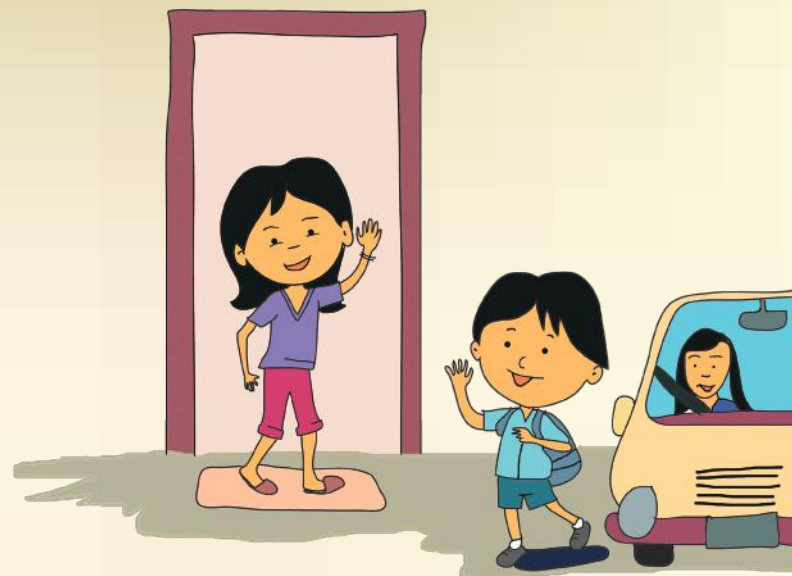




I am strong, smart, and have the right to be safe.



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.



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



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.



# I KNOW HOW TO PROTECT MY SELF

Self protection rules for younger children



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 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.



If a stranger comes to pick me up from school, tuition classes or playground and tells that my parents sent him or her, or that there is an emergency, I must not get into the vehicle and must inform a trusted adult about it. I should not be fooled even if the stranger knows my name.

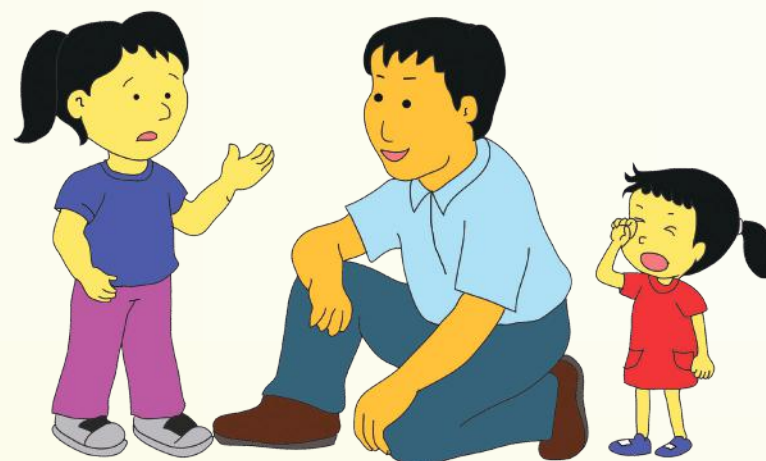


I am aware that I should tell my Parents about my daily activities, experiences and unusual persons I met.

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.



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.



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

I should also be aware that I can pick up a phone and dial

# 1929

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

330, Thalawatugoda Road, Madiwela, Sri Jayawardenepura, Sri Lanka.

Tel: 0112 778912-14 | Fax: 0112 778915 | Web: www.childprotection.gov.lk | Email: ncpa@childprotection.gov.lk