

POWYS CHALLENGE

Registered Charity No: 1091494 Company No: 4350654

CHILDREN'S RIGHTS TO SELF-PROTECTION

DO CHILDREN IN YOUR ORGANISATION KNOW THEY HAVE THE RIGHT

1. To be safe

Teach children that everyone has rights, such as the right to breathe which should not be taken away. Tell children that no one should take away their right to be safe.

2. To protect their own bodies

Children need to know that their body belongs to them, particularly the private parts covered by their swimsuits.

3. To say NO

Tell children it's all right to say no to anyone if that person tries to do something to them that they feel is wrong. Most children are taught to listen and obey adults and older people without question.

4. To get help against bullies

Bullies usually pick on younger children. Tell children to enlist the help of friends or say no without fighting – and to tell an adult. Bullies are cowards and a firm, loud 'no' from a group of children with the threat of adult intervention often puts them off.

In cases of real physical danger, children often have no choice but to surrender to the bully's demands. Sometimes children will fight and get hurt to protect a possession because of the fear of what will happen when they arrive home without it. 'My mum will kill me for letting the bullies take my bike. It cost a lot of money.' Tell children that keeping themselves safe is the most important consideration.

5. To tell

You must assure children that no matter what happens you will not be angry with them and that you want them to tell you of any incident that frightens or confuses them or makes them unhappy.

6. To be believed

When children are told to go to an adult for help they need to know they will be believed and supported. This is especially true in the case of sexual abuse which children very rarely lie about. If the child is not believed when he or she tells, the abuse may continue for years and result in suffering and guilt for the child.

7. Not to keep secrets

Teach children that some secrets should never be kept, no matter if they promised not to tell. Child molesters known to the child often say that a kiss or touch is 'our secret'. This confuses the child who has been taught always to keep secrets.