

GIRLS & BOYS HOW TO SAVE YOURSELF



**CHILD
CHAPTER**
www.ChildChapter.org

Some touch is never okay, like hitting, or touching your private body parts.
It doesn't matter who it is — a known person, a neighbour, a relative, a family member, a stranger, or anyone else.

**If someone ever makes you feel uncomfortable,
To protect & save yourself, You must follow these four rules.**

Look at each picture.

It shows one of the four safety rules to follow when someone makes you feel uncomfortable.

Write the correct rule under each picture.



Rule No. 1



Rule No. 2



Rule No. 3



Rule No. 4



Rule No. 1



Rule No. 2



Rule No. 3



Rule No. 4

If your trusted person doesn't listen you?

Tell it to the next trusted person in your trusted people circle. Keep telling until someone listens.

If no one from your trusted circle helps or listens to you, don't give up.

You can call the Child Helpline at 1098 or the Police at 100, they will definitely help you.

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