YOU HAVE THE RIGHT TO FEEL SAFE ALL THE TIME
Your body is special and belongs only to you

These are some ways to protect your body:
- Wearing a cricket helmet
- Brushing teeth
- Wearing clothes
- Eating healthy food
- Vaccination
- Shouting or pushing in self-defense
- Taking medicine

Touching
Touching, like talking, is an important way of communicating with each other

What are your private parts?
The parts of your body that are covered by undergarments

Safe and Unsafe touches
There are safe and unsafe ways of touching

Safe touches
- Safe touches are important ways by which parents, teachers or others show they care for you

Unsafe touches
- Unsafe touches are those touches that may make you feel angry, scared, dirty, uncomfortable or confused.

You have the right to be protected from unsafe touches. You may get unsafe touches from some people you know, respect or love.

They could be your friends, relatives, neighbours, people at school or strangers.

They may ask you to keep it a "special secret"

Or they may even scare, threaten or blackmail you

Unsafe touches
- Unsafe touches are those touches that may make you feel angry, scared, dirty, uncomfortable or confused.

Here are some smart ways to protect yourself:
- Say "No", "Don't" or "Stop it"
- Scream and let others know
- Push the person away
- Get away from the person
- Tell a trusted adult, who will listen and help you. For example: Parent, Teacher, or Friend

Be Smart, Be Safe, Be Happy.

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