

What is child abuse?



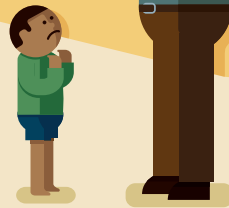
Not listening to a child



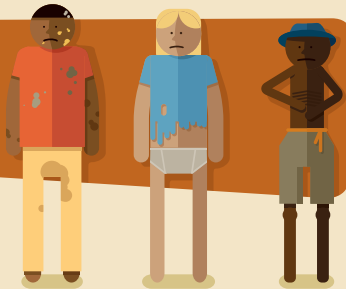
Touching a child where they don't want to be touched

£&%!

Verbally abusing a child



Not cleaning, clothing or feeding a child



Breaking down the self confidence of a child



Leaving a child without supervision



Exposing a child to pornographic acts or literature



Hitting or hurting a child



Forcing a child to touch you



Childline
Toll-free

0800 05 55 55

Safety plan for Children

Tell Someone

- If you are feeling threatened, **tell someone that you trust**.
- If someone has already abused you, do not protect him – **protect yourself**.
- If you are not believed – **tell someone else** (go to a clinic and tell the clinic sister, she must take action).
- Sometimes friends will support you (if you are alone at home with a relative who is threatening your personal safety, **keep inviting friends over**).

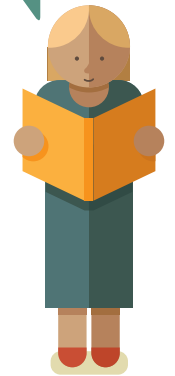


Remember, keep telling until someone believes you and takes action to protect yourself

Be aware, be safe

- Be informed of your rights as a child. If your parents do not tell you, **read about them**.
- **You have a right to say NO** to anybody that is doing or saying things that you feel are wrong, even your parents.
- Read about things that you do not understand, like sex, HIV AIDS, how babies are born, what constitutes sexual, emotional and physical abuse. **Join the library!**

Remember, a child that is aware is a protected child.



Be confident

- Girl or boy, no matter your colour, age, size or standard of living, **carry yourself with confidence**.
- Know your limits over others and **know the limits others have over you**.
- Be proud and **enjoy your youth**.
- **Protect and stick up for each other** and for what is right.

Love yourself

- Treasure your body, it is yours for life.
- Respect yourself and others.
- Value your own life because if you don't others won't either.
- Cherish your dreams no matter how impossible they seem now and strive to achieve them.



Remember, you are a child of the universe, as much as the trees and the stars, you have a right to be here, to be loved, cared for, protected and be safe... to belong.

How you can prevent child abuse:

Protecting children is everybody's business

- Form a neighbourhood group to focus on child protection.
- Foster mutual respect and good communication between children and parents.
- Look for positive ways to bring up children.
- Inform parents and children about their rights as citizens.
- Watch your neighbour's children when they have to go somewhere.

- contributing to child abuse, such as poverty, life skills, unemployment.
- Make use of resources provided by existing organisations in your areas.
- Lobby local, provincial and national government for adequate environments and essential services e.g., housing, water, sanitation, and playgrounds.

• Form links and reach out to families in difficult circumstances.

- Have neighbour's children check with you when they come home if their parents are not there.
- Keep an eye out for strangers or strange cars.
- Keep an eye on your neighbour's house if they are away.
- Talk to children in your neighbourhood about where they can go for help.
- Establish safe homes and safety networks with organisations in your area.
- Spread the idea of good neighbourliness.
- Establish neighbourhood support groups for abused children and their families.
- Establish links and networks with formal services.
- Organise neighbourhood awareness campaigns.
- Organise activities to improve your neighbourhood that address issues

How to respond to child abuse



How you can intervene in child abuse:

- Check situations out if they look suspicious.
- Call the police if a child is in danger.
- Report cases and act in collaboration with relevant authorities.
- When taking a child to the police, insist on a case number.
- In case of rape, secure any evidence.
- Get assistance from other neighbours.
- Become safety parents.
- Offer support and assistance to parents and children who have been abused.

• Provide support to your neighbour in times of emergency, offer a meal, call the ambulance

- Don't ask the child too many questions.
- Give information to neighbours on child support grants, disability grants, and where to go if a child is abused.



- Have respect for your neighbours.
- Child abuse should never be tolerated.
- Prevention of abuse is everyone's responsibility.
- Be child-friendly adults.

• Children are entitled to human rights

- It's never too late to help.
- Believe children.

- Perpetrators of abuse have committed a crime.
- The behaviour of perpetrators can be changed.
- Being a good neighbour has limits, don't let it be an extra burden.
- Always act in the best interest of the child.
- Be crime-free.
- Child protection starts at home and with one's own family.