

... I PROTECT MYSELF



PRESENTATIONt



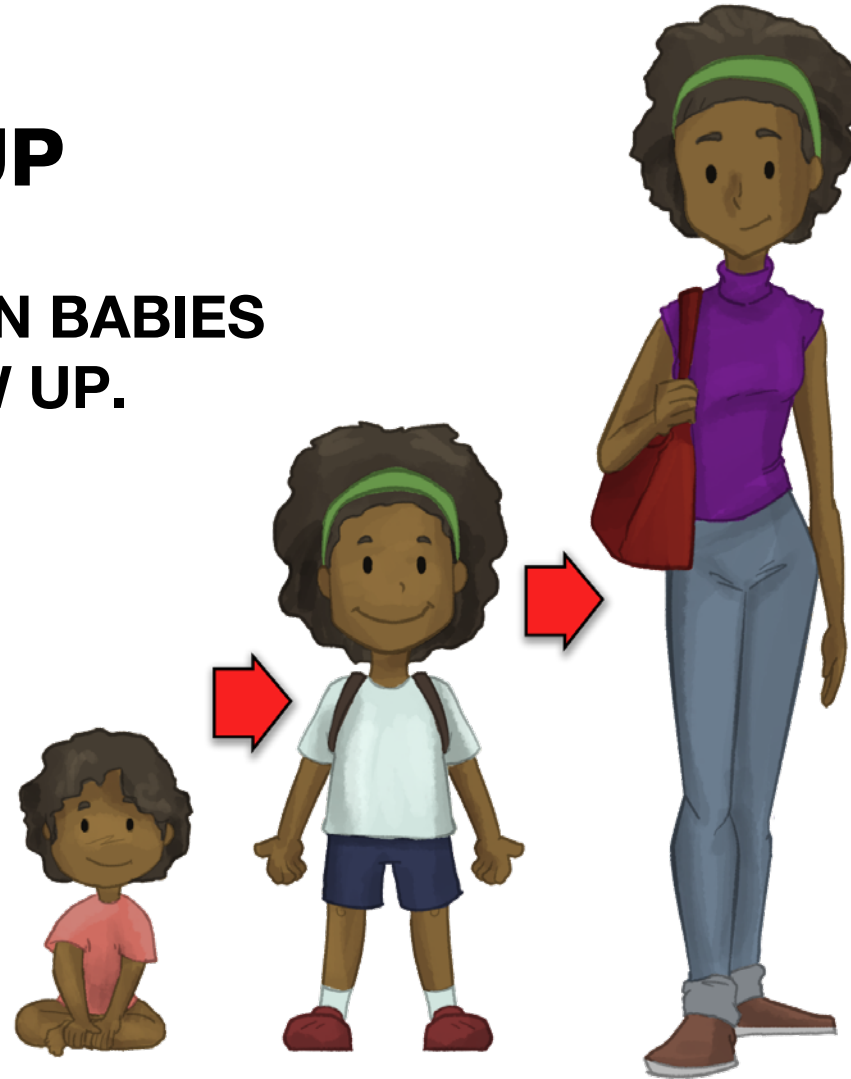
THIS BOOK WAS WRITTEN FOR CHILDREN WHO ARE BEGINNING TO LEARN ABOUT THEIR BODIES.

THEY NEED TO LEARN ABOUT HOW TO PROTECT AND TAKE CARE OF THEM.

THIS BOOK WILL ALSO HELP FAMILIES AND EDUCATORS TALK ABOUT THESE MEASURES WITH CHILDREN.

I AM GROWING UP

**WE ARE ALL BORN BABIES
AND THEN GROW UP.**



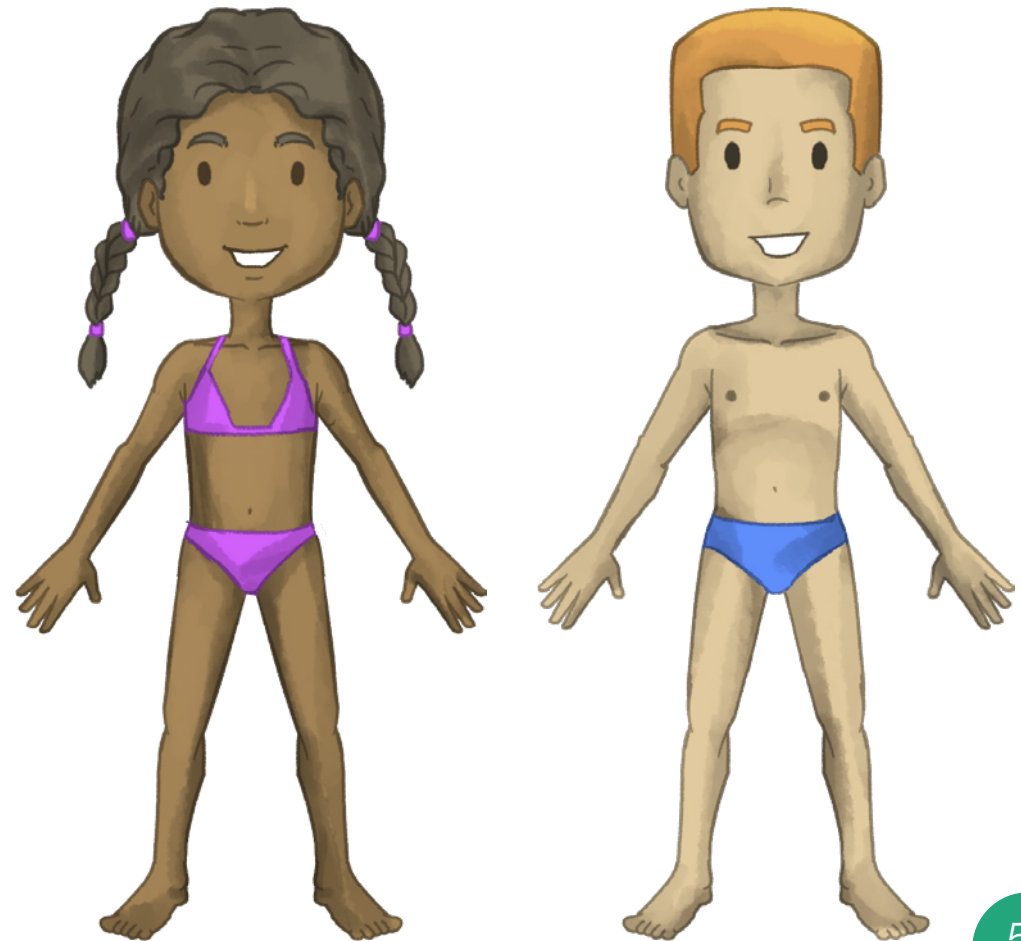
**DO YOU KNOW
WHAT THE PRIVATE
PARTS OF OUR BODIES ARE?**



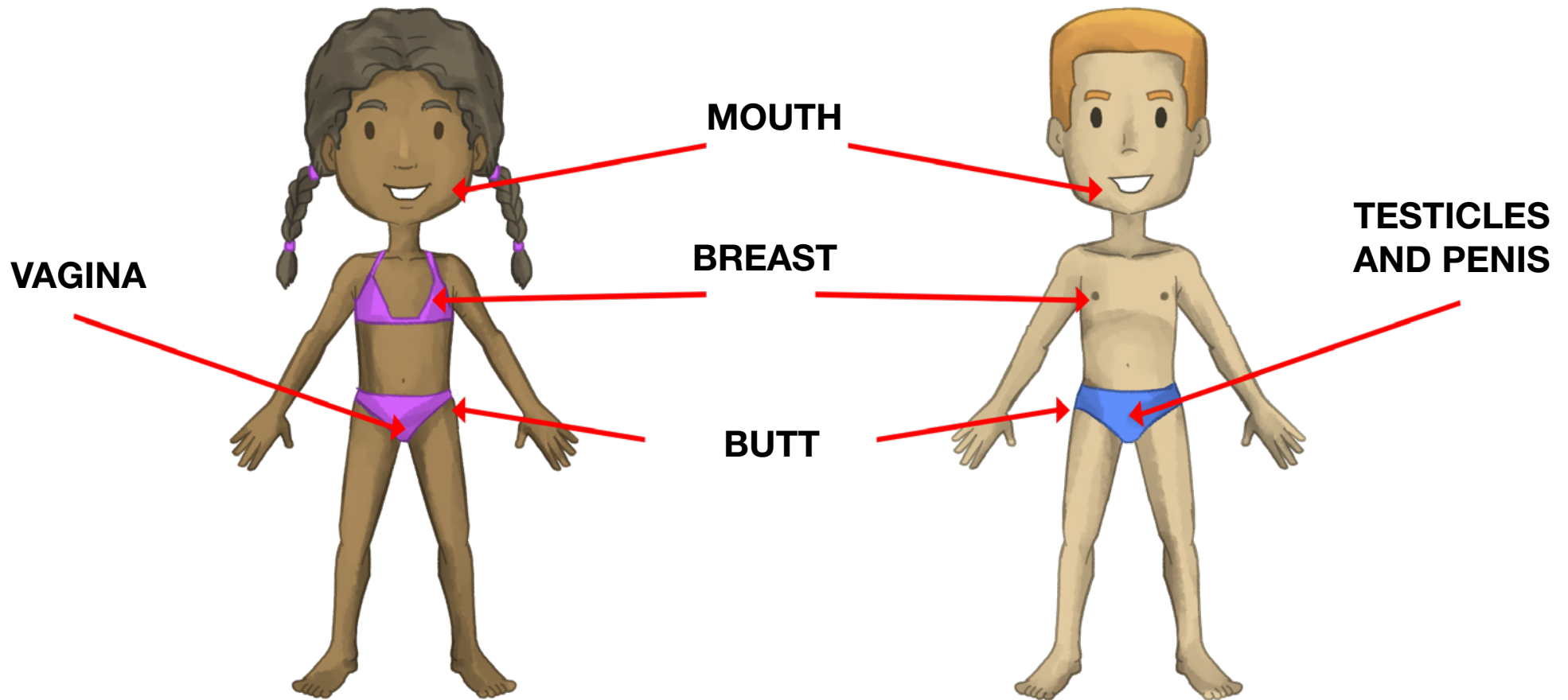
PRIVATE PARTS

ARE THOSE COVERED BY:

**DIAPERS,
UNDERWEAR,
PANTIES,
BRAS, TOPS,
BIKINIS,
SWIMSUITS
AND TRUNKS.**



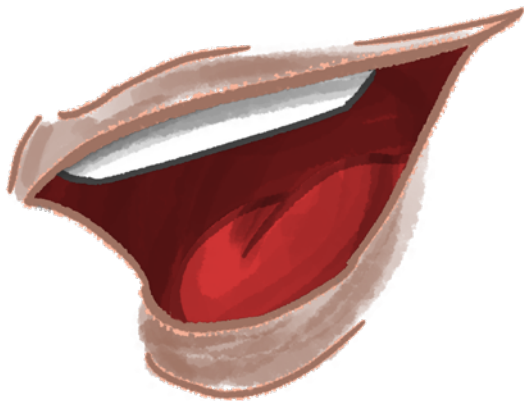
THE PRIVATE PARTS ARE:



THE MOUTH?

EVEN THOUGH IT'S NOT COVERED BY CLOTHES, THE MOUTH IS ALSO A PRIVATE PART.

“MY MOUTH IS ONLY MINE!”



WHO CAN TAKE CARE OF ME?



I MAY NEED HELP TO TAKE CARE OF MYSELF

**AND IT IS OK.
PEOPLE WHO I TRUST
CAN HELP ME:**

- GO TO THE BATHROOM,**
- TAKE A SHOWER,**
- CHANGE MY CLOTHES**

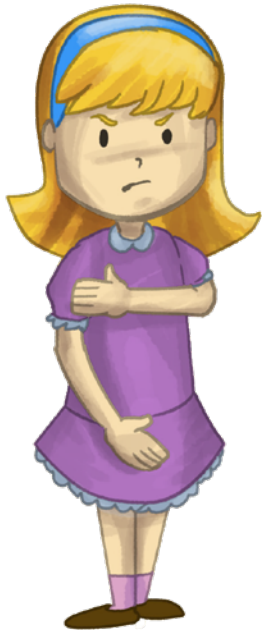


PEOPLE WHO ARE ALLOWED TO TAKE CARE OF ME

PEOPLE WHO I TRUST MAY TAKE CARE OF ME BUT MUST NOT TOUCH MY PRIVATE PARTS.

PEOPLE ARE ONLY ALLOWED TO TOUCH MY PRIVATE PARTS IF I DO NOT KNOW HOW TO BATHE OR TAKE A SHOWER.

BUT THEY MUST NOT TOUCH ME IN A WAY THAT HURTS OR EMBARRASSES ME.



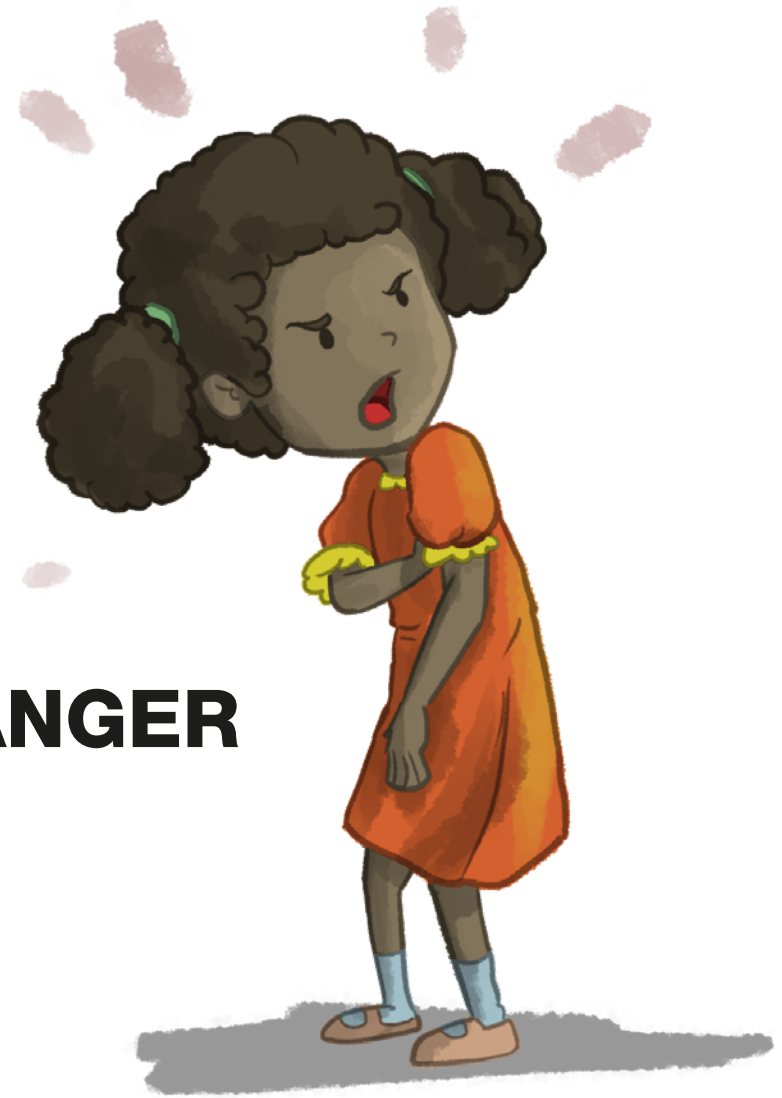
ATTENTION!

**IF SOMEONE WANTS TO CARESS
ME AND ASKS TO TOUCH MY
PRIVATE PARTS,
THIS PERSON IS LYING!**

THIS IS NOT A CARESS.



PROTECTING MYSELF FROM DANGER



ATTENTION!

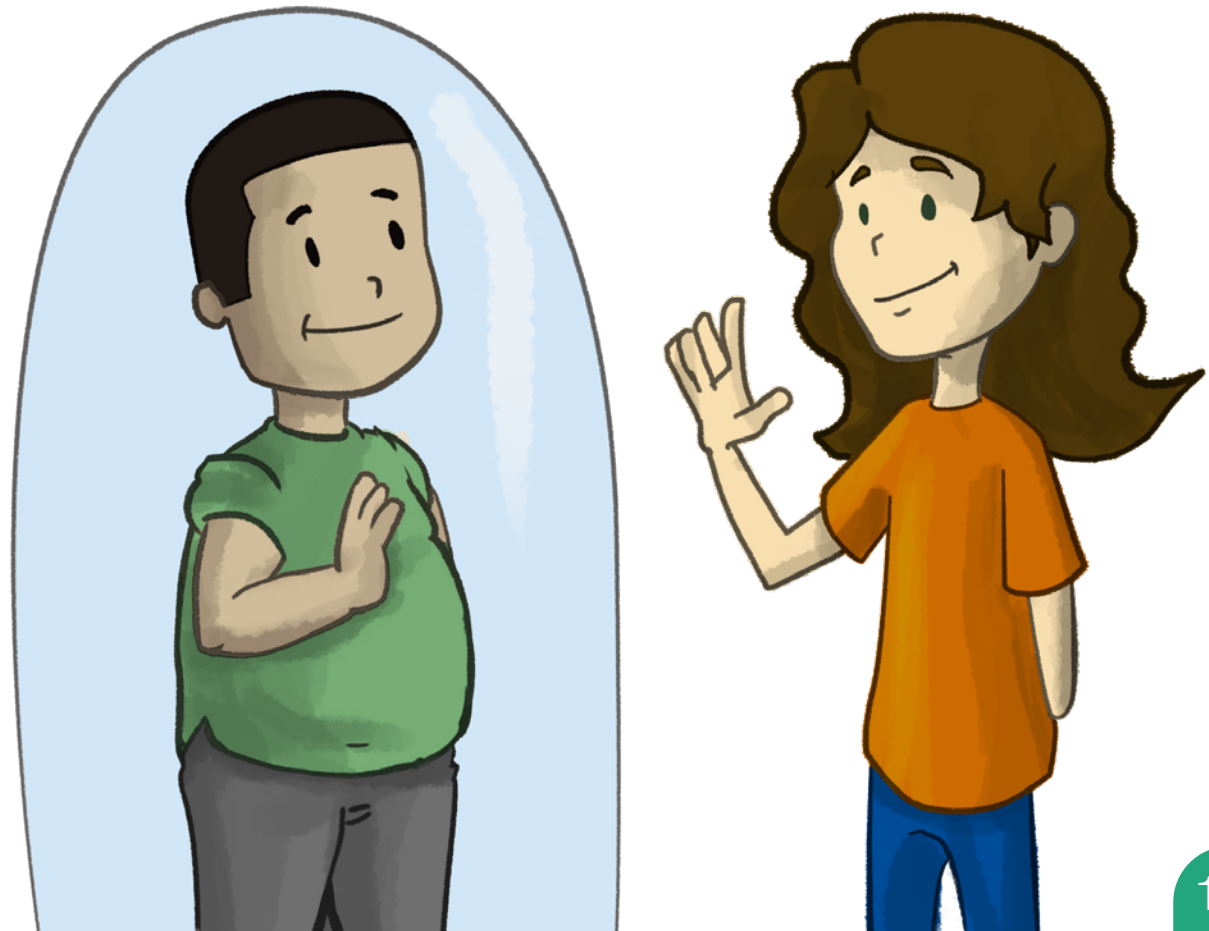
**I NEED TO LEARN HOW
TO PROTECT MYSELF
FROM PEOPLE WHO DO
NOT RESPECT OTHER
PEOPLE'S BOD.**

**IN OUR FAMILY
THERE MAY BE
PEOPLE LIKE THAT TOO.**



CAREFUL

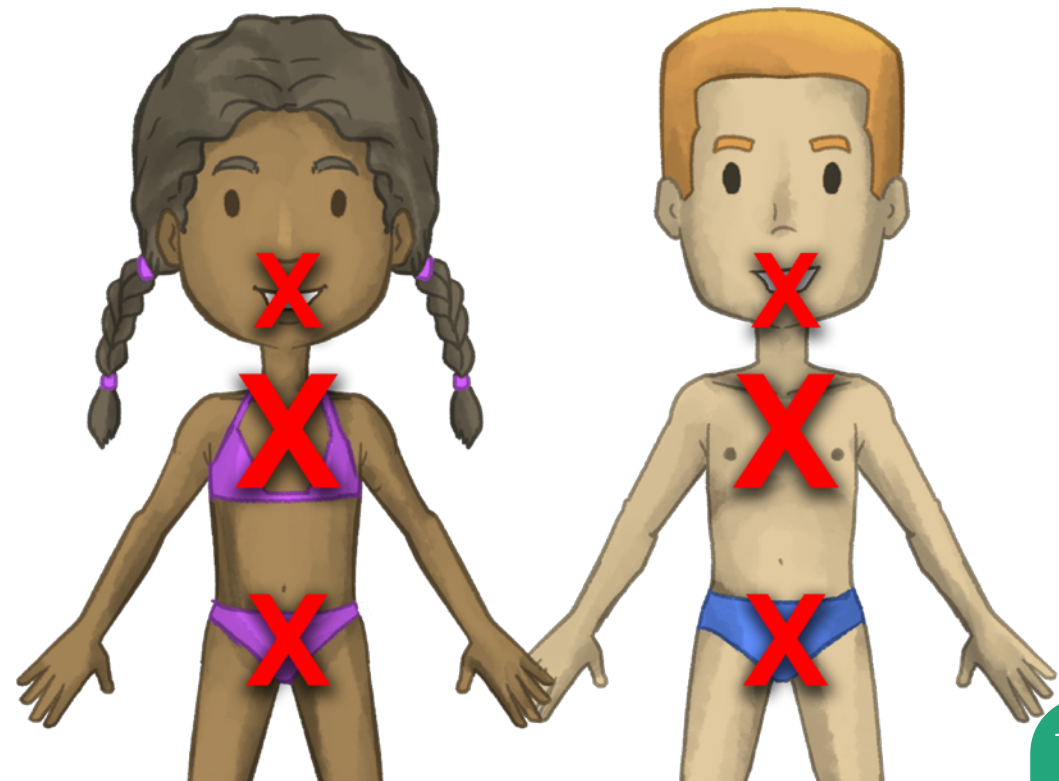
**I DO NOT TOUCH
PEOPLE I DON'T KNOW.**



DANGER!

BE VERY CAREFUL!

IF SOMEONE WANTS TO TOUCH MY PRIVATE PART



DANGER!

**BE CAREFUL!
IF SOMEONE,
MAN OR WOMAN,
WANTS TO TOUCH ME.**



DANGER!

**BE CAREFUL!
IF SOMEONE ASKS ME TO
DO SOMETHING ON HIS/HER BODY.**

**OR WANTS ME TO LET HIM/HER DO
SOMETHING ON MY BODY I DO
NOT THINK IS OK,**

**OR SOMETHING THAT
EMBARRASSES ME.**



DANGER! 

BE CAREFUL!

**IF SOMEONE
WANTS TO PLAY
DOCTOR WITH ME**

**OR ASKS ME TO TAKE
OFF MY CLOTHES.**



DANGER!



BE CAREFUL!

**IF SOMEONE WANTS
TO SHOW ME HIS/HER
PRIVATE PARTS.**

DANGER!

BE CAREFUL!

**IF SOMEONE WANTS ME
TO SHOW HIM/HER
MY PRIVATE PARTS,**

**OR WANTS TO FILM
OR TAKE A PICTURE
OF MY PRIVATE PARTS.**



DANGER !

BE CAREFUL!

**IF SOMEONE WANTS
TO GO INTO THE
BATHROOM WITH ME.**



ATTENTION! 

IF ANY OF THESE THINGS HAPPENS

AND I FEEL UNCOMFORTABLE/EMBARRASSED

**IT IS BECAUSE THERE IS
SOMETHING DANGEROUS!**



DANGER!

**THEN I MUST
RUN AWAY!**

**I MUST RUN
AND SHOUT:**

NO!

HELP!



NO IS NO !

**I MAKE A STOP SIGN
WITH MY HAND.**

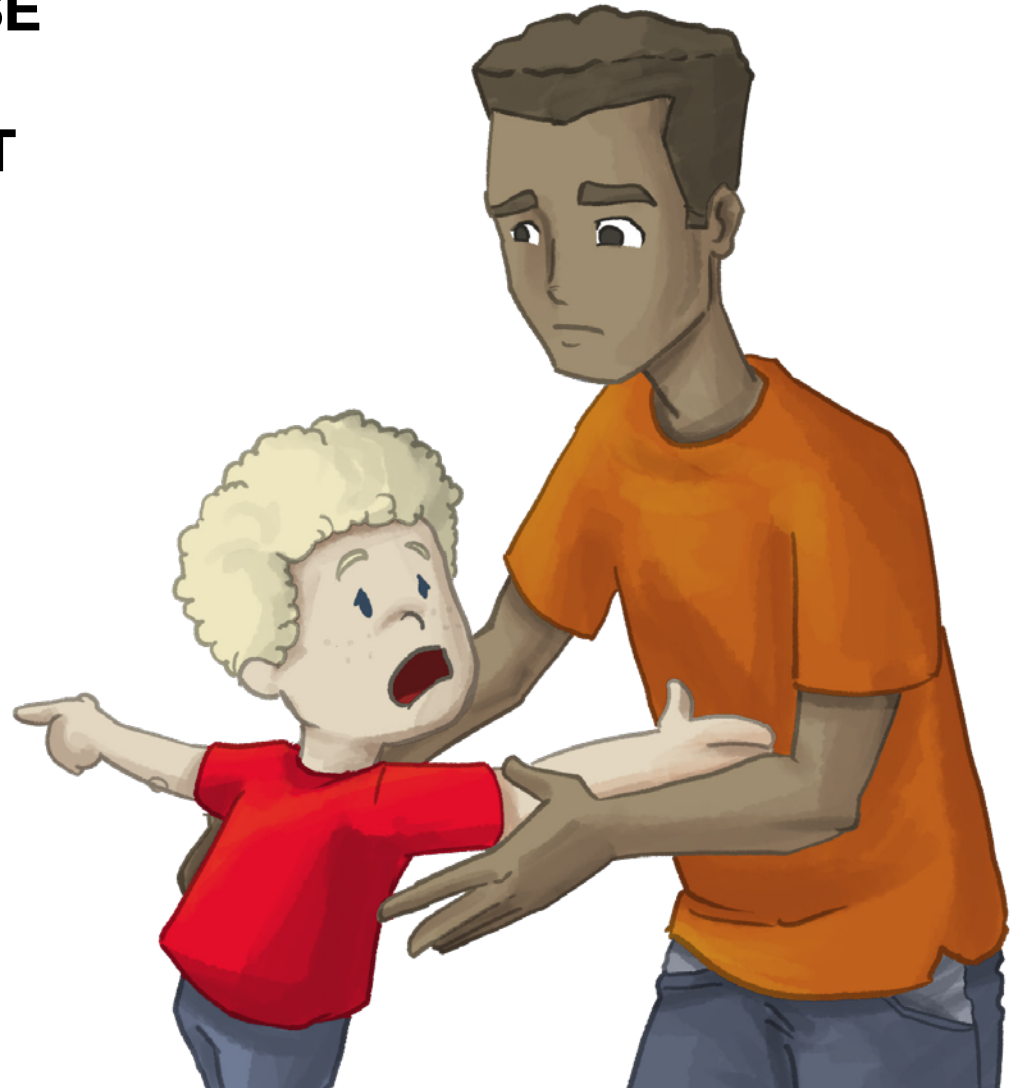
SHAKE MY HEAD.

PUSH THE PERSON AWAY.



ATTENTION!

**I TELL SOMEONE ELSE
WHO I REALLY TRUST
WHAT IS GOING ON.**



ATTENTION!

**BUT THIS PERSON MUST
NOT BE THE ONE WHO
IS BOTHERING ME,**

**EVEN IF THIS
PERSON IS FAMILY.**



ATTENTION!

**I MUST TELL WHAT
IS BOTHERING ME**

**EVEN IF SOMEONE
I TRUSTED TOUCHED ME.**



ATTENTION!

**EVEN IF THIS PERSON SAYS
THAT THIS IS A SECRET,
OR THAT NO ONE WILL
BELIEVE ME IF I TELL.**

**OR THAT IF I TELL,
SOMETHING BAD WILL HAPPEN
TO SOMEONE I LOVE.**

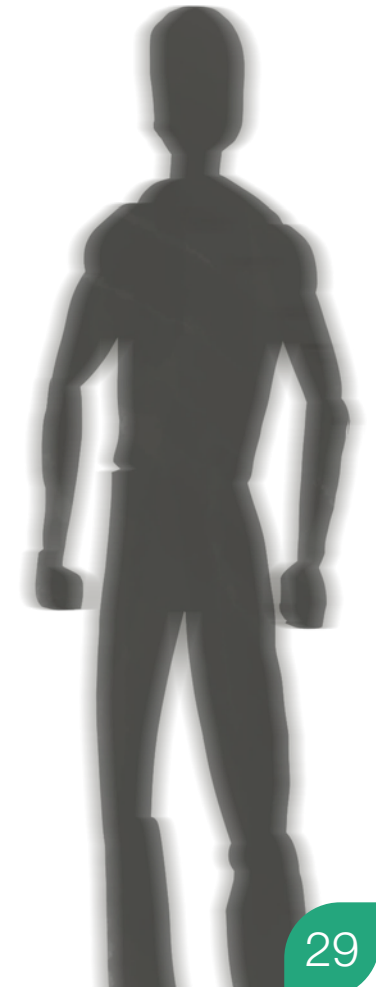


ATTENTION!

THIS IS A THREAT OR A MENACE.

NEVER BELIEVE IN THREAT OR MENACES!

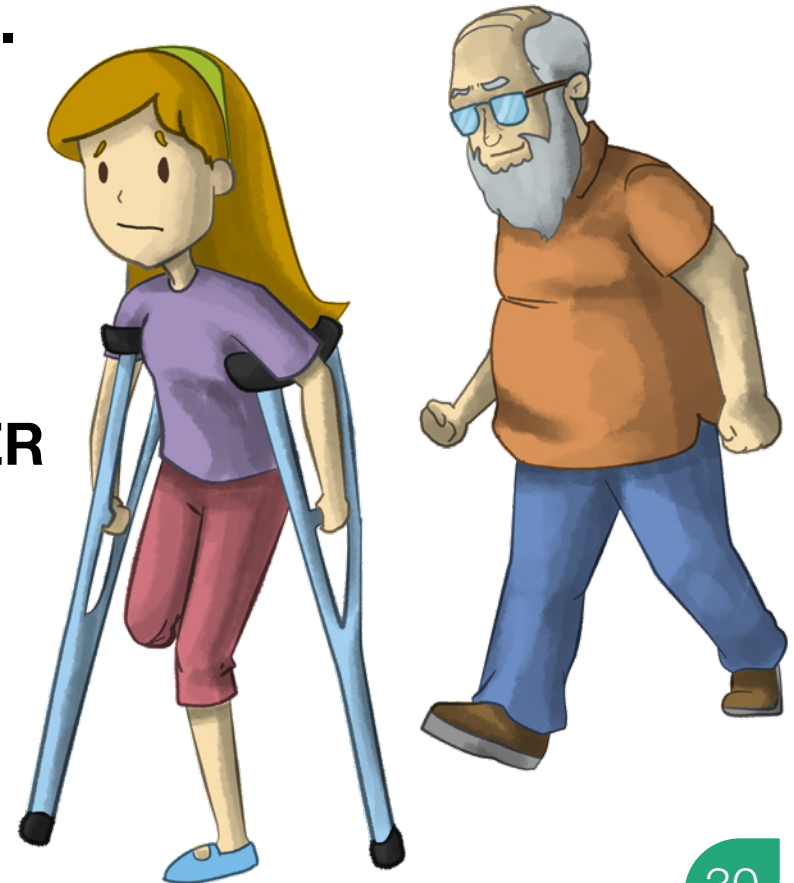
I TELL EVERYTHING,



DANGER!

**I STAY AWAY FROM THE PERSON.
EVEN IF THIS PERSON IS
MY FATHER, MY MOTHER,
MY BROTHER, MY SISTER,**

**MY GRANDPA, MY GRANDMA,
MY STEPFATHER, MY STEPMOTHER
OR ANYONE FROM MY FAMILY.**



DANGER!

**IF I DO NOT FIND
ANYONE WHO I TRUST NEARBY
I WILL SEEK HELP**

**IN MY SCHOOL, IN THE HEALTH
CENTER, HOSPITAL,
CHILD PROTECTION SERVICES
OR A NEIGHBOR.**



HOW I FEEL

**DRAW HOW YOU FEEL AFTER LEARNING
THE CONTENT OF THIS BOOK.**

LET'S SING "I PROTECT MYSELF"?



**I LOVE MY BODY, IT'S MINE,
I DON'T TOUCH PEOPLE I DON'T KNOW.**

**I SHOUT VERY LOUD
IF SOMEONE TOUCHES ME (VERY LOUD)**

**SHOO, SHOO, SHOO
GET**

**BECAUSE NO ONE CAN TOUCH MY BODY!
BECAUSE NO ONE CAN TOUCH MY BODY!**



QUAL É O PLANO?

PPRIVATE PARTS ARE PRIVATE

LET SOMEONE YOU TRUST KNOW

ALWAYS REMEMBER: YOUR BODY IS YOURS

NO IS NO

THE PLAN IS TO PROTECT YOURSELF

 **I PROTECT MYSELF BECAUSE** 
MY BODY IS ONLY MINE.





**“I PROTECT MYSELF” IS A VOLUNTEER-BASED,
NON-PROFIT AND INDEPENDENT PROJECT TO TEACH
PREVENTIVE MEASURES AGAINST CHILD SEXUAL ABUSE.**

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