Parents, Adults Be Vigilant...

Protect your children
Do your duty to ensure the protection of children.

Always spend time with your children.

If your child has done something wrong, explain why it is wrong and its consequences.

If your child tells you about a risky or a painful situation, act carefully.

Listen to children. Pay attention to what they say.

If you are angry with your child wait till you become calm to respond reasonably without using harsh words and saying cruel things.

Always be alert about the whereabouts of your child and the places they go to and with whom your child is spending time with.

Protect the trust your child has in you.

Under your guidance give your children the opportunity to choose and make decisions. Pay attention to their behavioral changes.

Understand how your children think. (It will allow you to understand their changes) Have empathy.

Always talk openly with your children. Ensure that you’re their closest friend.

Strengthen them emotionally so that they can face any situation.

Children are the life blood of our county. It is our duty to protect them.

In a case of child abuse, inform either the nearest police station or the NCPE by calling Sri Lanka Child line 1929

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