



A GUIDE TO LIBERATING CHILDREN

WHO HAVE ENCOUNTERED PROBLEMS
&
TO CREATING THEIR
EMOTIONAL WELL – BEING



National Child Protection Authority





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who have encountered problems and to creating their emotional well – being.

Dear, sons and daughters, you live in a beautiful world. But, sometimes while living in your beautiful world you will face many unexpected difficulties and obstacles. As a result of these obstacles you will encounter various problems. The distress caused by adults is one such harsh experience you may encounter. There are several ways you will be subjected to this kind situation.

- Physical
- Emotional
- Sexual
- Neglect



Dear, sons and daughters, as a result of these experiences you will be physically and emotionally distressed. Children who have been exposed to such unpleasant experiences live in constant fear that they may face such experiences again and again. Therefore, your small mind will be emotionally distressed.

DAUGHTERS AND SONS...,

*how will you free yourselves from the problems
you have faced?*

It is the duty of parents and yourself to make sure that the distressed caused to you by adults does not occur again. Although, your parents ensured your safety and protection during your childhood, as you grow part of that duty falls upon you to protect yourself.

- **Tell your problem to a trustworthy person.**

When you encounter problems share your problems with a trustworthy person who can give you a solution. (That person may be your parents, teachers, adults or someone close to you)



- **There are institutions to help you. Know these institutions, the officers, and the services provided by them.**

The state has established many state institutions and officers to secure your well - being. These officers are in each District Secretariat Office and the Provincial Secretariat Office. Also, you can call the National Child Protection Authority Child Line 1929 to tell your problem.

- **Your body belongs to you.**

Your body belongs only to you. Protect it. No one has the right to touch, rub or influence your body. If such a situation occurs tell them not to do it. Free yourself and run. Shout. Use your intelligence and try to escape the situation.

- **Associate good friends**

Your friends will decide whether you take the right or wrong direction. Therefore, associating good friends will make sure that your future life is good.

- **Be Courageous**

No one has the right to trouble you or tell you to do things that you do not like. Therefore, you need to be courageous enough to say "Don't do that, I don't like it." Tell a trustworthy adult about the people who are trying to trouble you.



- **Do not fall under the unnecessary influence of outside people.**

If someone does something to you that you don't like, you should have the ability to speak against it. Also, you should not patiently endure the problems out of fear of the threats and intimidations made by them.



- **Understand the society**

You should acquire the awareness to remove yourself from people, dangerous situations and dangerous environments that harm your safety. Always, as children you must try to understand the good and bad in the society.

Ex: Do not stay at empty bus stations

- **If you think that you cannot control certain situations inform it to trustworthy adults.**

If you think that as a result of a particular moment, incident or person can harm you, try to avoid them. Even if it is a small situation, if you think you cannot avoid it on your own take the assistance of adults.



- **In the outside environment pay attention to your safety.**

Your safety can be threatened at school, at tuition classes, on the road and even at homes of known people. Therefore, wherever you are it is important to give priority to your safety. It is dangerous to stay in unsafe places on your own. You must avoid such places.

- **Do not stay home alone.**

The possibility of encountering a problem is higher when you are home alone. Therefore, reduce the time you spend alone at home. In such situations it is not good to invite any person inside your home.

- **Refuse gifts from strangers**

You should not take anything from strangers. The reason is that strangers give you things to earn your trust. Also, avoid taking toffees, chocolate, money and phones from them.



- **Be careful when you use the internet and social websites and make sure that you don't engage in activities that can harm your safety.**

Today, many children use social websites and the internet. When you are using social websites ensure that the confidentiality of your personal information is protected and connect only with the people you know. Do not trust them too much as well. When you are using the internet make sure to select things that are appropriate for you and your age.

- **Enhance your skills**

All of you have some special talent. It could be in any field such as academics, aesthetics, sports, new inventions or handcrafts. Therefore, identify your talents, improve them and move forward in life.

- **Develop your ability to face challenges**

Many problems occur in your life. You must face these problems well. When you face a problem you must find a road to free yourself from the problem. The road you choose should not be harmful to your life. If you cannot resolve the problem on your own seek the assistance of an adult.



- **Do not trust various messages**

Do not trust the messages you get from people at school or tuition classes and go to places. Sometimes if an unknown person tells you that your mother, father, sister, brother or relative "asked you to come" do not go with them. It is a threat to your safety.

- **Do not hide any abuse you have faced.**

If you hide an abuse you have faced by someone that person may feel like doing it again. If you or your friend faces some kind of a harassment tell that to a parent, teacher, guardian or a trustworthy adult.

CREATING EMOTIONAL WELL - BEING



- Create positive and happy thoughts within you. Pay attention to the good characteristics within you and develop positive thinking. Change your life style that will allow you to be happy (take a balanced meal, exercise, associate friends that appreciate your good characteristics).

- Develop your ability to bear. (The ability to successfully face pressure situations). In order to forget the memories of harsh experiences, if such a situation arises again to face

them successfully and to face society correctly and with courage you should enhance your ability to bear.

- Do not isolate yourself
- Do yoga
- Develop your talents
- Engage in sports and aesthetic activities.
- Engage in hobbies
- Take the assistance of a counsellor

Meeting with a counsellor and talking about the problem or incident will allow you to let go of the fearful memories about the feelings and thoughts attached to the situation.



- **Develop the confidence you have in yourself.**

1. Release negative thoughts and develop positive thoughts.

Without always focusing on the problem look at the solutions for the problem and the positive changes you can make.

2. Free yourself from the distressful situations you faced in life and make your future successful.
3. Pre - prepare for all the work you do.



- **Maintain positive attitudes**

Try to develop positive attitudes and not negative attitudes for future situations in your life.

- **Write about the distressful thoughts in a book**

The incidents, thoughts, feelings and challenges that cause you emotional distress should be written down in a diary and distanced from your mind (tear the paper and throw it). It is important to write it with honesty.



Do you need **HELP?**
CALL US...

We can **help YOU.**



24 *A Toll Free*
Hours hotline



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