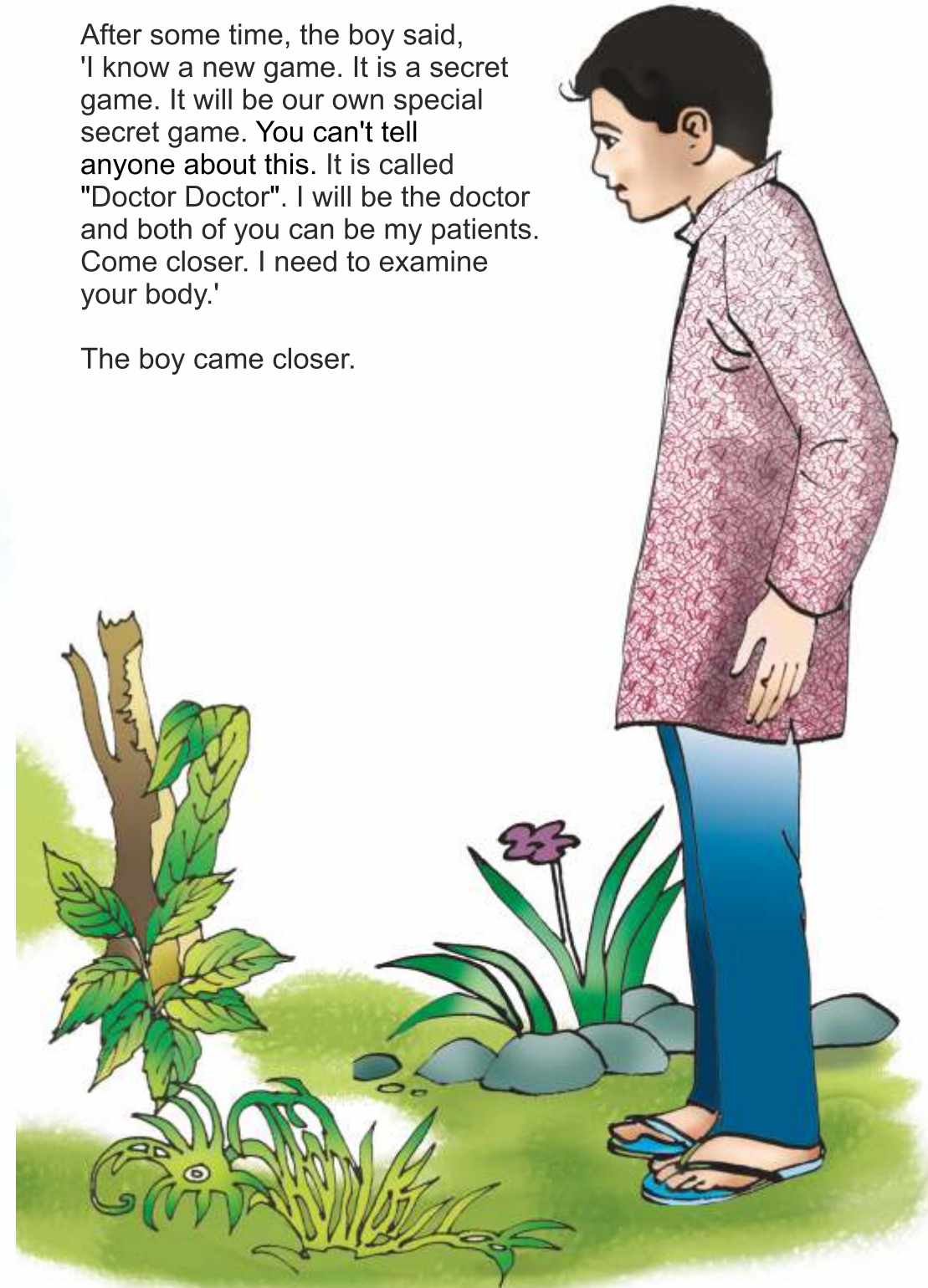


'It happened to me too, Ravi. I have an uncle who always used to hug me in a way I don't like. It made me uncomfortable. I told him to stop and I told my mother as well. Since then he does not hug me. You too must talk to an older person Ravi. Would you like to talk to my mother about what happened?'



After some time, the boy said, 'I know a new game. It is a secret game. It will be our own special secret game. You can't tell anyone about this. It is called "Doctor Doctor". I will be the doctor and both of you can be my patients. Come closer. I need to examine your body.'

The boy came closer.



One day when Ravi and Rani were playing with marbles an older and bigger boy came over and wanted to play with them. Rani thought he was a new boy in the building and invited him to join them.



Ravi hesitated. He was scared that Rani's mother would be angry if he told her. He also thought that maybe what happened with the peanut seller was not important.

'Er...no...no... it is alright.'

'Don't be scared Ravi,' 'My mother can help you, I am sure.'

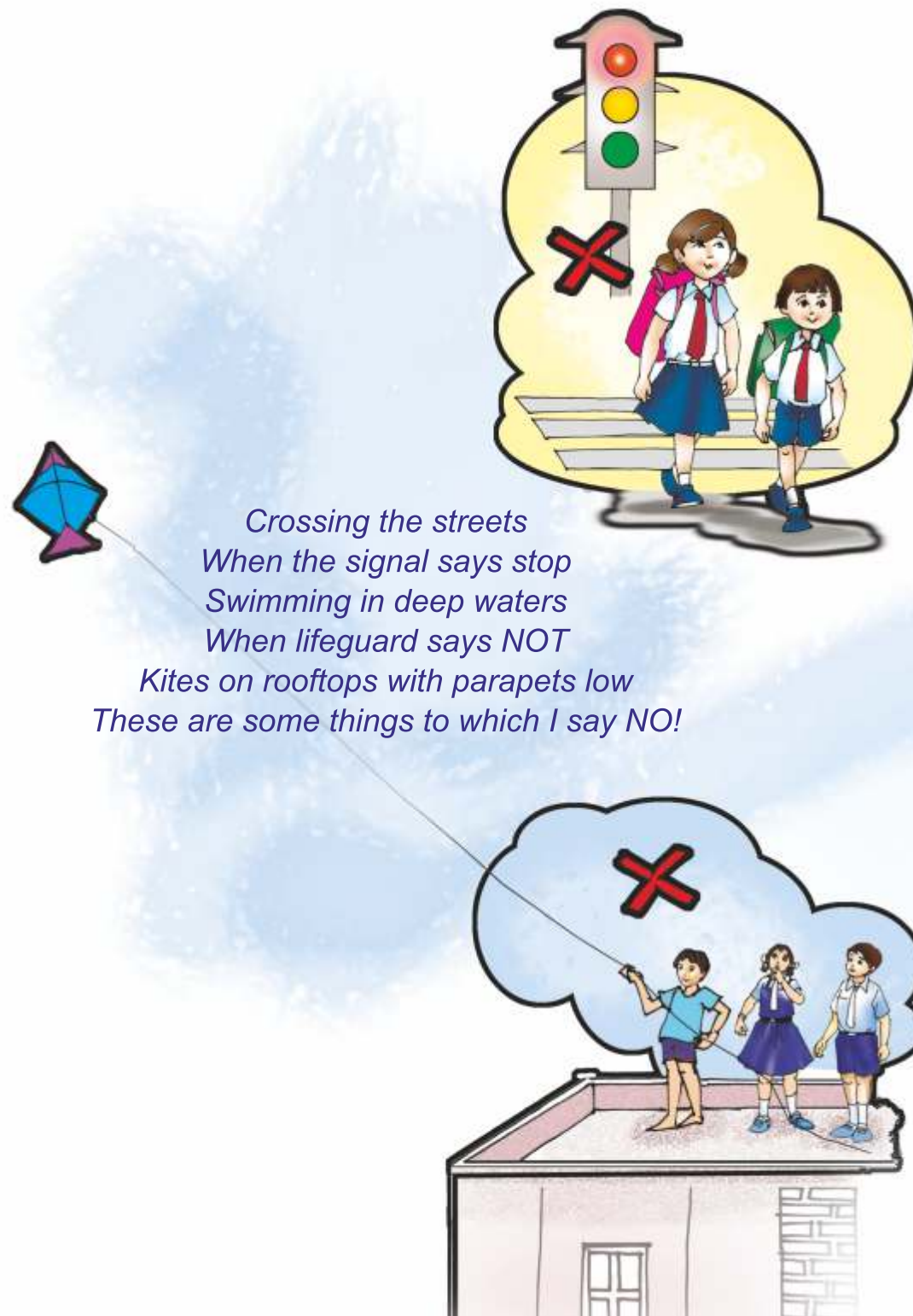




*Lengthy long tickles
That don't feel quite right
Rough shoddy games
That give me a fright
Chocolates and candy from strangers unknown
These are some things to which I say NO!*

*People who hug me
Too long and too tight
Or touch me in ways
That I really dislike
These make me feel unsafe and frightened, and so
These are some things to which I say NO!*





Ravi agreed. The children ran to Rani's mother and told her what happened with the peanut seller.

Rani's mother listened carefully. She took them into the kitchen and gave them hot samosas and warm milk.

Then she said,

'Ravi, I am very glad you told me this. It was a brave thing to do. There are some things I want to talk to you about. Sometimes when people touch you, and you don't like it, or you feel scared or unsafe, you have to say NO.'

'Is it like how I felt with the peanut seller aunty?'





'Yes, exactly like that. You were scared, were you not, when he held your hand and rubbed it? That is the time to say NO. You know, sometimes when someone tickles you too much and you don't like it? Well, that is also a time to say NO.'

You have to also say NO when an older or bigger person wants to touch your private body parts. These are the parts of your body that are covered by your under clothes. When you feel unsafe with anyone touching, you just say a loud and clear NO.'

'Shall we sing a song to remember when to say NO?'

'Yes!'

The children listened carefully to Rani's mother sing and repeated after her.

