

- If someone touches you in the wrong way, **tell someone you trust what has happened. Don't let threats scare you** into running away or keeping quiet.
- When a person touches you and asks you to keep it a secret between the two of you, ask yourself, "Does the secret upset me?"
- Don't keep secrets that make you feel uncomfortable. Go to a person you trust** like a parent, a relative, a teacher, or your doctor. If the person you go to doesn't believe you, go to someone else you trust until someone believes you and helps you.
- Do everything you can to stay away from the person who is touching you in the wrong way or making you feel uncomfortable. Don't stay alone with a person who touches you in a way that makes you uncomfortable or makes you feel unsafe.



Childline Kenya

Childline Kenya provides a 24-hour toll-free helpline for any Kenyan child to report abuse and receive counseling and if need be provides medical care, education, and legal support.

Location: Kirichua Lane, Nairobi County

Helpline: 116 (open 24 hours)

Whatsapp line: 0722116116 (7.00-18.00)

Website: www.childlinekenya.co.ke

CHILDREN'S PULL-OUT

SAFE TOUCH AND UNSAFE TOUCH

Let's talk about it!



Different Touches

There are three zones on your body:

Safe Touch

Being touched here is usually okay, but if you are uncomfortable, say no.

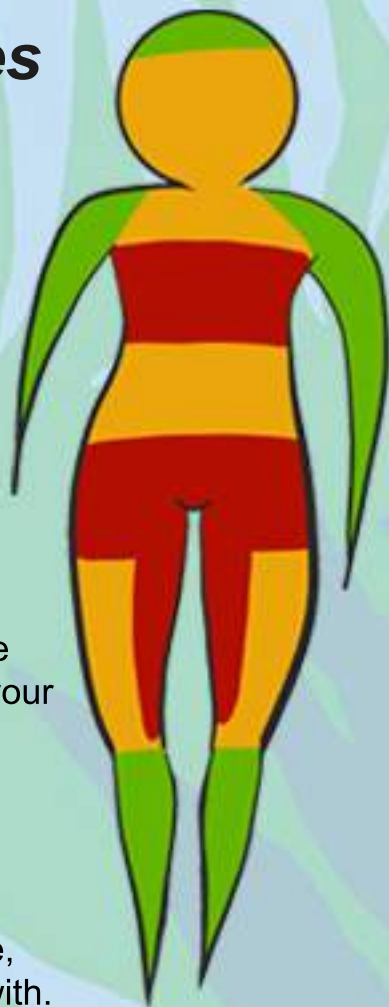
Unsafe Touch

Nobody should touch you here too long, especially if it hurts your body or your feelings.

Unwanted Touch

Nobody should touch you here, even people you are familiar with. If they do, you should:

1. **Say no!** Tell the person that you don't like it and you don't want to be touched.
2. **Get away fast!** Run away from the person whose touch you don't like. Never stay alone with that person ever again.
3. **Call for help. You can scream.**



Emotional abuse is when:

Someone makes you feel bad or hurts your feelings by calling you names,
Making you look 'silly' in front of others, or even just constantly embarrassing you even when you're alone with them,
Constantly shouts at you
Making you feel unwanted
Threatening to abandon you or threaten to take away your food and other essential life supplies

Physical abuse is when:

Someone, an adult including relatives, parents, siblings or other children deliberately hit, beat, kick, or physically hurt and/or injure you
Threaten to physically hurt you

Sexual abuse is:

any sexual activities done by an adult or an older child on you.
It may involve touching your private parts
Making you touch or look at the private parts of others or
Exposing you to videos or other materials of sexual activities
People who want to sexually abuse you might trick, pressure, scare, confuse or threaten the you so that you feel obliged to give in to these sexual activities.

Believe in yourself.

You did nothing wrong, and you are not alone.

Tell someone you trust what has happened.

