



are all friends. We can discuss many things.

We can share our thoughts and feelings with each

other. In the World Children's Day people are specially talking about us.



People talking and discuss about our protection. But it will be so nice if they can talk and care about us in each and every day.

We should pay attention to our protection as our adults do.

2

As friends we should care of other protection. In case of any harm towards our friends, we should talk to someone and get help.



So, now we are going to talk about the things we should know about our protection. And also we will talk about how to protect our own self. My Dear Friend! Keep all these things in your mind.

Always be mindful in doing things. It will protect not only ourselves. It will protect us and all the friends around us and it will make our society more beautiful.



We can spend time happily with our mother, father, relatives and our Friends. We can engage into our educational activities in a good manner.





WE ALL ARE CHILDREN

Everyone age under 18 years are considered as children. No race, religion, language, age or discrepancies. We all have rights to live in this Society. Dear friends! Do remember this well. Therefore, we need protection in the society always.

**DEAR FRIENDS! BE AWARE,
IT SAYS WE CAN BE ABUSED...**

3



If anyone tries to use us in a wrong way for something is called child abuse.

Child abuse can be taken in four different ways.

1. Sexual Abuse
2. Physical Abuse
3. Emotional Abuse
4. Neglect

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Dear Friends! Abuse can be occurred by touching or un-touching our bodies.

An adult person can touch the body of a friend unnecessarily or that person can ask your friend to touch his/her body. Both situations lead to abuse.



4

Anyone can show you the phonography photos or videos. It is an untouched abuse.

Dear friends! Such persons may be among our close relatives or unidentified outsiders.

Such things may take place to girls and boys too.





What is good? What is bad?



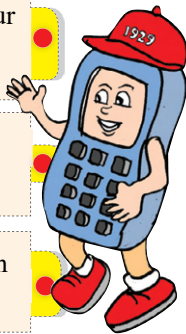
If anyone touches us, we can ourselves identify whether is it a good or bad touch?

Our father and mother touching the head is a good touch.
Do remember this kind of touch.

Dear friends! We feel difficulty when anyone touches some of our parts body. It's the bad touch.

If we suffer by any one's touch, it is a bad thing.

If anyone touches our body when we unlike it, it's a bad thing too.





GOOD TOUCH AND BAD TOUCH



6



GOOD TOUCH

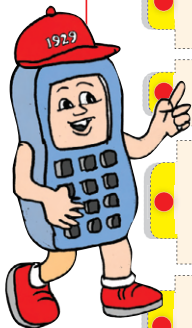


NO LIKE TO TOUCH



BAD TOUCH





If you feel uncomfortable, it is a bad touch.

If you are scared from a touch, it is a bad touch.

Apart from this, if anyone compels you to touch any part of his/her body, it is a bad touch.

Dear friends! If anyone touches us and says not to tell that. It is a bad touch.

If someone threatens us not to say his/her touch to anyone, it is a bad touch.

Dear friends! If such things happen, we should seek the protection. In such instances, friends can do many things.





WE SHOULD KNOW THESE THINGS



Dear friends! Do remember.
We have rights to seek protection from
all kinds of abuses.

If such thing happened,
encourage yourself to reveal it.

Many people are ready to help you.
The society will be benefitted from
your information.

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The society will be benefitted from
your information.

Dear friends! Sometimes those known to us
will trouble us. Be careful of them.

Dear friends! Do not forget
many those who are surrounded us
are there to protect us.
(Important thing is to reveal the truth
without hiding anything.)





WE BELONG TO OURSELVES

Dear friends!
Do remember this well.
Your body only belong
to yourself.



None have rights to touch
your body. If they do so,
protest against them saying

'DO NOT'

9

But if we fell ill the doctors,
nurses and our parents have
to touch our body. Then we
have to allow them to do so.





WHAT CAN WE DO?



- **DO NOT** be alone with anyone whom you doubt that he/she will put you in trouble and feel no protection.

10

- If anyone tries to touch us in the manner of intimidating or causing troubles, say **DO NOT.** Oppose them.



- Dear friends!
If anyone tries to touch us badly, reveal the incident to a trustworthy person **immediately.**





■ Do not fear of anyone's threatening. **TELL** any one about your inconvenience.

■ If you feel difficulty by the bad touch, do not keep it as a **SECRET**.

■ Dear friends! If anyone tries to fetch you to anywhere, **CRY** and **RUN AWAY**.

■ Dear friends! You can dial **1929** Child Line Sri Lanka from any phone and inform the incident to National Child Protection Authority.





WE HAVE RIGHTS



All of us have right to education

We have rights to follow and respect our customs

Dear friends, we have right to maintain a good health and to obtain health services

None has right to damage our education and health.

12

None has right to plunder therights of aesthetic activities and hobbies.

We have rights to go any country accompanying our family members.

Since birth, we have a right toknow who our parents are and to get their love.

We have rights to express our ideas and to collect information. It is needed to give opportunities.



None has right to separate us from our parents.





WE HAVE RESPONSIBILITIES



● It is our responsibility to learn well and to respect our teachers.

● We should be wise when selecting our friends.

● Should associate friends in this manner.

● We should respect other's customs and believes.

● We should stay away from those who cause troubles us.

● We should help our parents and others athome.

● Do not harm others by your words.

● We protect due to good health habits. Do remember this.

● Dear friends! Reserve your time for your learning and other activities which will be useful for your future.





Protect Your Identity

BE CAREFUL OF ONLINE

Internet is a useful place teeming with wonders.

If we use the internet in a wrong way... Bad results will occur.

So, use it in a responsible manner



Make a strong password for your account which others cannot guess easily. Do not share it. Keep it confidentially.

Always **SHARING** is Not a good habit.

14



Do not speak with unknown persons in the internet.

Think before you share anything. It is an offence to cause trouble using your or other's photographs.

You should look after not to damage you, others or society by what you do, say and see through the internet.



Avoid **sharing** your personnel photos.





DO YOU KNOW ABOUT YOUR ONLINE FRIENDS?

when you chat or share in the internet,
Do not believe at once. Ask questions. Be aware.
Avoid meeting your online friends in the real life.

If you have any trouble in the Internet,

Skip such People. Ignore. Tell any trustworthy person.
Block the person.



You have rights
to say **DO NOT**
when you dislike.



IN AN EMERGENCY SITUATION

If you are being threaten or in difficulty by anything or something
what you shared while you browsing internet, rust to tell you parents
or any trustworthy person.

15

Visit our website
www.childprotection.gov.lk
for further clarification on
ONLINE SAFETY

Or, Call Cybercrime Unit of
Criminal Investigation Department on
on **0112 691692** or

Call **1929**
ChildLine Sri Lanka

Dial in an
Emergency

Anyhow we will help

Description

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Page Layout:

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Co-ordination and Information

Planning and Information Unit,
National Child Protection Authority

National Child Protection Authority Publication - 2019



"HELLO FRIEND"
1929



If you have been abused in any manner, it is not your fault. It is the fault of the person who abused you. Please do not think that you are a convict. At the same time, do not let others to accuse you.

Our service is 24hours, 365 days a year to listen and give support to you.

As we keep your information secret and help you, do not afraid of anything.



ChildLine Sri Lanka
National Child Protection Authority

"HELLO FRIEND"

1929

Call Us Anytime to our
Toll-Free Number

Guardian of the Children

Or Write to Us

Chairman,
National Child Protection Authority,
No. 330, Thalawathugoda Road, Madiwela,
Sri Jayawardenapura, Sri Lanka.



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