I am strong, smart, and have the right to be safe.

I know my name, home address, my parent's telephone numbers and how to use the telephone.

I check first with my parents or the person in charge at all times and I inform them before going anywhere or even with someone known to me. My family will know where to find me if I get into trouble or a situation which may involve danger or harm.

I am aware that I should never accept gifts, sweets or money from anyone, even from a known person unless my parents have told me, there is no harm in such acceptance in each instance.

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I am aware that I should not reply any adult, who approaches for help or directions, and I always keep in mind that grownups needing help should not ask children; they should ask other adults.

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I am aware that I should not need to go near to any vehicle to speak to the people inside.

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I am aware that I should not wait in school yards, parks and neighborhood areas alone. I always take a friend with me at all times when I go to such places or play outside.

I wait in well-lit areas at all times, and never use shortcuts or go into isolated areas.

I can say no, if someone tries to touch me, or treats me in a way that makes me feel scared, uncomfortable or confused.

I am aware that I can tell my parents or a trusted adult if I feel scared, uncomfortable, or confused.

I can identify a stranger. Someone hanging around our playground, school yard and neighborhood areas, does not mean a familiar person; example: the ice-cream seller, the shop keeper or the school guards man. A dangerous person does not look scary or unkind - the person might look pleasant too.

I am aware that if anyone tries to take me somewhere or follows me, I should get away quickly and shout "this person is not my father, mother, or guardian" or "this person is trying to take me away".

I am aware that I should tell my Parents about my daily activities, experiences and unusual persons I met.

I am aware that I should tell my Parents about my daily activities, experiences and unusual persons I met.

I am aware that I can pick up a phone and dial at any time of the day or night and talk to friendly counsellors, if something bad is happening to me or is happening to a friend of mine to make sure that help reaches us.

When I am alone at home, I should not answer the door, even if the person at the door is relative, should not let anybody in unless my parents have told me, it’s ok in each instance.

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When someone is abusive towards a friend of mine or another little girl or boy, I should tell my parents or a trusted adult.

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I KnOw HOW TO PROTECT MY SELF

Self protection rules for younger children

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at any time of the day or night and talk to friendly counsellors, if something bad is happening to me or is happening to a friend of mine to make sure that help reaches us.

NATIONAL CHILD PROTECTION AUTHORITY

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