



# DEFEND YOURSELF AGAINST SEXUAL ABUSE



## TECHNICAL SHEET

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Pedro and his friend Ana are playing blind man's bluff in the backyard, while Pala, Pedro's older sister, is reading a book.

Pedro, blindfolded, accidentally puts his hands on Ana's chest. She retreats and immediately complains:



**Ana** - Pedro, you touched my chest!





**Pedro** - Sorry Ana, it was unintentional... I lost my balance. It was not on purpose!

**Ana** - All right. It's just that I don't like being touched on the chest.

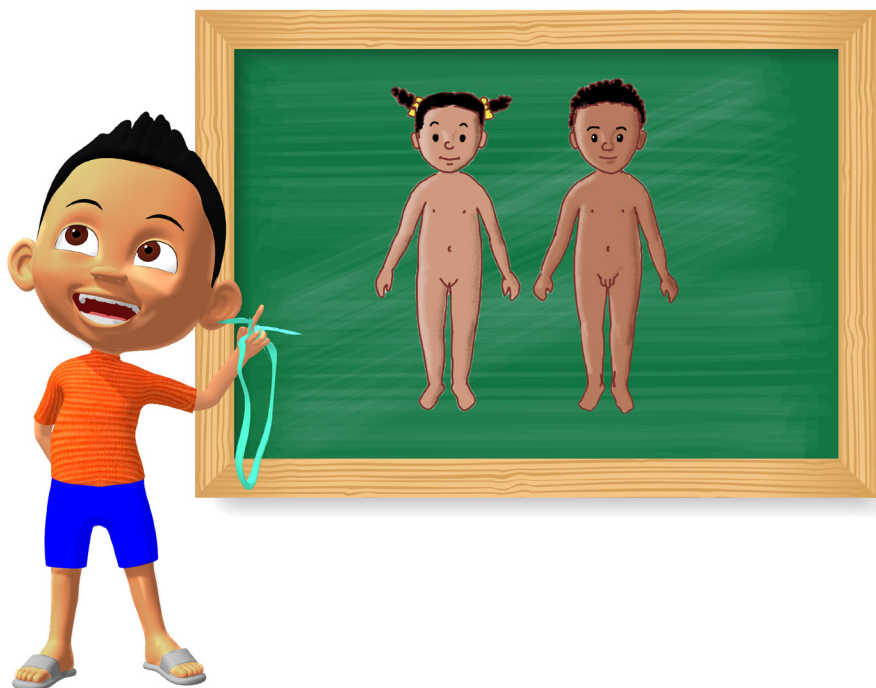


**Pala** - You're right Ana. You shouldn't accept anyone touching your private parts.

**Ana** - What are private parts?



**Pala** - These are the parts of the body that no one should touch. The only exception is when we need help: when we go to the doctor or take a shower, for example.



**Pedro** - At school, we were taught that they are called penis, for boys, and vagina, for girls.





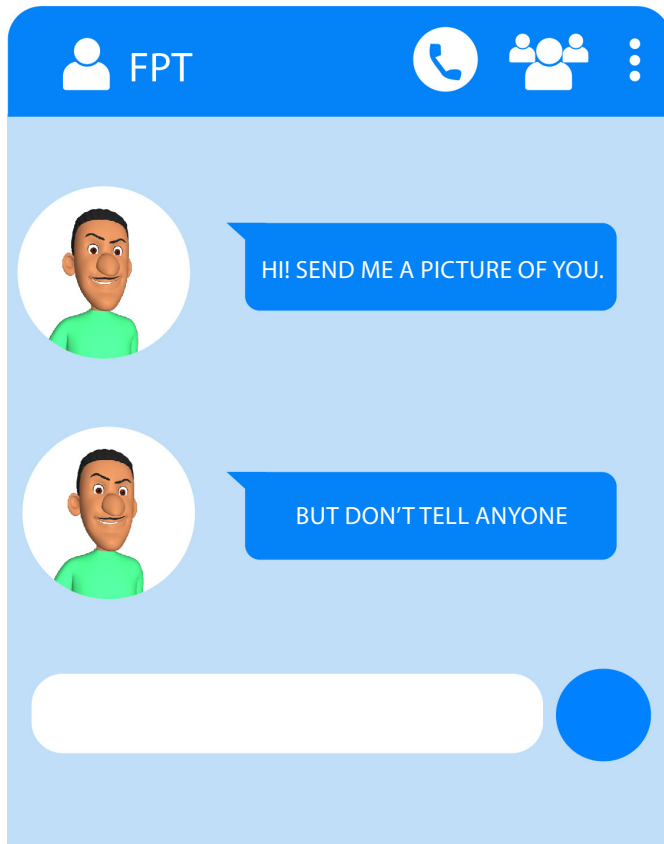
**Pala** - Yes. But there are other private parts, that no one should touch, like the chest and the butt. All the parts that we cover with our underwear, bra, bathing suit or swimming trunks are private parts. There are children who even consider the mouth and neck to be private parts.



**Pala** - If someone tries to touch our private parts, we should take their hand away and say we don't like it, and run away from that person as fast as possible! Then we should tell our parents, or an adult we trust, everything that has happened. And if someone offers us gifts or candy without our parents' knowledge, we should thank them... and refuse!



**Pala** - It doesn't matter if that person is a friend, or even a family member! If he or she cuddles you in a way that makes you feel uncomfortable, ashamed, sad or afraid, or if it hurts, you should say you don't like it, and tell another adult you trust and who doesn't make you feel that way.



**Pala** - Some grown-ups may want to touch you, or ask you to take or send pictures of yourself, and ask you not to tell anyone. Never accept that!

**Pedro** - Yes. Why would they need your pictures for?





**Pala** - There are affections that are pleasant to give and to receive, because they make us feel happy and protected. But there are others that make us feel very bad. If a person touches you in a way that makes you feel uncomfortable, ashamed, afraid or sad, that makes you feel hurt, you should say that you don't like it, and tell a person you trust what happened.



Every child has the right to say  
**NO**  
when something makes you feel bad.  
You too can say NO to anyone!

**THE END**



